

**Table 4** Pairwise comparison of the intervention (n = 68) and control (n = 70) groups for intake frequencies for the food groups, energy and macronutrients over time

Variable/test	Mean difference Intervention & control groups	SE	P-value	95% CI for difference		d
				Lower	Upper	
<b>Cereals and grains<sup>a</sup></b>						
Baseline	0.29*	0.06	< 0.001	0.10	0.48	0.84
Immediately <sup>a</sup>	-0.23*	0.07	0.030	-0.45	-0.01	-0.05
Follow-up <sup>a</sup>	-0.17	0.07	0.190	-0.36	0.03	0.08
<b>Fish, poultry &amp; meat products<sup>a</sup></b>						
Baseline	0.12*	0.04	0.040	0.00	0.23	0.51
Immediately <sup>a</sup>	0.06	0.03	0.690	-0.03	0.14	0.77
Follow-up <sup>a</sup>	0.06	0.03	0.440	-0.02	0.15	0.97
<b>Dairy products</b>						
Baseline	0.01	0.02	1.000	-0.05	0.06	0.58
Immediately	-0.074*	0.01	< 0.001	-0.09	-0.05	2.21
Follow-up	-0.090*	0.01	< 0.001	-0.11	-0.07	3.50
<b>Mixed dishes</b>						
Baseline	0.05	0.03	0.980	-0.03	0.13	0.29
Immediately	0.20	0.08	0.180	-0.03	0.42	0.42
Follow-up	0.04	0.08	1.000	-0.18	0.27	0.11
<b>Sweetened beverages<sup>a</sup></b>						
Baseline	0.03	0.02	0.560	-0.01	0.08	0.36
Immediately <sup>a</sup>	0.15*	0.02	< 0.001	0.09	0.22	1.29
Follow-up <sup>a</sup>	0.17*	0.02	< 0.001	0.10	0.25	1.39
<b>Sweet baked goods</b>						
Baseline	0.01	0.01	1.000	-0.02	0.02	0.01
Immediately	0.027*	0.01	< 0.001	0.01	0.05	0.57
Follow-up	0.01	0.01	0.730	-0.01	0.03	0.26
<b>Fruits &amp; vegetables</b>						
Baseline	0.00	0.00	1.000	-0.02	0.01	0.01
Immediately	-0.01	0.01	0.700	-0.03	0.01	0.32
Follow-up	-0.044*	0.01	< 0.001	-0.08	-0.01	0.61
<b>Dietary energy</b>						
Baseline	-267.50	235.93	1.000	-960.01	425.01	0.19
Immediately	-647.02*	178.51	< 0.001	-1170.97	-123.06	0.60
Follow-up	-356.13	212.70	1.000	-980.44	268.17	0.28
<b>Carbohydrates</b>						
Baseline	46.75	51.19	1.000	-103.51	197.00	0.15
Immediately	-123.58	115.98	1.000	-463.99	216.84	0.18
Follow-up	21.42	80.14	1.000	-213.80	256.63	0.06
<b>Protein</b>						
Baseline	78.02	31.75	0.210	-15.18	171.22	0.40
Immediately	25.19	28.55	1.000	-58.60	108.98	0.14
Follow-up	17.72	29.77	1.000	-69.68	105.11	0.11
<b>Fat</b>						
Baseline	26.61	15.77	1.000	-19.68	72.90	0.27
Immediately	-19.68	33.38	1.000	-117.66	78.30	0.10
Follow-up	14.10	22.66	1.000	-52.42	80.63	0.12

SE = standard error of the sample.

CI = confidence interval.

d = Cohen effect size.

\*P-value < 0.050; Bonferroni adjustment for multiple comparisons.

<sup>a</sup>Covariate: adjusted mean difference considering baseline score.

Immediately = immediately after the 3-month intervention.

Follow-up = 3-months after the end of the intervention.