| **Study, Year****Quality** | **N****Population****Intervention Focus & Intensity** | **Healthy Diet Behavioral Outcomes** |
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| CouPLES, 201367Fair | 255CholesterolHD+PA, Medium |  BL 6 mo 11 mo**Energy, kcal/d** IG 1596 (827) 1243 (670) 1175 (579) CG 1475 (735) 1245 (588) 1254 (575)p=0.03**Total fat, g/d** IG 68.8 (42.7) 49.6 (30.1) 46.5 (25.6)CG 64.9 (38.1) 53.1 (28.4) 54.2 (31.1)p=0.02 **Total fat, %** IG 38.2 (7.8) 35.3 (7.0) 35.4 (7.3) CG 38.4 (7.5) 38.5 (8.9) 38.2 (9.1)p=0.04 **Saturated fat, g/d** IG 22.5 (14.8) 15.8 (10.3) 15.1 (8.9)CG 21.3 (12.6) 17.2 (9.6) 17.4 (9.8) p=0.02**Saturated fat, %** IG 12.3 (2.9) 11.1 (2.9) 11.4 (2.8)CG 12.6 (2.7) 12.5 (3.3) 12.3 (2.9)p=0.09**Cholesterol, mg/d** IG 210.5 (145.5) 161.6 (111.1) 152.1 (97.4)CG 211.0 (140.6) 182.1 (119.4) 175.5 (117.1)p=0.11**Fiber, g/d** IG 14.8 (6.8) 13.4 (6.8) 13.2 (6.3)CG 13.9 (6.7) 12.5 (7.7) 11.9 (5.7)p=0.26  |
| PRO-FIT, 201268Fair | 340CholesterolHD+PA, Medium |  BL 12 mo **Total saturated fat, g/d, mean (SD)**IG 15.4 (4.8) 14.0 (5.0)CG 14.3 (4.9) 13.7 (4.6) Between-group difference at 12 mo: NS (β, -0.61 [-1.35 to 0.14])**Daily frequency of fruits (servings/d)**IG 1.5 (1.3) 1.6 (1.1)CG 1.4 (1.1) 1.4 (1.1)Between-group difference at 12 mo: NS (β, 0.05 [-0.12 to 0.22])**Daily vegetable intake (g/d)**IG 162.1 (75.8) 171.5 (76.6)CG 151.2 (77.8) 163.4 (77.2)Between-group difference at 12 mo: NS (β, 3.26 [-9.78 to 16.29]) |
| Anderson, 199270Fair | 177CholesterolHD, High |  BL 12 mo Mean difference from BL to 12 mo**Energy (kJ), mean (SE)**IG1 8221 (824) 7878 (318) -343 (280)IG2 8678 (335) 8523 (314) -115 (331)CG 9109 (393) 8414 (310) -695 (364)p NSD NSD NSD**% Carbohydrate, mean (SE)**IG1 48 (1.3) 53 (1.3) 4.5 (1.2)IG2 50 (0.9) 55 (1.0)\* 5.3 (1.1)CG 48 (1.3) 50 (1.1) 1.4 (1.3)p NSD 0.004 NSD**% Fat, mean (SE)**IG1 35 (1.0) 30 (1.1) -5.0 (1.0)IG2 33 (0.9) 27 (0.9) -5.6 (1.2)CG 33 (1.0) 31 (0.8) -2.0 (1.1)†p NSD 0.022 0.040**% Saturated fatty acid, mean (SE)**IG1 11 (0.5) 9 (0.4) -2.0 (0.4)IG2 11 (0.4) 8 (0.4) -3.0 (0.5)CG 11 (0.5) 10 (0.4) -1.0 (0.5)† p NSD 0.001 0.013**% Monounsaturated fatty acid, mean (SE)**IG1 12 (0.5) 11 (0.5) -2.0 (0.5)IG2 12 (0.4) 10 (0.4) -2.0 (0.5)CG 11 (0.4) 11 (0.5) 0.0 (0.5)†p NSD NSD 0.025**% Polyunsaturated fatty acid, mean (SD)**IG1 8 (0.4) 8 (0.4) 0.0 (0.5)IG2 8 (0.3) 7 (0.3) -1.0 (0.4)CG 7 (0.4) 7 (0.4) 0.0 (0.4)p NSD NSD NSD **% Protein, mean (SD)**IG1 16 (0.5) 17 (0.5) 1.0 (0.5)IG2 17 (0.5) 18 (0.5) 0.6 (0.6)CG 16 (0.5) 18 (0.6) 1.2 (0.7)p NSD NSD NSD**Dietary cholesterol, mg, mean (SD)**IG1 247 (18) 178 (12) -69 (18)IG2 261 (18) 194 (14) -67 (18)CG 267 (21) 219 (13) -48 (18)p NSD NSD NSD **Fiber, g, mean (SD)**IG1 17 (1.1) 20 (1.3) 3.0 (1.3)IG2 19 (1.6)‡ 25 (1.6)\* 5.6 (1.9)\*CG 17 (1.4) 17 (1.3) 0.1 (1.4)p NSD 0.001 0.40\*p<0.05 vs. CG; †p<0.05 vs. IG1/IG2; ‡p<0.01 vs. CG. |
| Ammerman, 200374Keyserling, 1999173Fair | 468CholesterolHD, Medium |  BL 12 mo**Daily Recommended Allowance total score, mean reduction (SE)**IG 23.1 (1.1) 5.4 (0.48)CG 21.9 (1.1) 3.3 (0.43)Difference: p=0.47 2.1 (95% CI, 0.8 to 3.5), p=0.005Adjusted by age, sex, race, education, CHD, # of risk factors, smoking, and high blood pressure |
| Bloemberg, 199175Fair | 80CholesterolHD, Medium | **Mean (SD) at BL, mean change from BL (SD)** BL 6 mo**% Protein energy**IG 15.2 (3.0) 0.33 (2.9)CG 13.8 (2.4) 0.57 (1.7)p <0.05 0.66**% Fat energy**IG 38.5 (7.1) -5.0 (6.5)CG 38.3 (9.0) -1.5 (5.9)p NSD 0.02**% Saturated fat energy** IG 16.5 (3.6) -4.3 (3.9)CG 16.3 (4.7) -0.7 (2.9)p NSD <0.01**% Monounsaturated fatty acid energy**IG 14.2 (3.2) -3.0 (3.4)CG 14.0 (3.2) -0.6 (2.6)p NSD <0.01**% Polyunsaturated fatty acid energy**IG 6.8 (2.4) 2.8 (3.1)CG 6.6 (2.9) 0.0 (1.5) p NSD <0.01**% Carbohydrate energy**IG 38.5 (5.7) 4.4 (6.5)CG 38.5 (8.4) 1.2 (6.1)p NSD 0.03**Cholesterol, mg/mJ**IG 33.5 (6.8) -9.7 (8.2)CG 30.7 (9.4) -0.2 (7.2)p NSD <0.01**Fiber, g/mJ**IG 2.4 (0.7) 0.6 (0.9)CG 2.5 (0.7) 0.1 (0.8)p NSD <0.01 |
