Table A1: Supplementary data: Energy and macronutrient intake, and protein intake per meal occasion, at baseline (0 = day before discharge from hospital), after 2, 6, 12, and 24 weeks in the control and intervention group, shown as mean and (SD).

|  |  |  |
| --- | --- | --- |
|  | **Control** | **Intervention** |
|  | 0(n=39) | 2(n=30) | 6(n=30) | 12(n=29) | 24(n=26) | 0(n=36) | 2(n=26) | 6(n=28) | 12(n=26) | 24(n=23) |
| Protein (g) | 84 | (21) | 79 | (21) | 77 | (19) | 81 | (26) | 68 | (24) | 105 | (37) | 119 | (41) | 113 | (46) | 105 | (38) | 81 | (35) |
| Protein (g/kg) | 1.1 | (0.3) | 1.1 | (0.4) | 1.0 | (0.4) | 1.1 | (0.4) | 0.9 | (0.3) | 1.4 | (0.5) | 1.6 | (0.7) | 1.6 | (0.8) | 1.4 | (0.7) | 1.1 | (0.6) |
| Protein (EN%) | 17 | (2.6) | 16 | (2.4) | 16 | (2.9) | 17 | (4.2) | 16 | (3.6) | 19 | (2.5) | 20 | (3.5) | 20 | (4.5) | 19 | (4.7) | 15 | (3.3) |
| Energy (kcal) | 1986 | (433) | 2033 | (529) | 1983 | (534) | 1998 | (624) | 1752 | (555) | 2219 | (664) | 2367 | (685) | 2197 | (702) | 2181 | (581) | 2080 | (698) |
| Carbohydrates (g) | 218 | (63) | 237 | (77) | 233 | (73) | 224 | (75) | 205 | (73) | 240 | (71) | 271 | (78) | 245 | (82) | 234 | (68) | 224 | (74) |
| Fat (g) | 81 | (20) | 78 | (26) | 75 | (24) | 77 | (36) | 65 | (26) | 88 | (29) | 80 | (30) | 77 | (31) | 84 | (33) | 86 | (41) |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Protein per meal** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Breakfast (g) | 17 | (7) | 14 | (8) | 14 | (6) | 12 | (9) | 10 | (7) | 25 | (10) | 20 | (12) | 21 | (16) | 19 | (12) | 12 | (7) |
| During Morning (g) | 5 | (5) | 4 | (4) | 4 | (3) | 5 | (5) | 4 | (3) | 10 | (8) | 10 | (9) | 7 | (8) | 9 | (10) | 3 | (3) |
| Lunch (g) | 26 | (9) | 21 | (7) | 23 | (9) | 24 | (12) | 21 | (10) | 30 | (12) | 34 | (14) | 32 | (17) | 28 | (12) | 21 | (10) |
| During Afternoon (g) | 9 | (7) | 5 | (7) | 4 | (4) | 4 | (5) | 3 | (6) | 11 | (7) | 16 | (11) | 11 | (10) | 9 | (8) | 6 | (10) |
| Dinner (g) | 29 | (8) | 31 | (14) | 30 | (12) | 32 | (20) | 28 | (16) | 32 | (10) | 34 | (14) | 41 | (17) | 34 | (15) | 31 | (21) |
| During Evening (g) | 8 | (6) | 5 | (6) | 3 | (3) | 6 | (8) | 3 | (4) | 13 | (7) | 11 | (10) | 12 | (10) | 10 | (11) | 8 | (8) |