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| Supplementary file 1 Estimated dietary intake and changes for the ones that claimed dietary changes versus claimed no changes measured by the pre-coded food diary (*n*=412). | | | | | | | | | | | | | |
|  | **Claimed dietary changes** | | | | | | **Claimed no changes** | | | | | |  |
|  | **Post-surgery** | | **6 months** | | **12 months** | | **Post-surgery** | | **6 months** | | **12 months** | |  |
| **Dietary intake** | **Meana** | 95% CI | **Changeb** | 95% CI | **Changeb** | 95% CI | **Meana** | 95% CI | **Changeb** | 95% CI | **Changeb** |  | ***p*c** |
| Energy, MJ | **7.9** | 7.6, 8.2 | **–0.4** | **–**0.7, **–**0.0 | **–0.1** | **–**0.5, 0.2 | **7.7** | 7.5, 7.9 | **–0.2** | **–**0.4, **–**0.0 | **–0.2** | **–**0.3, 0.0 | 0.6 |
| Carbohydrate, E% | **38** | 37, 39 | **1.3** | 0.2, 2.4 | **1.0** | **–**0.1, 2.2 | **38** | 38, 39 | **0.9** | 0.3, 1.5 | **0.6** | **–**0.1, 1.2 | 0.7 |
| Sugar, E% | **6.6** | 5.9, 7.3 | **0.1** | **–**0.6, 0.8 | **–0.4** | **–**1.1, 0.3 | **6.9** | 6.6, 7.3 | **–0.0** | **–**0.4, 0.4 | **-0.1** | **–**0.5, 0.3 | 0.6 |
| Fibre, g | **19** | 18, 21 | **–0.6** | **–**1.7, 0.6 | **1.7**\* | 0.6, 2.8 | **19** | 18, 19 | **–0.9** | **–**1.5, **–**0.3 | **–0.5**\* | **–**1.1, 0.1 | 0.001 |
| Energy adjustedd, g | **19** | 18, 20 | **0.2** | **–**0.7, 1.1 | **2.0**\* | 1.0, 2.9 | **19** | 18, 19 | **–0.5** | **–**1.0, 0.1 | **–0.2**\* | **–**0.7, 0.3 | <0.001 |
| Protein, E% | **17** | 16, 17 | **0.2** | **–**0.4, 0.7 | **0.2** | **–**0.3, 0.7 | **17** | 17, 18 | **–0.0** | **–**0.3, 0.2 | **–0.0** | **–**0.3, 0.2 | 0.7 |
| Alcohol, g | **11** | 8.2, 13 | **–3.1**\* | **–**5.1, **–**1.1 | **–0.7** | **–**2.8, 1.4 | **12** | 11, 14 | **–0.7**\* | **–**1.8, 0.4 | **0.2** | **–**0.9, 1.3 | 0.09 |
| E% | **4.0** | 3.1, 4.9 | **–0.9** | **–**1.5, **–**0.2 | **–0.3** | **–**1.1, 0.5 | **4.7** | 4.2, 5.2 | **–0.2** | **–**0.5, 0.2 | **0.2** | **–**0.2, 0.6 | 0.2 |
| Fat, E% | **39** | 38, 40 | **–0.6** | **–**1.7, 0.4 | **–1.1** | **–**2.2, **–**0.1 | **38** | 37, 38 | **–0.6** | **–**1.2, **–**0.1 | **–0.7** | **–**1.3, **–**0.1 | 0.7 |
| SFA, E% | **15** | 14, 16 | **–0.1** | **–**0.6, 0.5 | **–0.4** | **–**1.0, 0.1 | **15** | 15, 15 | **0.0** | **–**0.3, 0.3 | **–0.2** | **–**0.5, 0.1 | 0.8 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fruit and vegetables, g | **359** | 325, 394 | **9.4** | **–**23, 42 | **31** | **–**3.3, 66 | **364** | 345, 383 | **–22** | **–**40, **–**4.1 | **–4.2** | **–**23, 15 | 0.1 |
| Fruit, berries and juice, g | **212** | 184, 240 | **14** | **–**13, 41 | **13** | **–**15, 40 | **220** | 204, 235 | **–2.9** | **–**18, 12 | **8.3** | **–**7.0, 24 | 0.5 |
| Vegetables, g | **147** | 133, 162 | **–4.3** | –19, 10 | **19**\* | 3.0, 34 | **144** | 136, 152 | **–19** | –27, –11 | **–13**\* | –21, –4.0 | <0.01 |
| Red and processed meat, g | **75** | 67, 83 | **–7.8** | –17, 1.7 | **–1.7** | –11, 7.8 | **71** | 67, 76 | **–2.4** | –7.6, 2.8 | **1.0** | –4.2, 6.2 | 0.6 |
| Red meat, g | **27** | 22, 33 | **–5.5** | –13, 1.6 | **1.0** | –6.4, 8.4 | **24** | 21, 27 | **0.1** | –3.8, 4.0 | **0.9** | –3.1, 5.0 | 0.3 |
| Processed meat, g | **48** | 42, 54 | **–2.1** | –9.2, 5.0 | **–2.7** | –9.8, 4.3 | **47** | 44, 50 | **–2.5** | –6.4, 1.4 | **0.1** | –3.8, 4.0 | 0.7 |
| Dairy products, g | **209** | 181, 237 | **16** | –6.0, 38 | **–11** | –33, 12 | **218** | 203, 234 | **7.3** | –4.8, 19 | **–3.2** | –16, 9.2 | 0.4 |
| Supplements, % (*n*) | **62** | 63 | **67** | 66 | **68** | 69 | **59** | 197 | **56** | 184 | **61** | 206 | 0.4e |

CI, confidence interval; MJ, megajoule; E%, percentage energy from nutrient; BMI, body mass index.

Post-surgery, within 3 weeks post-surgery; 6 months post-surgery; 12 months post-surgery.

aEstimated mean (95% CI) intake adjusted for age and BMI (pre-surgery) in a linear mixed model. For supplements, % (*n*) taking supplements.

bChange (95% CI) from mean intake 3 weeks post-surgery adjusted for age and BMI (pre-surgery) in a linear mixed model. For supplements, % (*n*) taking supplements.

cTest for difference in change over time (as a continuous variable) in a linear mixed model.

dAdjusted for energy intake, total energy intake included in the linear mixed model.

eTest for difference in change over time (as a continuous variable) in a logistic mixed model.

\*Significant difference in change from 3 weeks post-surgery between change diet/no change diet, *p*<0.05