| DEER, 199871 | 189CholesterolHD, High | **Mean change (SD)** BL 12 mo **Caloric intake, kcal/d**IG NR -253.7 (459.2)CG NR -21.9 (426.4)**% Calories from carbohydrates**IG NR 6.8 (8.7)CG NR 0.5 (6.9)**% Calories from fat**IG NR -6.9 (7.8)CG NR -0.5 (6.3)**% Calories from saturated fat**IG NR -2.9 (3.0)CG NR 0.1 (2.6)**% Calories from monounsaturated fatty acid**IG NR -2.5 (3.4)CG NR 0.0 (3.0)**% Calories from polyunsaturated fatty acid**IG NR -1.1 (2.2)CG NR -0.5 (2.1)**Cholesterol, mg/d**IG NR -85.1 (106.8)CG NR 3.9 (105.2) |
| Delahanty, 200172Good | 90CholesterolHD, High | **Mean (SD)** BL 6 mo 12 mo**Kcal**IG 1987 (841) 1679 (796) 1462 (472)CG 1888 (585) 1850 (675) 1675 (522)**% Fat**IG 32 (12) 25 (10)\* 26 (10)CG 31 (11) 29 (10) 28 (9)**% Saturated fat**IG 11 (6) 7 (4)† 8 (4)CG 11 (4) 10 (4) 10 (4)**% Monounsaturated fatty acid**IG 12 (5) 9 (4)\* 10 (4)CG 12 (5) 11 (4) 10 (4)**% Polyunsaturated fatty acid**IG 6 (4) 7 (4) 5 (3)CG 6 (3) 5 (2) 6 (2)**Cholesterol, mg**IG 235 (191) 165 (132)‡ 166 (154)CG 242 (229) 239 (199) 179 (123)**Dietary fiber, g**IG 16(9) 18 (8) 16 (7)CG 18 (10) 16(6) 19 (9)\*p<0.01 between groups (adjusted for BL & sex); †p<0.001 between groups (adjusted for BL & sex); ‡p<0.05 between groups (adjusted for BL & sex).  |
| Hyman, 199876Fair | 123CholesterolHD, Medium | **NW Lipid Research Clinic Fat Intake Scale, mean (SD)** BL 6 mo IG 22.5 (5.0) 20.4 (NR)CG 22.1 (5.2) 20.1 (NR)p=0.91 |
| Moy, 200173Fair | 235CholesterolHD, High | mean (SD), mean change from BL (SD) BL 24 mo**Total fat, g**IG 85.1 (42) -14.3 (34)CG 85.0 (40) 4.7 (41) p=0.0001**% kcal from total fat**IG 38.0 (7) -3.9 (8) CG 38.3 (8) -0.27 (7)p=0.0001**Saturated fat, g**IG 30.2 (16) -4.9 (12)CG 29.7 (15) 1.9 (16)p=0.0002**% kcal from saturated fat**IG NR -1.4 (3), p=0.0001 vs. BLCG NR -0.0064 (3), p=0.9809p NR 0.0005**Cholesterol, mg**IG 299.8 (168) -27.3 (122)CG 291.8 (140) 19.6 (97)p=0.0013**kcal**IG 1977 (777) -152.3 (616)CG 1978 (752) 114.0 (704)p=0.0023 |
| NFPMP, 200279  | 143CholesterolHD, Medium | mean (SD), mean change from BL (SD)BL 6 mo 12 mo**Total energy, MJ/d**IG 9.1 (2.7) -1.4 (1.9) -0.7 (3.0)CG 9.6 (2.6) -0.6 (1.8) -0.9 (2.4)p 0.25 0.01 0.09 (multilevel analysis, p=0.00)**% Fat**IG 42.1 (6.3) -7.9 (6.5) -5.6 (6.9)CG 42.6 (5.2) -2.2 (4.9) -2.0 (6.7)p 0.64 0.00 0.00 (multilevel analysis, p=0.00)**% Saturated fat**IG 15.2 (2.6) -3.4 (2.7) -2.6 (2.7)CG 15.5 (2.3) -0.8 (2.2) -0.9 (2.6)p 0.42 0.00 0.00 (multilevel analysis, p=0.00)**% Monounsaturated fatty acid**IG 14.6 (3.3) -3.4 (3.3) -1.9 (4.1)CG 14.9 (2.6) -0.7 (2.4) -0.3 (3.3)p 0.53 0.00 0.01 (multilevel analysis, p=0.00)**% Unsaturated fat**IG 9.4 (3.0) -1.0 (3.1) -1.0 (2.7)CG 9.3 (3.0) -0.8 (3.0) -0.7 (3.7)p 0.79 0.37 0.73 (multilevel analysis, p=0.73)**Cholesterol, mg**IG 239.1 (91.5) -62 (68.9) -46.4 (77.1)CG 254.8 (90.8) -22.8 (66.4) -33.4 (83.1)p 0.31 0.00 0.02 (multilevel analysis, p=0.03) |
| ODES,199580Fair  | 98CholesterolHD, Medium | mean (SE), mean change from BL (SE)  BL change at 12 mo**Total energy intake, kJ/d**IG NR -2268 (356)CG NR -589 (450)Net difference (SE): -1679 (450)p NSD <0.05**% Fat energy**IG NR -5.5 (0.8)CG NR -0.6 (0.7)Net difference (SE): -4.9 (1.1)p NSD <0.05**% Saturated fat, g/d**IG NR -14.0 (1.8)CG NR -1.9 (2.0)p NSD <0.05**Energy, mJ/d**IG 11.0 (3.5) -2.2 (2.6)CG 10.3 (3.2) -0.5 (3.1)p NSD <0.01 |
| Southeast Cholesterol Project, 199781Fair | 372CholesterolHD, Medium | **Dietary Recommended Allowance score, adjusted mean (SE) from BL**  BL change 12 mo Diff (95% CI) pIG 22.0 -5.3 (0.55) 3.3 (1.8 to 4.9) p<0.001CG 22.0 -2.0 (0.54)  |
| Stevens, 200382Fair  | 616CholesterolHDMedium | mean (SD)  BL 12 mo**% Fat energy** IG 40.60 (7.25) 34.86 (6.56)CG 39.41 (6.27) 38.61 (6.57)Difference: -3.75; p<0.001**Number of fruit/vegetable servings**IG 3.09 (1.76) 4.33 (1.90)CG 3.21 (1.97) 3.40 (1.90)Difference: 0.93; p<0.001**Kristal fat behavior score**IG 1.97 (0.45) 1.70 (0.28)CG 1.87 (0.37) 1.91 (0.28)Difference: -0.20; p<0.001**% Saturated fat energy**IG 14.0 12.4CG 13.6 13.2p NR <0.001**% Polyunsaturated fat energy**IG 8.3 6.7CG 8.1 7.5p NR <0.001**% Monounsaturated fat energy**IG 15.2 13.1CG 14.8 14.0p NR <0.001 |
