

Supplementary table 1. Nutritional density at baseline and 1-year follow-up according to maximum weight and BMI at baseline.

		Current = Max [§] (n =2181)	moderate WLM [§] (n =1688)	large WLM [§] (n =1826)	Time* group ‡
		Mean (SD)	Mean (SD)	Mean (SD)	
Carbohydrates (g/1000kcal)	Baseline	100.6 (17.2) ^b	101.1 (16.7)	101.9 (17.3) ^b	n.s.
	1 year	93.4 (15.0)	93.8 (14.5)	94.2 (15.2)	
	Δ	-7.3 (17.4) [*]	-7.3 (17.3) [*]	-7.7 (17.0) [*]	
Proteins (g/1000kcal)	Baseline	41.3 (6.8) ^{a,b}	41.6 (6.9) ^{a,c}	43.0 (7.3) ^{b,c}	<0.001
	1 year	43.1 (6.8) ^b	42.8 (6.6) ^c	43.8 (6.8) ^{b,c}	
	Δ	1.8 (7.1) ^{*d,e}	1.2 (7.2) ^{*d}	0.8 (7.4) ^{*e}	
Lipids (g/1000kcal)	Baseline	44.4 (7.2) ^b	44.0 (7.2)	43.7 (7.3) ^b	n.s.
	1 year	47.0 (6.4)	46.8 (6.4)	46.9 (6.5)	
	Δ	2.7 (7.7) [*]	2.9 (7.8) [*]	3.2 (7.9) [*]	
PUFA (g/1000kcal)	Baseline	7.1 (2.0)	7.1 (2.1)	7.0 (2.0)	0.010
	1 year	8.2 (1.9)	8.2 (1.9)	8.3 (1.9)	
	Δ	1.2 (2.3) [*]	1.0 (2.5) ^{*f}	1.3 (2.4) ^{*f}	
MUFA (g/1000kcal)	Baseline	23.1 (5.1) ^b	22.9 (5.3)	22.6 (5.1) ^b	0.008
	1 year	26.7 (4.9)	26.6 (5.1)	26.8 (5.2)	
	Δ	3.6 (6.0) ^{*e}	3.7 (6.2) [*]	4.2 (6.1) ^{*e}	
SFA (g/1000kcal)	Baseline	11.1 (2.2)	11.0 (2.2)	11.0 (2.2)	n.s.
	1 year	10.2 (1.9) ^b	10.3 (1.9)	10.1 (1.8) ^b	
	Δ	-0.9 (2.2) [*]	-0.7 (2.2) [*]	-0.9 (2.3) [*]	
Trans Fat (g/1000kcal)	Baseline	0.2 (0.1) ^b	0.2 (0.1)	0.2 (0.1) ^b	n.s.
	1 year	0.2 (0.1)	0.2 (0.1)	0.2 (0.1)	
	Δ	-0.1 (0.1) [*]	-0.1 (0.1) [*]	-0.1 (0.1) [*]	
Cholesterol (mg/1000kcal)	Baseline	161.8 (41.5) ^b	162.9 (43.6) ^c	166.9 (42.4) ^{b,c}	0.010
	1 year	159.0 (38.1)	158.2 (37.3)	159.6 (41.4)	
	Δ	-2.7 (46.6) ^{*e}	-4.7 (47.6) [*]	-7.3 (48.9) ^{*e}	
Fiber (g/1000kcal)	Baseline	10.9 (3.4) ^{a,b}	11.2 (3.5) ^{a,c}	11.7 (3.6) ^{b,c}	0.017
	1 year	13.4 (3.5) ^{a,b}	13.5 (3.4) ^{a,c}	13.9 (3.6) ^{b,c}	
	Δ	2.5 (3.7) ^{*e}	2.2 (3.7) [*]	2.2 (3.7) ^{*e}	
Vitamin A (mcg/1000kcal)	Baseline	457.8 (267.3) ^{a,b}	482.7 (280.2) ^a	496.8 (281.2) ^b	0.003
	1 year	470.9 (257.3)	467.4 (222.7)	482.0 (243.9)	
	Δ	13.2 (304.5) ^{*d,e}	-15.3 (297.1) ^{*d}	-14.8 (300.8) ^{*e}	
Vitamin B1 (mg/1000kcal)	Baseline	0.7 (0.1) ^{a,b}	0.7 (0.1) ^{a,c}	0.7 (0.1) ^{b,c}	0.010
	1 year	0.7 (0.1) ^b	0.7 (0.1) ^c	0.8 (0.1) ^{b,c}	
	Δ	0.1 (0.1) ^{*e}	0.0 (0.1) [*]	0.0 (0.1) ^{*e}	
Vitamin B2 (mg/1000kcal)	Baseline	0.9 (0.3) ^{a,b}	0.9 (0.3) ^{a,c}	0.9 (0.3) ^{b,c}	n.s.
	1 year	0.9 (0.3) ^b	0.9 (0.3) ^c	0.9 (0.3) ^{b,c}	
	Δ	0.1 (0.3) [*]	0.0 (0.3) [*]	0.0 (0.2) [*]	
Vitamin B3 (mg/1000kcal)	Baseline	17.3 (3.7) ^{a,b}	17.4 (3.7) ^{a,c}	18.0 (3.9) ^{b,c}	<0.001
	1 year	18.6 (3.7) ^b	18.3 (3.4) ^c	18.8 (3.7) ^{b,c}	
	Δ	1.3 (3.9) ^{*d,e}	0.9 (3.8) ^{*d}	0.8 (4.0) ^{*e}	
Vitamin B6 (mg/1000kcal)	Baseline	1.0 (0.2) ^{a,b}	1.0 (0.2) ^{a,c}	1.0 (0.2) ^{b,c}	0.001
	1 year	1.1 (0.2) ^b	1.1 (0.2) ^c	1.1 (0.2) ^{b,c}	
	Δ	0.1 (0.2) ^{*d,e}	0.1 (0.2) ^{*d}	0.1 (0.2) ^{*e}	
Vitamin B12 (mcg/1000kcal)	Baseline	4.2 (1.8) ^{a,b}	4.3 (1.9) ^a	4.4 (1.9) ^b	0.001
	1 year	4.5 (1.9)	4.4 (1.6)	4.5 (1.7)	
	Δ	0.3 (2.0) ^{*d,e}	0.1 (2.1) ^d	0.1 (2.0) ^e	
Vitamin B9	Baseline	148.4 (40.3) ^{a,b}	151.8 (42.6) ^a	156.3 (42.7) ^b	<0.001

