

SUPPLEMENTARY DATA

Supplementary Table 1. Planning and intensity of the APHRODITE intervention program.

Time	GP	NP	Group consultation	dietician
Baseline	Admission			
		Baseline		
1 month			<i>Topics: nutrition components; calories and fat</i>	
1 month			<i>Topics: carbohydrates; sugar; sweeteners</i>	
2 months				Consultation
3 months		Follow-up		
6 months		Follow-up		
9 months	Follow-up			
9 months			<i>Topic: exercise in relation to sugar metabolism</i>	
12 months		Follow-up		
15 months	Follow-up			
15 months			Topics: food package labels; nutrition logo's; fibres	
18 months		Follow-up		
21 months	Follow-up			
21 months			<i>Topics: food packages; food game to recall information</i>	
24 months		Follow-up		
27 months	Conclusion			
30 months		Conclusion		