| ADAPT, 2006138Fair | 241HTNHD+PA, Medium | Mean (95% CI)  BL 12 mo 36 mo **Energy, MJ**IG 8.04 (7.61–8.47) 6.74 (6.38–7.11) 7.65 (7.21–8.09)CG 7.91 (7.45–8.37) 7.08 (6.64–7.53) 7.44 (7.02–7.85)**Fat, % energy**IG 28.9 (27.8–29.9) 25.3 (24.2–26.4)‡ 27.9 (26.4–29.4)CG 28.8 (27.6–30.1) 28.5 (27.2–29.8) 29.1 (27.5–30.6)**Saturated fat, % energy**IG 12.3 (11.3–13.3) 9.4 (8.9–10.0)‡ 10.8 (10.1–11.5)†CG 12.0 (11.0–13.1) 11.4 (10.4–12.4) 11.4 (10.6–12.1)**Polyunsaturated fat, % energy**IG 4.6 (4.2–4.9) 4.4 (4.0–4.7) 4.6 (4.2–4.9)CG 4.8 (4.4–5.2) 4.6 (4.2–5.0) 4.5 (4.1–4.8)**Monounsaturated fat, % energy**IG 10.6 (9.7–11.6) 8.7 (8.2–9.2)‡ 9.9 (9.3–10.5)CG 10.7 (9.8–11.7) 10.8 (9.9–11.7) 10.5 (9.8–11.2)**Cholesterol, mg/d**IG 292.7 (263.2–322.2) 250.4 (223.5–277.3) 279.7 (249.5–309.9)CG 278.8 (254.8–302.9) 251.2 (225.5–277.0) 265.2 (242.0–288.5)**Fiber, g/d**IG 24.0 (22.6–25.3) 26.3 (24.6–28.0)\* 24.2 (22.7–25.6)CG 24.1 (22.8–22.5) 24.2 (22.5–25.8) 24.1 (22.8–25.5)**Protein, % energy**IG 19.5 (18.9–20.1) 22.4 (21.7–23.2)† 20.8 (20.1–21.5)CG 20.2 (19.4–20.7) 21.1 (20.3–21.9) 21.1 (20.3–21.8)**Carbohydrates, % energy**IG 44.3 (43.0–45.6) 45.7 (44.3–47.0)\* 45.0 (43.6–46.4)CG 44.4 (42.9–45.9) 43.9 (42.4–45.4) 45.3 (43.8–46.7)**Sodium, g/d**IG 2.7 (2.5–2.8) 2.3 (2.2–2.5)\* 2.5 (2.3–2.6)CG 2.8 (2.6–2.9) 2.6 (2.4–2.8) 2.7 (2.5–2.8)*Servings per week***Low-fat dairy**IG 5.8 (5.0–6.7) 7.4 (6.5–8.3)CG 7.0 (6.0–8.0) 7.1 (5.8–8.0)**Fish**IG 2.7 (2.2– 3.2) 5.1 (4.5– 5.7)CG 2.7 (2.2–3.2) 3.3 (2.8–3.8)**Meat**IG 3.6 (3.1–4.1) 2.7 (2.2–3.2)CG 3.4 (2.8–3.9) 2.9 (2.4–3.4)**Fruit**IG 11.9 (10.5–13.3) 12.6 (11.2–14.0)CG 13.3 (11.9–14.7) 12.6 (11.2–14.0)**Vegetables**IG 18.2 (16.8–19.6) 23.1 (21.0–24.5)CG 18.9 (17.5–20.3) 19.6 (18.2–21.0)Between group p-values compared with BL: \*p<0.05; †p<0.01; ‡p<0.001. At 36 mo there was a significant between-group difference in consumption of vegetables (p=0.003) & fish (p=0.007). Greater intake of fruit was NS (p=0.138). 65% of CG and 83% of IG ate ≥2 fish servings/week (p=0.001); 37% of CG and 46% of IG ate ≥5 servings of fruit & vegetables/day (p=0.147). |
| Arroll, 1995128Fair  | 208HTNHD+PA, Medium | **Salt frequency, mean score (SE)**  BL 6 moIG1 21.3 (1.3) 14.3 (1.0)IG2 22.0 (1.3) 20.6 (1.0)IG3 22.3 (1.3) 15.2 (1.1)CG 21.2 (1.3) 20.3 (1.1)p=NR; text states it is statistically significant for IG1 and IG3.**24-hr urinary sodium excretion, mmol/24-hr, median value (SE)**IG1 NR 105.5 (NR)IG2 NR 124 (NR)IG3 NR 107 (NR)CG NR 120 (NR)p=NR; text states it is statistically significant for IG1 and IG3. |
| HIP, 2009136Fair | 574HTNHD+PA, High (Pt, MD+Pt); Medium (MD only) |  BL ∆ at 6 mo (SD) ∆ at 18 mo (SD)**Total energy, kcal** IG1 1594 (643) -72.2 (464) -73 (543)IG2 1780 (826) -287.4 (660) -260.8 (741)CG1 1725 (763) -170.6 (554) -119.1 (698)CG2 1664 (843) -249.8 (586) -158.8 (535)\*Patient intervention vs. control: p<0.05 at 6 mo**Fruit/vegetable servings per day** IG1 1.33 (0.99) 0.59 (1.27) 0.41 (1.13)IG2 1.42 (1.13) 0.92 (1.34) 0.55 (1.13)CG1 1.28 (0.90) 0.04 (0.81) 0.01 (0.90)CG2 1.23 (0.88) 0.09 (0.72) -0.03 (0.87)MDI main effect 6 mo, p=0.02; 18 mo, p=0.53PTI main effect 6mo, p<0.0001; 18 mo p<0.0001**Dairy servings per day** IG1 0.94 (0.89) 0.06 (0.67) 0.08 (0.51)IG2 0.95 (0.81) 0.21 (0.75) -0.01 (0.79)CG1 0.94 (0.90) -0.01 (0.72) -0.03 (0.80)CG2 0.89 (0.89) 0.01 (0.56) -0.00 (0.61)MDI main effect 6 mo, p=0.17; 18 mo p=0.57PTI main effect 6 mo, p= 0.01; 18 mo p=0.56Slightly different numbers are reported in Lin 2013**Total fat, % kcal** IG1 38.4 (8.1) -2.3 (8.5) -1.7 (7.7)IG2 37.3 (6.8) -4.3 (7.1) -2.8 (7.8) CG1 38.1 (8.0) 0.6 (7.0) 0.8 (8.0)CG2 39.8 (8.3) -1.2 (6.7) -1.1 (6.6)MDI main effect at 6 mo, p =0.002;18 mo p=0.02PTI main effect at 6 mo, p<0.0001; 18 mo p<0.0001Slightly different numbers are reported in Lin 2013**Saturated fat, % kcal** IG1 10.9 (2.7) -1.0 (2.7) -0.9 (2.1)IG2 10.5 (2.4) -1.3 (2.1) -1.0 (2.2) CG1 10.6 (2.5) 0.2 (2.3) 0.1 (2.3)CG2 11.0 (2.3) -0.2 (2.0) -0.2 (2.0)MDI main effect at 6 mo, p=0.07; 18 mo p=0.28PTI main effect at 6 mo, p<0.0001; 18 mo p <0.0001grams reported