(Folic acid)	1 year	170.6 (41.8) ^b	169.3 (39.6)	173.8 (41.1) ^b	
(mcg/1000kcal)	Δ	22.2 (43.4) ^{*d,e}	17.4 (43.7) ^{*d}	17.5 (43.3) ^{*e}	
Vitamin C	Baseline	85.5 (36.4) ^{a,b}	86.9 (37.4) ^{b,c}	91.7 (37.7) ^{a,c}	<0.001
(mg/1000kcal)	1 year	98.4 (37.5)	96.8 (34.8)	100.0 (35.8)	
	Δ	12.9 (39.2) ^{*d,e}	9.9 (37.9) ^{*d}	8.3 (37.5) ^{*e}	
Vitamin D	Baseline	2,6 (1,5) ^b	2,7 (1,5)	2.7 (1.5) ^b	n.s.
(mcg/1000kcal)	1 year	3,2 (1,6)	3,1 (1,5)	3.1 (1.7)	
	Δ	0,5 (1,8) [*]	0,4 (1,8) [*]	0.4 (1.9) [*]	
Vitamin E	Baseline	4,4 (1,3) ^{a,b}	4,6 (1,4) ^a	4.5 (1.3) ^b	0.034
(mg/1000kcal)	1 year	5,3 (1,3) ^b	5,3 (1,3)	5.4 (1.3) ^b	
	Δ	0.9 (1.5) [*]	0.7 (1.7) ^{*f}	0.9 (1.6) ^{*f}	
Calcium (Ca)	Baseline	433.5 (128.7) ^{a,b}	440.6 (128.3) ^{a,c}	456.2 (137.2) ^{b,c}	0.003
(mg/1000kcal)	1 year	445.4 (121.9) ^{a,b}	448.8 (122.6) ^a	454.3 (124.1) ^b	
	Δ	11.9 (130.2) ^{*e}	8.3 (127.3) ^{*f}	-2.0 (134.4) ^{e,f}	
Magnesium	Baseline	176.4 (35.1) ^{a,b}	179.7 (35.5) ^{a,c}	184.6 (36.7) ^{b,c}	0.042
(Mg)	1 year	204.1 (37.0) ^{a,b}	204.1 (37.0) ^{a,c}	209.8 (37.1) ^{b,c}	
(mg/1000kcal)	Δ	27.7 (39.2) [*]	24.4 (39.2) [*]	25.2 (39.2) [*]	
Phosphorus (P)	Baseline	741.4 (142.8) ^{a,b}	749.1 (142.1) ^{a,c}	780.0 (152.5) ^{b,c}	<0.001
(mg/1000kcal)	1 year	803.7 (144.9) ^b	797.8 (141.2) ^c	822.2 (145.6) ^{b,c}	
	Δ	62.3 (144.4) ^{*d,e}	48.7 (143.7) ^{*d}	42.2 (146.9) ^{*e}	
Iron (Fe)	Baseline	6.9 (1.2) ^{a,b}	7.0 (1.2) ^{a,c}	7.2 (1.2) ^{b,c}	0.005
(mg/1000kcal)	1 year	7.5 (1.2) ^b	7.5 (1.2) ^c	7.6 (1.2) ^{b,c}	
	Δ	0.5 (1.3) ^{*e}	0.4 (1.3) [*]	0.4 (1.3) ^{*e}	
Selenium (Se)	Baseline	49.5 (10.4) ^b	49.5 (10.7) ^c	51.2 (10.9) ^{b,c}	<0.001
(mcg/1000kcal)	1 year	51.1 (10.3)	50.4 (9.8)	51.4 (10.4)	
	Δ	1.6 (11.5) ^{*e}	0.9 (11.3) [*]	0.2 (12.4) ^e	
Zinc (Zn)	Baseline	5.6 (0.9) ^b	5.6 (0.9) ^c	5.8 (1.0) ^{b,c}	0.002
(mg/1000kcal)	1 year	5.7 (0.9) ^b	5.7 (0.9) ^c	5.8 (0.9) ^{b,c}	
	Δ	0.2 (1.0) ^{*e}	0.1 (1.0) [*]	0.1 (1.1) ^{*e}	
Iodine (I)	Baseline	118.8 (66.2) ^{a,b}	121.7 (67.5) ^{a,c}	129.1 (71.1) ^{b,c}	0.026
(mcg/1000kcal)	1 year	122.7 (64.2) ^{a,b}	124.8 (65.7) ^a	127.7 (66.2) ^b	
	Δ	3.9 (64.8) ^{*e}	3.1 (66.8) [*]	-1.4 (66.4) ^e	
Potassium (K)	Baseline	1887.7 (395.3) ^{a,b}	1925.4 (409.5) ^{a,c}	1984.6 (415.3) ^{b,c}	<0.001
(g/1000kcal)	1 year	2117.5 (402.2) ^b	2105.5 (386.0) ^c	2159.5 (388.3) ^{b,c}	
	Δ	229.8 (417.0) ^{*d,e}	180.1 (428.1) ^{*d}	174.9 (418.4) ^{*e}	

