**Supplementary Table 2.** Baseline characteristics of respondents and non-respondents to the dietary intake questions, split by intervention and control group

| Characteristics          | Respondents (n=60) | Non-respondents (n=48) |
|--------------------------|--------------------|------------------------|
|                          | Intervention (n=28) | Control (n=32)         | Intervention (n=28) | Control (n=20) |
| Age (years)              | 62.50 ±8.47        | 61.06 ±7.44            | 63.29 ±8.26        | 62.75 ±7.511  |
| Sex, male                | 14 (50.0)          | 17 (53.1)              | 13 (46.4)          | 16 (80.0)     |
| Educational level        |                    |                       |                     |
| Low                      | 11 (39.3)          | 9 (28.1)               | 4 (14.3)           | 7 (35.0)      |
| Intermediate             | 9 (32.1)           | 12 (37.5)              | 11 (39.3)          | 5 (25.0)      |
| High                     | 7 (25.0)           | 10 (31.3)              | 12 (42.9)          | 6 (30.0)      |
| Other                    | 1 (3.6)            | 1 (3.1)                | 1 (3.6)            | 2 (10.0)      |
| Marital status.          |                    |                       |                     |
| Married                  | 21 (75.0)          | 26 (81.3)              | 15 (53.6)          | 14 (70.0)     |
| Paid employment.         |                    |                       |                     |
| Yes                      | 5 (17.9)           | 13 (40.6)              | 11 (39.3)          | 9 (45.0)      |
| Nutrition goal<sup>a</sup> | 12 (50.0)          | 30 (48.1)              | 14 (50.0)          | 12 (60.0)     |
| Smoking status           |                    |                       |                     |
| Current                  | 1 (3.6)            | 2 (6.3)                | 3 (10.7)           | 4 (20.0)      |
| Former                   | 14 (50.0)          | 16 (50.0)              | 17 (60.7)          | 6 (30.0)      |
| Never                    | 13 (46.4)          | 14 (43.8)              | 8 (28.6)           | 10 (50.0)     |
| BMI, kg/m<sup>2</sup>    | 28.17 ± 4.00       | 29.57 ± 4.31           | 30.87 ± 5.30       | 30.86 ± 4.93  |
| HbA1c, mmol/mol          | 50.07 ± 7.30       | 50.53 ± 10.10          | 48.21 ± 7.45       | 48.60 ± 5.82  |
| SBP, mmHg                | 131.86 ±14.96      | 130.00 ± 14.04         | 131.04 ±11.97      | 138.70 ± 13.83|
| Lipid profile.           |                    |                       |                     |
| LDL cholesterol          | 2.67 ±0.85         | 2.28 ±0.77             | 2.53 ±0.84         | 2.51 ±0.93    |
| HDL cholesterol          | 1.27 ±0.29         | 1.18 ±0.33             | 1.26 ±0.28         | 1.20 ±0.43    |
| Total cholesterol        | 4.75 ±0.90         | 4.10 ±0.90             | 4.45 ±0.87         | 4.22 ±0.98    |
| Triglycerides            | 1.60 (1.05; 2.10)  | 1.65 (1.23; 2.10)      | 1.65 (1.13; 2.00)  | 1.55 (1.13; 1.98) |
| Physical activity.       | 9.13 (3.19; 22.81) | 8.25 (3.56; 24.56)     | 13.13 (6.00; 24.94)| 17.25 (3.75; 23.63)|
| hours per week           |                    |                       |                     |
| Diet quality score (T=0)<sup>b</sup> | 12.74 ±1.74       | 13.16 ±1.91            | 12.98 ±1.70        | 12.46 ±2.04    |

Data are n (%), mean ± SD, or median (interquartile range). Data of Imputation number 15 are presented.

<sup>a</sup> Nutritional goal not imputed: Respondents: Intervention (n=24), Control (n=27); Non-respondents: Intervention (n=23), Control (n=15)

<sup>b</sup> Diet quality score not imputed: Respondents: Intervention (n=28), Control (n=32); Non-respondents: Intervention (n=20), Control (n=17)