in Lin 2013**Carbohydrates, % kcal** IG1 46.8 (9.0) 0.9 (7.4) 1.1 (7.9)IG2 48.8 (8.4) 4.7 (8.4) 3.0 (8.6)CG1 48.6 (9.5) -0.4 (7.8) -0.9 (8.3)CG2 48.2 (10.3) 2.5 (10.2) 2.2 (9.9)\*Patient intervention vs. control: p<0.05 at 6 and 18 mo\*\*Physician intervention vs. control: p<0.001 at 6 and 18 mo**Protein, % kcal** IG1 14.7 (2.9) 0.2 (2.5) 0.2 (3.1)IG2 14.5 (2.4) 0.8 (2.5) 0.3 (3.0)CG1 14.6 (3.0) 0.02 (3.2) 0.1 (2.5)CG2 14.2 (3.0) 0.8 (3.0) 0.01 (3.8)\*Patient intervention vs. control: p<0.05 at 6 mo**Cholesterol, mg**IG1 196 (104) -4.7 (76.1) -5.9 (115)IG2 217 (135) -49.8 (111) -43.5 (115)CG1 209 (129) -16.5 (67.8) -8.5 (96.6)CG2 198 (138) - 30.2 (116) -26.9 (99.5)\*Patient intervention vs. control: p<0.001 at 6 mo **Fiber, g**IG1 15.9 (8.2) -0.7 (5.6) -0.5 (6.7)IG2 16.4 (8.4) 2.0 (7.4) 0.6 (7.3)CG1 17.2 (9.0) -1.8 (7.5) -0.9 (9.9)CG2 16.3 (9.4) 0.3 (8.7) 0.2 (8.6)\*Patient intervention vs. control: p<0.001 at 6 mo**Urinary sodium, mmol/24-hr** IG1 150.9 (68.0) -13.1 (62.2) -24.0 (85.2)IG2 170.3 (76.2) -31.4 (79.7) -28.0 (76.6)CG1 174.7 (77.0) -22.8 (71.2) -8.3 (84.1)CG2 175.2 (82.9) -23.6 (75.2) -1.4 (69.9)MDI main effect at 6 mo, p=0.62; 18 mo p=0.03PTI main effect at 6 mo, p=0.14; 18 mo p=0.32 |
| Hyman, 2007135Fair | 281HTNHD+PA, Medium | **24-hr urine sodium level** BL 6 mo 18mo IG1 185.8 (77.9) 169.2 (104.4) 195.3 (110.0)IG2 200.7 (88.2) 200.4 (94.8) 208.6 (101.2)CG 189.0 (71.0) 189.3 (92.1) 189.8 (90.5) p\* 0.39 0.14 0.49 |
| LIHEF, 2002137Fair | 715HTNHD+PA, High | Mean (SD) at BL, mean (SD) change from BL at 12 & 24 mo BL 12 mo 24 mo p (between)**Energy, kcal**IG 1897 (572) -125 (467) -157(477) @12 mo, 0.137CG 1896 (572) -72 (398) -92 (395) @24 mo, 0.092**Fat, % of total energy**IG 33.5 (6.0) -1.9 (6.5) -2.9 (6.4) @12 mo, 0.001CG 33.4 (6.4) -0.1 (5.8) -0.1 (7.0) @24 mo, <0.0005**Saturated fat, % of total energy**IG 13.6 (3.1) -1.3 (3.3) -1.8 (0.3) @12 mo, <0.0005 CG 13.6 (3.2) -0.1 (2.8) -0.1 (3.3) @24 mo, <0.0005**Monounsaturated fatty acid, % of total energy**IG 11.8 (2.5) -0.5 (2.7) -0.9 (2.7) @12 mo, 0.054CG 11.7 (2.8) -0.1 (2.8) -0.2 (3.2) @24 mo, <0.008**Polyunsaturated fatty acid, % of total energy**IG 5.5 (1.5) -0.1 (1.6) -0.1 (1.7) @12 mo, 0.512CG 5.3 (1.5) 0.0 (1.7) 0.1(1.5) @24 mo, <0.105**Cholesterol, mg**IG 264 (118) -36 (115) -50 (115) @12 mo, 0.01 CG 260 (117) -13 (99) -9.3 (109) @24 mo, <0.0005**Fiber, g/d**IG 22.8 (8.6) -0.1 (7.7) 0.8 (7.3) @12 mo, 0.349CG 22.9 (8.4) -0.7(6.7) -1.4(6.9) @24 mo, <0.001**24-hr urinary sodium, mmol**IG 146 (57) -11 (62) -7 (58) @12 mo, 0.483CG 142 (56) -10 (53) -2 (63) @24 mo, 0.856 |
| Migneault, 2012126Fair | 337HTNHD+PA, High | **Composite diet quality score**  BL, mean (SD) Change @ 8 mo IG 53.9 (17.6) 2.8 CG 55.8 (17.0) -0.74p<0.03 |
| PREMIER, 2003116Good | 304HTNHD+PA, High | **Fruits/vegetables, servings/d** BL, mean (SD) ChangeIG1 4.7 (2.3) 0.6 (2.5) IG2 4.8 (2.4) 3.2 (3.8) CG 4.1 (2.1) 0.5 (2.6) p=NR**Dairy, servings/d**IG1 1.8 (1.3) -0.3 (1.2) IG2 1.9 (1.6) 0.4 (1.7) CG 1.5 (1.2) 0.1 (1.8) p=NR**Urinary sodium, mmol/24-h**IG1 166.9 (70.6) -40.6 (62.6) IG2 175.8 (72.1) -35.5 (70.7) CG 176.3 (65.8) -21.3 (72.1) p=NR**Saturated fat, % of kcal**IG1 10.8 (3.4) -1.8 (4.2) IG2 11.1 (3.2) -3.3 (4.4) CG 11.3 (3.3) -1.1 (3.3) p=NR |
| TONE, 1998117Good  | 975HTNHD+PA, High | **24-hr urinary sodium excretion, mmol/24-hr, all participants**   N BL\* Within-group Δ\* Btwn-group Δ\*\* Subgroup p†IG1 319 144 (53) -45 (55.8) -40 (-48 to -32); p<0.001 NA CG 320 145 (55) -5 (50.0)  |
| Vitalum105Fair | 1,629HTNHD+PA, Medium (IG2 and 3), Low (IG1) | Mean (SD) (raw, unadjusted data); self-reported on 16-item short questionnaire BL 25 wks 47 wks 73 wks**Fruit intake (servings/d)**IG1 (mail) 2.16 (1.69) 2.90 (1.76) 3.02 (2.22) 2.68 (1.81)IG2 (phone) 2.04 (1.55) 2.90 (1.65) 2.78 (2.12) 2.30 (1.58)IG3 (combo) 2.04 (1.63) 2.59 (1.69) 2.70 (2.09) 2.28 (1.59)CG 2.10 (1.69) 2.57 (1.64) 2.36 (1.87) 2.09 (1.58)p (see note in text)**Vegetable intake (g/d)**IG1 (mail) 166 (88) 191 (81) 205 (96) 187 (92)IG2 (phone) 164 (81) 190 (75) 183 (86) 175 (88)IG3 (combo) 163 (81) 181 (79) 188 (86) 174 (85)CG 167 (80) 183 (80) 176 (83) 164 (81)p (see note in text) |