3 Abbreviations: Max: Maximum. SD: Standard deviation. BMI: Body Mass Index. Δ: Change between
4 baseline and 1 year. PUFA: Polyunsaturated fatty acids. MUFA: Monounsaturated fatty acids. SFA:
5 Saturated fatty acids. n.s.: non statistically significant. §Difference between maximum and current
6 BMI at baseline [maximum weight - current weight (baseline)]. 1) Current = Max: baseline current
7 weight is their maximum weight. 2) Moderate WLM: participants who lost weight within the same
8 BMI category. 3) Large WLM: participants who lost weight and decrease at least one BMI category.
9 ‡Data analyzed by two-way repeated measures ANCOVA adjusted by gender and randomization.
10 p<0.05. Different letters indicate statistically significant differences between groups (a, b, c), between
11 time (*) and between time*group interaction (d, e, f) by the Bonferroni post-hoc test (p<0.05).

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14**Supplementary table 2.** Food intake (dietary items; g/d) at baseline and 1-year follow-up according to maximum weight and BMI at baseline.

		Current = Max[§]	moderate WLM[§]	large WLM[§]	<i>Time* group ‡</i>
		(n =2181)	(n =1688)	(n =1826)	
		Mean (SD)	Mean (SD)	Mean (SD)	
Fruits (g/d)	Baseline	392.0 (225.7) ^{a,b}	411.2 (230.6) ^a	408.3 (227.3) ^b	0.026 [#]
	1 year	444.3 (217.2)	450.1 (210.3)	446.8 (209.1)	
	Δ	52.3 (254.7) ^{* e #}	38.9 (245.7) [*]	38.5 (238.2) ^{* e#}	
Vegetables (g/d)	Baseline	322.7 (135.4) ^{a,b}	330.8 (140.3) ^a	338.7 (137.5) ^b	0.001
	1 year	364.7 (141.6)	363.2 (138.6)	366.0 (139.1)	
	Δ	41.9 (153.7) ^{* e}	32.4 (154.3) [*]	27.4 (147.2) ^{* e}	
Potatoes (g/d)	Baseline	68.2 (43.8)	69.1 (44.3)	66.4 (44.4)	n.s.
	1 year	65.6 (42.4)	64.0 (39.4)	64.3 (40.2)	
	Δ	-2.7 (48.4)	-5.1 (48.1) [*]	-2.1 (49.1) [*]	
Refined cereals (g/d)	Baseline	112.9 (86.9)	112.1 (87.7)	104.3 (89.2)	n.s.
	1 year	67.2 (71.9)	67.6 (71.8)	61.7 (69.0)	
	Δ	-45.6 (90.5) [*]	-44.5 (92.9) [*]	-42.6 (91.0) [*]	
