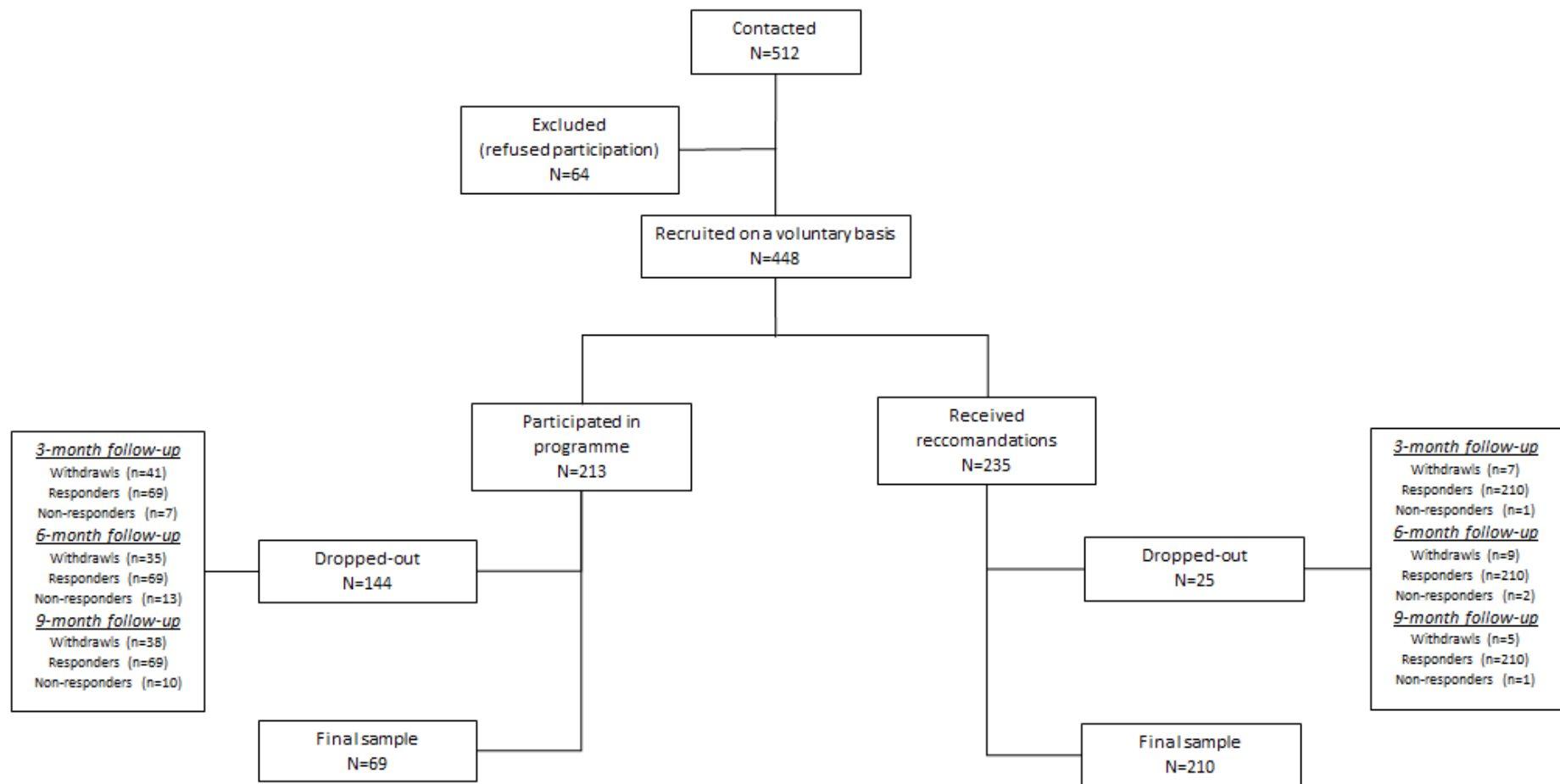


## Participant Flow



## Baseline Characteristics

Socio-demographic characteristics of the Intervention Group (IG) and of the Control Group (CG)