| Arroll, 1995128Fair  | 208HTNHD+PA, Medium |  BL 6mo**Salt frequency, mean score (SE)** IG1 21.3 (1.3) 14.3 (1.0)IG2 22.0 (1.3) 20.6 (1.0)IG3 22.3 (1.3) 15.2 (1.1)CG 21.2 (1.3) 20.3 (1.1)p=NR; text states it is statistically significant for IG1 and IG3**24-hr urinary sodium excretion, mmol/24-hr, median value (SE)**IG1 NR 105.5 (NR)IG2 NR 124 (NR)IG3 NR 107 (NR)CG NR 120 (NR)p=NR; text states it is statistically significant for IG1 and IG3 |
| Beckman, 1995111Fair | 64HTNHD+PA, Medium |  BL 6 mo 12 mo mean change**Urinary sodium, mmol/24-hr, mean (SE)**IG 195 (12) 116 (11) 123 (7) 72CG 177 (10) 175 (14) 167 (9)Mean difference: 44; p<0.001 |
| TONE, 1998117Good  | 975HTNHD, High | **24-hr urinary sodium excretion, mmol/24-hr** BL\* Within-group Δ\* Btwn-group Δ\*\* Subgroup p†IG1 144 (53) -45 (55.8) -40 (-48 to -32); p<0.001 NA CG 145 (55) -5 (50.0) \*Mean (SD); \*\*Mean (95% CI) |
| Arroll, 1995128Fair  | 208HTNPA, Medium |  BL 6 mo**Salt frequency, mean score (SE)** IG1 21.3 (1.3) 14.3 (1.0)IG2 22.0 (1.3) 20.6 (1.0)IG3 22.3 (1.3) 15.2 (1.1)CG 21.2 (1.3) 20.3 (1.1)p=NR; text states it is statistically significant for IG1 and IG3**24-hr urinary sodium excretion, mmol/24-hr, median value (SE)**IG1 NR 105.5 (NR)IG2 NR 124 (NR)IG3 NR 107 (NR)CG NR 120 (NR)p=NR; text states it is statistically significant for IG1 and IG3 |
| Moreau, 2001104Fair | 24HTNPA, Medium | **Average caloric intake** IG 1826 ± 140 kcalCG 1855 ± 338 kcal |
| APHRODITE, 201188Fair  | 925IFGHD+PA, High | mean (SD)  BL ∆ 6 mo ∆ 18 mo**Kcal/d**IG 2047 (622) -262 (390) -278\* (466)CG 1979 (576) -198 (387) -197 (449)p=0.11**Total fat intake, % of energy** IG 35.0 (6.2) -0.3 (6.0) -0.5 (6.2)CG 34.4 (6.1) 0.5 (5.4) 0.5 (6.4)p=0.13**Total saturated fat, % of energy**IG 11.8 (2.7) -0.2 (2.4) -0.3 (2.5)CG 11.8 (2.5) 0.3 (2.0) 0.2 (2.3)p=0.03**Fiber intake, g/MJ** IG 3.5 (1.0) -0.3 (0.8) -0.1 (0.8)CG 3.5 (1.0) -0.4 (0.7) -0.3 (0.8)p=0.01 |
| DPP, 200289Good | 2,161IFGHD+PA, High | Mean change from baseline to 1 yr**Energy, kcal Mean change (SE)**IG -450 (26) CG -249 (27)p<0.001**Fat, % calories Mean change (SE)**IG -6.6 (0.2) CG -0.8 (0.2) p<0.001 Median change from baseline to 1 yr **Energy intake, kJ/d**IG -452CG -250p<0.003 (adjusted for sex and ethnicity)**% Energy from fat**IG -6.6CG -0.8 p<0.003 (adjusted for sex and ethnicity)**% Energy from saturated fat**IG -2.8CG -0.4 p<0.003**% Energy from polyunsaturated fat**IG -1.0CG 0.0 p<0.003**% Energy from carbohydrates**IG 5.4 CG 0.1 p<0.003**Fiber intake, g/d**IG 0.3 CG -0.6 p<0.003**Fruit intake, servings/d**IG 1.6 CG -0.08 p<0.003**Vegetable intake, servings/d**IG 1.1CG -0.09 p=NS**Fish intake, servings/d**IG 0.0 CG 0.0 p=NS**Red meat intake, servings/d**IG -2.3 CG -0.5 p<0.003**Dairy intake, servings/d**IG -2.1 CG -1.3 p<0.003**Sweets intake, servings/d**IG -4.9CG -3.0 p<0.003 |
| EDIPS, 200190Fair | 78IFGHD+PA, Medium | Mean (SD) BL 6 mo Diff btwn groups (95% CI) p**Energy, kJ/d**IG 8317 (2464) 7485 (2390) -862 (-2002 to 279) NSCG 8942 (2298) 8972 (2977) **Total fat, g/d**IG 85.4 (29.0) 68.7 (30.0\* -21.8 (-37.8 to -5.8) 0.008CG 84.7 (23.4) 89.8 (34.3) **Monounsaturated fat, g/d**IG 26.4 (10.1) 21.2 (10.1)\* -6.8 (-12.6 to -1.01) 0.022CG 27.1 (8.5) 28.8 (11.6) **Polyunsaturated fat, g/d**IG 15.6 (6.8) 12.7 (7.2) -5.0 (-9.8, -0.19) 0.042CG 13.5 (6.1) 15.6 (9.3) **Saturated fat, g/d**IG 27.9 (10.3) 23.9 (13.1) -3.1 (-9.6, 3.4) NSCG 32.2 (11.8) 31.1 (15.1) **Sucrose, g/d**IG 1.3 (2.5) 2.2 (5.4) -0.6 (-3.3, 2.1) NSCG 0.91 (1.9) 2.5 (4.3) **Fiber, g/d**IG 20.0 (6.6) 20.2 (7.5) 1.0 (-1.9, 3.9) NSCG 19.8 (8.2) 19.0 (7.3)  |
| EDIPS-Newcastle, 200991Fair | 102IFGHD+PA, High | N (%) of participants with sustained benefit change **Energy intake from fat†**IG 21 (41) CG 21 (41)p=NR**Energy intake from carbohydrates†**IG 15 (29) CG 16 (31)p=NR †Based on annual 3-day food diaries. No significant difference in mean values for % carbohydrate, fat, and fiber intake between IG and CG at BL or annual followup in any year.  |