Whole grains (g/d)	Baseline	37.6 (63.3) ^b	36.3 (60.9) ^c	42.8 (62.8) ^{b,c}	n.s.
	1 year	60.1 (62.7)	60.4 (63.9)	63.5 (62.1)	
	Δ	22.5 (75.1) [*]	24.1 (73.0) [*]	20.6 (74.3) [*]	
Legumes (g/d)	Baseline	19.8 (11.0) ^{a,b}	21.1 (10.5) ^a	20.9 (11.3) ^b	n.s.
	1 year	24.0 (10.1) ^{a,b}	25.2 (11.2) ^a	25.3 (11.9) ^b	
	Δ	4.2 (12.7) [*]	4.1 (13.1) [*]	4.4 (14.2) [*]	
White fish (g/d)	Baseline	37.8 (25.9)	37.4 (25.1)	38.8 (24.8)	n.s.
	1 year	42.9 (24.7)	42.3 (24.4)	42.4 (25.9)	
	Δ	5.1 (29.1) [*]	5.0 (28.9) [*]	3.5 (29.6) [*]	
Blue fish (g/d)	Baseline	36.2 (22.8)	37.1 (23.2)	36.8 (23.1)	0.062
	1 year	42.8 (23.2)	42.5 (23.3)	41.8 (24.5)	
	Δ	6.6 (26.1) ^{* e #}	5.5 (27.6) [*]	5.0 (27.6) ^{* e #}	
Seafood (g/d)	Baseline	27.4 (21.3)	27.9 (21.0)	27.8 (22.0)	n.s.
	1 year	27.4 (22.1)	27.1 (20.2)	26.4 (21.3)	
	Δ	0.0 (25.1)	-0.8 (22.5)	-1.4 (24.0) [*]	
White meat (g/d)	Baseline	60.6 (33.3) ^b	61.9 (34.0)	64.0 (34.3) ^b	0.002
	1 year	68.9 (32.5)	67.0 (30.4)	69.3 (31.8)	
	Δ	8.2 (36.4) ^{*d,e}	5.1 (34.0) ^{* d}	5.3 (36.0) ^{* e}	
Red meat (g/d)	Baseline	52.4 (35.4) ^a	49.9 (33.7) ^a	49.3 (33.8)	n.s.
	1 year	36.4 (29.4)	36.6 (27.1)	35.2 (28.8)	
	Δ	-16.1 (36.9) [*]	-13.3 (32.8) [*]	-14.1 (34.1) [*]	
Processed meat (g/d)	Baseline	35.5 (24.3)	36.6 (24.4)	34.8 (23.5)	n.s.
	1 year	27.5 (17.3)	27.6 (17.3)	27.4 (17.6)	
	Δ	-8.0 (24.3) [*]	-9.0 (24.7) [*]	-7.4 (24.5) [*]	
Eggs (g/d)	Baseline	23.7 (11.6)	23.9 (11.3)	24.2 (11.8)	n.s.
	1 year	24.6 (10.3)	24.9 (10.4)	24.7 (11.0)	
	Δ	0.9 (12.1) [*]	1.0 (12.7) [*]	0.5 (12.2)	
Milk and dairy (g/d)	Baseline	334.4 (193.3) ^b	341.8 (202.3) ^c	356.6 (206.9) ^{b,c}	0.014
	1 year	323.3 (190.1) ^b	329.0 (193.0)	332.9 (193.0) ^b	
	Δ	-11.1 (183.1) ^{* e}	-12.8 (196.4) [*]	-23.7 (193.1) ^{* e}	
Nuts (g/d)	Baseline	15.1 (18.0)	15.6 (17.2)	14.4 (16.1)	0.002
	1 year	28.5 (17.8) ^b	28.8 (19.3)	30.4 (19.4) ^b	
	Δ	13.3 (22.1) ^{* e}	13.2 (23.2) ^{* f}	15.9 (22.0) ^{*e,f}	
Olive oil (g/d)	Baseline	41.3 (16.6) ^b	40.1 (16.8) ^c	38.9 (16.9) ^{b,c}	n.s.
	1 year	46.5 (14.9) ^b	46.0 (14.9)	44.7 (15.5) ^b	

