|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Supplementary file 2 Estimated dietary intake and changes for the ones that claimed dietary changes versus claimed no changes measured by the FFQ (*n* = 407). | | | | | | | | | |
|  | **Claimed dietary changes** | | | | **Claimed no changes** | | | |  |
|  | **Pre-surgery** | | **12 months** | | **Pre-surgery** | | **12 months** | |  |
| **Dietary intake** | **Meana** | 95% CI | **Changeb** | 95% CI | **Meana** | 95% CI | **Changeb** | 95% CI | ***p*c** |
| Energy, MJ | **9.2** | 8.8, 9.7 | **–0.8** | –1.2, –0.4 | **8.6** | 8.4, 8.8 | **–0.3** | –0.5, –0.1 | 0.03 |
| Carbohydrate, E% | **40** | 38, 41 | **1.3** | 0.3, 2.4 | **40** | 40, 41 | **0.8** | 0.2, 1.3 | 0.4 |
| Sugar, E% | **4.8** | 4.2, 5.3 | **–0.5** | –1.0, 0.1 | **4.7** | 4.4, 5.0 | **0.1** | –0.2, 0.4 | 0.1 |
| Fibre, g | **32** | 30, 33 | **0.5** | –1.3, 2.3 | **29** | 28, 30 | **–0.6** | –1.6, 0.4 | 0.3 |
| Protein, E% | **18** | 17, 18 | **–0.4** | –0.8, 0.1 | **18** | 17, 18 | **–0.2** | –0.4, 0.0 | 0.6 |
| Alcohol, g | **10** | 8.4, 12 | **–2.9** | –4.3, –1.4 | **11** | 9.6, 12 | **–1.0** | –1.7, –0.2 | 0.02 |
| E% | **3.4** | 2.8, 4.1 | **–0.8** | –1.3, –0.2 | **3.7** | 3.4, 4.1 | **–0.1** | –0.4, 0.2 | 0.06 |
| Fat, E% | **37** | 35, 38 | **–0.5** | –1.6, 0.5 | **36** | 35, 36 | **–0.4** | –1.0, 0.1 | 0.9 |
| SFA, E% | **12** | 12, 13 | **–0.3** | –0.8, 0.2 | **12** | 12, 13 | **–0.2** | –0.5, 0.1 | 0.7 |
|  |  |  |  |  |  |  |  |  |  |
| Fruit and vegetables, g | **623** | 568, 679 | **13** | –46, 71 | **581** | 551, 611 | **–12** | –43, 18 | 0.5 |
| Fruit, berries and juice, g | **282** | 244, 320 | **12** | –32, 57 | **280** | 260, 300 | **14** | –9.3, 38 | 0.9 |
| Vegetables, g | **341** | 305, 376 | **–0.1** | –32, 32 | **301** | 282, 320 | **–26** | –43, –9.4 | 0.2 |
| Red and processed meat, g | **72** | 65, 79 | **–12** | –19, –5.1 | **70** | 66, 73 | **–4.8** | –8.3, –1.2 | 0.07 |
| Red meat, g | **28** | 24, 32 | **–4.6** | –8.0, –1.1 | **28** | 26, 30 | **–2.2** | –4.0, –0.4 | 0.2 |
| Processed meat, g | **44** | 39, 49 | **–7.2** | –12, –2.1 | **42** | 39, 44 | **–2.6** | –5.3, 0.2 | 0.1 |
| Dairy products, g | **369** | 310, 428 | **–64** | –122, –5.6 | **376** | 345, 408 | **–27** | –58, 4.2 | 0.3 |
| Supplements, % (*n*) | **78** | 73 | **79** | 74 | **72** | 238 | **75** | 251 | 0.6e |

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

Pre-surgery, the year before diagnosis; 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 pre-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 (from pre-surgery to 12 months) in a linear mixed model.

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

eTest for difference in change over time (from pre-surgery to 12 months) in a logistic mixed model.