| FDPS, 2001118Good | 522IFGHD+PA, High | Success in achieving intervention goals at year 1, % of participants**Fat intake <30% of energy**IG 47CG 26p=0.001**Saturated fat intake <10% of energy**IG 26CG 11p=0.001**Fiber intake ≥15 g/1000 kcal**IG 25CG 12p=0.001Self-reported change in dietary habits during year 1, %**Decreased consumption of fat**IG 87CG 70p=0.001**Increased consumption of vegetables**IG 72CG 62p=0.01**Decreased consumption of sugar**IG 55CG 40p=0.001**Decreased consumption of salt**IG 59CG 50p=0.03Mean change (SD) from BL  BL 1 year p 3 years p**Energy intake, kcal/d** IG 1771 (520) -247 (438) 0.0001 -204 (489) 0.0067 CG 1744 (527) -108 (464) -97 (458)**% Energy from carbohydrates** IG 43.6 (7.5) 3.3 (8.1) 0.0023 3.3 (8.0) 0.0070 CG 43.2 (6.7) 1.7 (7.3) 2.0 (7.6)**% Energy from fat** IG 36.0 (6.7) -3.4 (8.2) 0.0002 -4.7 (7.7) <0.0001 CG 37.1 (6.5) -2.1 (7.6) -3.2 (7.5)**% Energy from saturated fat** IG 16.2 (4.0) -2.7 (4.6) <0.0001 -3.2 (4.5) <0.0001 CG 17.0 (4.3) -1.2 (5.1) -1.9 (4.9)**Energy from monounsaturated fat** IG 12.9 (2.8) -0.8 (3.8) 0.0257 -1.0 (3.6) 0.0453 CG 13.0 (2.9) -0.4 (3.4) -0.6 (3.5)**% Energy from polyunsaturated fat** IG 5.7 (1.7) -0.0 (2.1) 0.5020 0.0 (2.4) 0.0872 CG 5.8 (2.2) -0.2 (2.5) -0.4 (2.3)**Cholesterol intake, mg** IG 312 (137) -69 (138) 0.0005 -63 (167) 0.0586 CG 304 (130) -28 (148) -31 (155)**Fiber, g** IG 20 (7) 1 (7) 0.1146 1 (8) 0.4393 CG 20 (8) 0 (7) 1 (7)% of participants reaching dietary goals during year 1**Fat intake goal <30% of energy**IG 37CG 20p <0.0001**Saturated fat intake goal of <10% of energy**IG 21CG 9p <0.0001**Fiber density goal of ≥15 g/1000kcal**IG 37CG 23p<0.0006Mean (SD) BL Early FU† Late FU‡ p§**Total energy (kJ)**IG 7415 (2177) 6624 (1704) 6778 (1746) 0.06CG 7302 (2206) 6942 (1863) 6875 (1788)**% Fat**IG 36.0 (6.7) 31.9 (5.7) 32.7 (6.3) 0.0009CG 37.1 (6.5) 33.9 (6.1) 34.7 (5.9)**% Saturated fat**IG 16.2 (4.0) 11.8 (3.5) 12.2 (3.7) <0.0001 CG 17.0 (4.3) 13.7 (3.7) 14.0 (3.5)**% Carbohydrates (g also reported)**IG 43.6 (7.5) 47.6 (6.9) 46.9 (7.3) 0.08CG 43.2 (6.7) 46.2 (6.8) 45.7 (6.9)**% Protein**IG 17.6 (3.4) 18.7 (3.1) 18.8 (3.2) 0.0019CG 17.6 (3.4) 18.3 (3.1) 17.9 (3.1) **Total fiber, g (g/MJ also reported)**IG 20 (7) 21 (7) 21 (8) 0.10 CG 20 (8) 20 (6) 20 (7) |
| HLC, 201192Fair | 307IFGHD+PA, High | **Healthy eating, based on the 16-item Food Choices Questionnaire, mean (SD)**  BL 6 moIG 3.14 (0.33) 3.33 (0.27)CG 3.11 (0.34) 3.12 (0.34) time X group p<0.001 |
| Live Well, Be Well, 201286Good | 238IFGHD+PA, High | BL mean (SE), within group change (SE)  BL 6 mo 12 mo **Total calories, kcal/d**IG 1870.5 (78.1) -264.3 (50.6) -301.6 (64.7)CG 1915.1 (81.0) -216.6 (69.2) -245.9 (52.7)Between group comparison of change: NS at either timepoint**Total Fat, g/d**IG 71.5 (3.6) -12.95 (2.4) -14.4 (2.9)CG 67.9 (3.1) -5.3 (3.1) -7.8 (2.4)Between group comparison of change: p=0.05 at 6 mo; NS at 12 mo (p=0.08)**Dietary fiber, g/d**IG 17.8 (0.9) -1.1 (0.7) -1.97 (0.8)CG 19.7 (1.1) -1.3 (0.8) -1.8 (0.7)Between group comparison of change: NS at either time point**Daily frequency of fruits/vegetables**IG 3.0 (0.2) 0.3 (0.2) 0.1 (0.1)CG 3.1 (0.2) -0.3 (0.2) -0.3 (0.1)Between group comparison of change: p=0.02 at 6 mo; p=0.04 at 12 mo |
| LLDP94 Good | 312IFGHD+PA, High |  BL, mean (SD) 1-year change (median, 95% CI) **kcal/d** IG 1546.78 (604.9) -21.8 (-103.6 to 55.3) CG 1531.56 (593.7) 3.8 (-57.3 to 70.2)Intervention effect (95% CI): -30.1 (-141.2 to 76.9); p=0.57**Energy from fat, %**IG 26.49 (6.0) -2.02 (-3.77, -0.29) CG 25.82 (6.4) -0.42 (-1.38, 1.57) Intervention effect (95% CI): -1.77 (-3.48 to -0.08); p=0.04**Energy from saturated fat, %** IG 8.50 (2.6) -0.65(-1.03, -0.27) CG 8.17 (2.7) -0.43 (-0.75, 0.36)Intervention effect (95% CI): -0.59 (-1.28 to 0.07); p=0.08**Energy from carbohydrates, %** IG 55.36 (7.8) 1.20 (-0.18 to 3.54) CG 55.92 (8.5) 0.41 (-0.94 to 2.14)Intervention effect (95% CI): 1.73 (-0.23 to 3.76); p=0.08**Energy from protein, %** IG 17.59 (5.8) 0.61 (-0.62 to 1.60) CG 17.49 (4.7) -0.11 (-0.79 to 0.88)Intervention effect (95% CI): 0.02 (-1.15 to 1.22); p=0.97**Total fiber, g/d** IG 15.74 (8.2) 3.13 (0.88 to 4.46) CG 15.71 (7.0) 0.48 (-2.10 to 2.12)Intervention effect (95% CI): 1.98 (-0.16 to 4.01); p=0.07 |