	Δ	5.2 (19.3)*	5.9 (19.6)*	5.8 (19.7)*	
Vegetal oils (g/d)	Baseline	1.4 (5.0)	1.7 (5.7)	1.3 (5.1)	n.s.
	1 year	0.5 (3.2)	0.6 (3.4)	0.5 (2.3)	
	Δ	-0.8 (5.1)*	-1.1 (6.2)*	-0.9 (5.4)*	
Other fats (g/d)	Baseline	2.7 (6.0)	2.6 (8.0)	2.4 (5.7)	n.s.
	1 year	1.0 (3.1)	1.2 (7.1)	1.0 (3.0)	
	Δ	-1.7 (5.8)*	-1.4 (5.4)*	-1.5 (5.8)*	
Sweets and pastries (g/d)	Baseline	47.4 (36.9)	47.3 (39.4)	44.4 (39.9)	n.s.
	1 year	28.7 (28.8)	29.1 (29.5)	27.4 (27.8)	
	Δ	-18.7 (37.4)*	-18.2 (39.6)*	-17.0 (38.4)*	
Convenience foods (g/d)	Baseline	22.2 (20.5)	22.7 (22.7)	20.6 (19.6)	n.s.
	1 year	16.7 (16.2)	17.8 (17.9) ^c	15.7 (16.4) ^c	
	Δ	-5.6 (20.0)*	-4.9 (22.0)*	-4.9 (19.4)*	
Coffee and tea (ml/d)	Baseline	86.9 (58.6)	90.2 (60.3)	88.4 (60.1)	n.s.
	1 year	86.3 (59.0)	87.9 (60.2)	88.7 (62.4)	
	Δ	-0.7 (56.6)	-2.3 (57.8)	0.3 (56.6)	
Sugary beverages (ml/d)	Baseline	40.0 (88.0)	39.9 (90.4)	38.1 (89.1)	n.s.
	1 year	19.6 (66.9)	20.5 (59.4)	20.6 (66.7)	
	Δ	-20.4 (100.7)*	-19.3 (93.8)*	-17.5 (91.3)*	
Artificially sweetened beverages(ml/d)	Baseline	28.4 (101.4)	26.1 (93.3)	33.8 (115.6)	n.s.
	1 year	23.0 (83.4)	20.1 (66.0)	25.2 (80.6)	
	Δ	-5.4 (90.4)*	-6.0 (77.0)*	-8.6 (97.1)*	
Fermented alcoholic beverages(ml/d)	Baseline	186.0 (266.3) ^b	186.6 (261.9)	149.3 (244.9) ^b	n.s.
	1 year	154.6 (230.8) ^b	158.5 (234.3)	128.3 (220.8) ^b	
	Δ	-31.3 (203.2)*	-28.1 (218.0)*	-21.1 (192)*	
Distilled spirits (ml/d)	Baseline	3.5 (11.6)	3.8 (11.4)	3.0 (9.2)	n.s.
	1 year	2.2 (9.5)	2.9 (11.5)	2.2 (7.8)	
	Δ	-1.3 (11.6)*	-0.9 (11.9)*	-0.9 (8.2)*	

Abbreviations: Max: Maximum. SD: Standard deviation. BMI: Body Mass Index: Δ : Change between baseline and 1 year. n.s.: non statistically significant. ^sDifference between maximum and current BMI at baseline [maximum weight - current weight (baseline)]. 1) Current = Max: baseline current weight is their maximum weight. 2) Moderate WLM: participants who lost weight within the same BMI category. 3) Large WLM: participants who lost weight and decrease at least one BMI category. ‡Data analyzed by two-way repeated measures ANCOVA adjusted by gender, randomization, energy intake and physical activity. $p < 0.05$. Different letters indicate statistically significant differences between groups (a, b, c), between time (*) and between time*group interaction (d, e, f) by the Bonferroni post-hoc test ($p < 0.05$). # Time*group significances lost after adjustment by presence of Type 2 Diabetes Mellitus at baseline.

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