<b>Variables</b>	<b>IG</b>		<b>CG</b>	
	<b>N.</b>	<b>%</b>	<b>N.</b>	<b>%</b>
Age	64±5.57		65±7.46	
Gender				
Males	47	68.1	108	51.4
Females	22	31.9	102	48.6
Educational qualifications				
None	1	1.5	16	7.6
Primary school	16	23.2	64	30.5
Middle school	22	31.9	24	11.4
High school diploma	23	33.3	72	34.3
University degree	5	7.2	24	11.4
No answer	2	2.9	10	4.8
Occupation				
Unemployed	3	4.3	6	2.8
Housewife	18	26.1	54	25.7
Pensioner	29	42.0	34	16.2
Tradesman	5	7.2	24	11.4
Office worker	9	13.1	72	34.3
Self-employed	4	5.8	10	4.8
No answer	1	1.5	10	4.8

## Outcome Measures

Main dietary habits and behaviours of the Intervention Group (IG) and the Control Group (CG) at t0 and t3

Questions	IG					CG				
	t0		t3		$\chi^2$ (p)	t0		t3		$\chi^2$ (p)
	N.	%	N.	%		N.	%	N.	%	
<i>What do you use to sweeten food and drinks?</i>										
White sugar	25	36.2	23	33.3	0.05	73	34.8	68	32.4	0.85
Brown sugar	7	10.2	13	18.8		18	8.5	21	10.0	
Fructose	7	10.2	0	-		21	10.0	17	8.1	
Miele	0	-	2	2.9		3	1.4	5	2.4	
Sweeteners	13	18.8	12	17.4		41	19.6	48	22.8	
Nothing	17	24.6	19	27.6		54	25.7	51	24.3	
<i>Do you eat five meals a day?</i>										
Yes	30	46.4	46	66.7	0.006	91	42.3	100	47.6	0.38
No	39	53.6	23	33.3		119	57.7	110	52.4	
<i>Do you snack on fruit?</i>										
Yes	16	23.2	32	46.4	0.004	71	33.8	78	37.1	0.48
No	53	76.8	37	53.6		139	66.2	132	62.9	
<i>Do you regularly eat fish?</i>										
Yes	50	72.4	63	91.3	0.004	188	89.5	191	90.9	0.62
No	19	27.6	6	8.7		22	10.5	19	9.1	
<i>What do you usually order at a coffee shop?</i>										
Bitter orangeade	26	37.8	17	24.6	0.02	71	33.8	75	35.7	0.95
Freshly squeezed orange juice without sugar	29	42.0	41	59.4		115	54.8	112	53.3	
Ice lolly	0	-	4	5.8		18	8.6	16	7.7	
Ice cream cone	14	20.2	7	10.2		6	2.8	7	3.3	

Intra-group and inter-group comparison of clinical-metabolic parameters at t0 and t3 with relative p values

	IG					CG					ANOVA
	t <sub>0</sub>		t <sub>3</sub>		t Student	t <sub>0</sub>		t <sub>3</sub>		t Student	
	average	σ	average	σ	P	average	σ	average	σ	P	P
BMI	31.26	9.47	26.85	2.74	0.01*	33.35	11.14	30.57	4.23	0.3	0.045*
Waist measurement (cm)											
Women	100.33	14.03	94.00	17.04	0.49	109.2	7.46	105.2	5.26	0.35	0.33
Men	106.46	11.94	90.37	10.70	0.00*	94.33	16.74	92.16	11.66	0.78	0.03*
Systolic pressure	133.86	13.35	125	13.8	0.04*	136.42	11.99	133.07	10.31	0.44	0.001*
Diastolic pressure	77.5	9.4	71	6.2	0.03*	75.71	9.3	76.53	6.2	0.79	0.001*
Glycaemia (mg/dl)	145.2	39.94	119.23	19.2	0.018*	150.37	80.86	136	23.16	0.49	0.007*
HbA1c(%)	6.6	0.87	6.2	0.68	0.22	7.02	1.81	14.12	19.16	0.12	0.00*
Tot. chol. (mg/dl)	176.26	41.91	177.34	24.71	0.9	185	44.34	181	42.23	0.79	0.00*
HDL (mg/dl)	49	9.2	52	12	0.5	52.11	11.37	49.33	11.11	0.48	0.00*
Triglycerides (mg/dl)	172.34	78	131.86	66.9	0.1	142.6	62.05	155.46	85.18	0.62	0.5
Creatinine (mg/dl)	6.2	23	2.6	2.58	0.57	3.23	2.8	3.35	2.99	0.91	0.3

### Adverse Effects

There were no adverse events associated with this trial.