| Melbourne DPS, 201285Fair | 92IFGHD+PA, High | Mean (SD); change in mean (SE) BL Δ 12 mo p (btwn group)**Total fat, %** IG 36.3 (4.45) -2.01 (0.83) 0.290CG 36.2 (4.51) -0.42 (0.77)**Saturated fat, %**IG 14.6 (3.25) -1.64 (0.51) 0.088\* CG 14.0 (2.93) 0.29 (0.38)**Fiber, g/d**IG 13.6 (2.97) 1.95 (0.58) 0.030CG 13.5 (3.32) 0.51 (0.47)\*After adjusting for BL characteristics, p=0.003 |
| SLIM149Fair | 147IFGHD+PA, High | **Energy intake (MJ/d)**IG 9.1 (0.4) 7.9 (0.3) 7.94 (0.35) CG 8.5 (0.3) 8.2 (0.3) 8.28 (0.38)1-year p=0.02; 2-year group X time interaction p= 0.13**Carbohydrates (energy %)** IG 42.2 (1.0) 46.9 (1.1) 47.4 (0.9) CG 43.2 (0.9) 43.9 (1.0) 43.7 (0.9)1-year p <0.01; 2-year group X time interaction p<0.01**Fat (energy %)**IG 36.2 (0.9) 31.2 (1.0) 31.8 (0.8)CG 35.7 (0.9) 34.7 (0.8) 35.6 (0.6)1-year p<0.01; 2-year group X time interaction p<0.01**Saturated fat (energy %)** IG 14.0 (0.4) 11.2 (0.4) 11.1 (0.4)CG 13.9 (0.4) 13.3 (0.5) 14.1 (0.3)1-year p <0.01; 2-year group X time interaction p<0.01**Monounsaturated fat (energy %)** IG 12.9 (0.4) 10.8 (0.4) NRCG 12.8 (0.4) 12.4 (0.4) NR1-year p <0.01**Polyunsaturated fat (energy %)** IG 6.7 (0.4) 6.9 (0.4) NRCG 6.5 (0.3) 6.5 (0.3) NR1-year p=NS**Cholesterol (mg/MJ)** IG 25.7 (1.4) 22.5 (1.2) 22.5 (1.1)CG 27.5 (1.6) 26.1 (1.3) 26.0 (1.8)1-year p=NS; 2-year p=NS **Protein (energy %)** IG 15.7 (0.4) 17.4 (0.5) 17.5 (0.4)CG 16.0 (0.4) 16.3 (0.5) 16.1 (0.4)1-year p=0.06; 2-year p=0.07**Fiber (g/MJ)** IG 2.8 (0.1) 3.3 (0.1) 3.1 (0.1)CG 2.6 (0.1) 2.8 (0.1) 2.7 (0.1)1-year p=0.03; 2-year p=0.07 |
| Watanabe, 200397Fair | 173IFGHD, Low | **Absolute value of the "over/underintake fraction" for total energy intake (%), mean (SD), mean change from BL (SD)**IG 21.6 (15.0) -1.8 (1.5)CG 19.9 (14.9) 4.0 (1.4)p NSD adjusted mean difference between groups: -6.0 (-9.8 to -2.2); p=0.002 |
| Bo, 2007146Fair | 375MixedHD+PA, Medium |  BL 12 mo Difference 95% CI **kcal/d** IG 1978.6 (692.5) 1904.0 (631.6) -74.6 (-153.3 to 41.4) CG 1993 (633.8) 2018.8 (583.1) 25.8 (-43.7 to 95.2) p=0.06**Total energy from fat, %**IG 35.3 (5.2) 32.7 (6.5) -2.64 (-3.52 to -1.76) CG 35.0 (5.8) 35.0 (6.8) -0.02 (-1.30 to 1.25) p<0.001**Total energy from saturated fat, %** IG 12.3 (2.6) 10.3 (3.7) -1.97 (-2.53 to -1.41) CG 12.0 (2.6) 11.8 (3.3) -0.17 (-0.72 to 0.38) p<0.001**Total energy from polyunsaturated fat** IG 4.3 (1.3) 5.3 (1.8) 0.99 (0.73 to 1.25) CG 4.1 (1.2) 4.1 (1.5) 0.04 (0.32 to 0.24) p<0.001**Total energy from carbohydrates** IG 48.2 (7.1) 50.3 (7.7) 2.14 (1.02 to 3.26) CG 48.7 (7.0) 47.8 (8.2) -0.89 (-2.33 to 0.55) p=0.001**Total energy from protein** IG 16.5 (2.3) 16.6 (5.6) 0.09 (-0.80 to 0.98) CG 16.3 (2.4) 16.1 (4.7) -0.21 (-0.89 to 0.47) p=0.06**Total energy from fiber, %** IG 19.2 (6.4) 20.9 (6.6) 1.70 (1.11 to 2.29)CG 19.4 (7.8) 19.6 (7.9) 0.17 (-0.30 to 0.64) p<0.001 |
| Cochrane, 2012102 Fair | 601 MixedHD+PA, High | **Mean diet score from Primary Prevention Toolkit**  BL 12 moIG 2.2 2.45CG 2.1 2.4"No significant difference between groups on any of the measures." |
| EUROACTION, 2008106Fair | 2,384 MixedHD+PA, High | Number of participants (%)BL 12 mo**Oily fish (≥3 times/week)** IG 55/1094 (5) 113/1019 (11)CG 10/331 (3) 60/1004 (6)Difference (95% CI): 6.7 (-4.1 to 17.6); p=0.13Note: in text, difference (95% CI): 2.2% (-1.7 to 6.2); p=0.20 (unclear which groups)**Fish (≥20 g/d)**IG 680/1096 (62) 841/1018 (83)CG 217/331 (66) 666/1003 (66)Difference (95% CI): 16.8 (-1.7 to 35.2); p=0.07Note: in text, difference (95% CI): 16.5% (-0.1 to 33.1); p=0.051 (unclear which groups)**Fruits/vegetables (≥400 g/d)**IG 548/1093 (50) 799/1019 (78)CG 117/331 (35) 388/1001 (39)Difference (95% CI): 39.7 (18.1 to 61.3); p=0.005Note: in text, difference (95% CI): 23.6% (9.1 to 38.2); p=0.009 (unclear which groups) |
| GOAL, 2009139 Good | 457 MixedHD+PA, Medium | Mean (95% CI) for BL, mean change at 12 mo and 36 mo, based on self-reported FFQ BL ∆ at 12 mo (CI) **Energy, kcal** IG 2052 (1955 to 2149) -179 (-248 to -109) CG 2047 (1956 to 2139) -175 (-246 to 105) p\* 0.97  BL ∆ at 36 mo (SD)**Energy, kJ/d**IG 8521 (2600) -587 (2059)CG 8455 (2753) -523 (2114)p 0.737 BL ∆ at 12 mo (CI) ∆ at 36 mo (SD)**Fat, %**IG 35.3 (34.4 to 36.2) -2.6 (-3.5 to -1.7) -1.2 (5.7) CG 34.6 (33.6 to 35.5) -1.9 (-2.8 to -1.0) -0.7 (5.8)p 0.56 0.797**Saturated fat, %**IG 12.9 (125 to 13.4) -1.6 (-2.0 to -1.2) -0.9 (2.9) CG 12.5 (12.1 to 13.0) -1.0 (-1.4 to -0.6) -0.4 (2.7)p 0.16 0.164**Protein, %**IG 15.4 (15.1 to 158.8) 0.6 (0.3 to 1.0) 0 (2.2) CG 15.5 (15.1 to 15.8) 0.5 (0.2 to 0.9) 0 (2.6)p 0.68 0.452 **Carbohydrates, %**IG 44.6 (43.6 to 45.5) 2.0 (1.2 to 2.9) 1.4 (6.1) CG 45.3 (44.3 to 46.3) 1.3 (0.3 to 2.2) 1.1 (6.3)p 0.43 0.945**Cholesterol, mg**IG 188.6 (177.6 to 200.0) -27.4 (-37.0 to -17.8) -11.9 (66.8)CG 185.8 (174.3 to 197.3) -21.9 (-31.3 to -12.4) -11.0 (69.1)p 0.49 0.939**Vegetables, g**IG 145.2 (120.3 to 140.7) 16.1 (6.3 to 25.9) 11.7 (74.1) CG 158.6 (125.4 to 148.5) 13.6 (1.9 to 25.2) 18.2 (86.7)p 0.87 0.556**Fruit, g**IG 130.5 (103.8 to 136.4) 85.1 (65.5 to 104.7) 84.0 (174.9)CG 137.0 (109.1 to 144.6) 64.1 (43.2 to 84.9) 63.0 (165.9)p 0.27 0.468\*p values corrected for BL values.Maintenance of change, BL to 3 yr (ANOVA).No significant difference between groups for changes from BL to year 1, year 1 to year 3, and BL to year 3 on any dietary intake measure. |
| Hardcastle, 2008167Fair | 334 MixedHD+PA, Medium |  BL 6 mo difference in mean (SEM) **Fat intake (%/d)** IG 23.85 (0.55) -0.92 CG 23.72 (0.67) -2.92 95% CI (-3.46 to -0.55); p<0.01 BL mean (SD) 18 mo mean (SD)**Fat intake (%/d)** IG 23.87 (7.67) 22.97 (7.26) CG 23.89 (7.70) 20.41 (5.96)Time x Group: p<0.05**Fruit/vegetable portions per day** IG 6.41 (0.31) 1.05 (0.30CG 6.88 (0.39) 0.73 (0.44) 95% CI (-1.36 to 0.72); p=NS**Fruit/vegetable portions per day: ITT**IG 6.31 (4.02) 6.30 (3.76)CG 6.94 (4.48) 6.23 (3.58) Time x Group: NS. F statistic: 0.78; effect size: 0.005. |
| HIPS, 2012103 Fair | 814 MixedHD+PA | **Fruit/vegetable portions per day at 12 mo, mean (95% CI)** BL 6 mo 12 mo IG 4.73 (NR) 5.58 (5.33 to 5.83) 4.85 (4.56 to 5.14)CG 4.67 (NR) 4.99 (4.70 to 5.28) 4.52 (4.23 to 4.81)p NR 0.002 0.1 |
| HOORN, 2013132 Fair | 622 MixedHD+PA, Medium |  BL 6 mo 12 mo **Fruit/d, mean (SD)**IG 1.1 (0.9) 1.1 (0.9) 1.1 (0.9) CG 1.1 (0.8) 1.3 (1.0) 1.2 (0.9) Difference -0.2 (-0.3 to 0.0) -0.1 (-0.2 to 0.0)OR (95% CI) NR NR**Meeting reccomended fruit intake\*, n (%)**IG 63 (20.1) 57 (18.2) 58 (18.5) CG 67 (21.8) 70 (22.7) 68 (22.1)Difference NR NROR (95% CI)† 1.6 (0.9 to 2.6) 1.4 (0.9 to 2.4)**Vegetable intake, g/d, mean (SD)**IG 148 (69.5) 161 (126.6) 156 (74.6)CG 150 (70.4) 151 (68.5) 157 (89.9)Difference 9.2 (-7.3 to 25.7) -0.4 (-12.7 to 11.9) OR (95% CI) NR NR**Meeting reccomended vegetable intake, n (%)**IG 72 (22.9) 55 (17.5) 62 (19.7)CG 63 (20.5) 57 (18.5) 56 (18.2)Difference NR NROR (95% CI)† 1.1 (0.7 to 1.7) 0.9 (0.6 to 1.5) |
| IMPALA, 2009133Fair | 615MixedHD+PA, Medium | Mean (SD)  BL 12 mo p**Fat score**IG 16.6 (5.7) 14.4 (5.4) 0.034CG 17.2 (5.3) 15.4 (5.4)**Met recommended fat intake\*, n (%)**IG 123 (41) 140 (56) 0.06CG 3 (33) 111 (47)**Fruit, pieces per week**IG 12.1 (9.2) 13.7 (9.8) 0.70CG 13.1 (10.5) 14.1 (11.0)**Met recommended fruit intake (200 g/d), n (%)**IG 117 (39) 114 (45) 0.91 CG 121 (43) 108 (46)**Vegetables, # tbsp** IG 23.7 (11.2) 25.5 (12.7) 0.09CG 22.7 (12.9) 23.4 (13.3)**Met recommended vegetable intake (200 g/d), n (%)**IG 95 (32) 93 (39) 0.045CG 79 (29) 65 (30) |
| Inter99, 2008107 Fair | 4,053 MixedHD+PA, High | **Intake of saturated fat (% energy) in men (95% CI)** BL 1 Year 3 Year 5 YearIG 12.8 (12.4 to 13.4) 11.4 (10.9 to 13.4) 11.5 (11.0 to 12.1) 11.8 (11.2 to 12.3) CG 12.8 (12.0 to 13.6) 12.5 (11.6 to 13.4) 11.6 (10.7 to 12.6) 12.3 (11.4 to 13.3) p for 1 y=0.002; p for 3 y=0.63; p for 5 y=0.10Net change between groups at 1 y in saturated fat intake: -1.13%; p=0.003Net change between groups at 5 y in saturated fat intake: -0.68%; p=0.10**Intake of saturated fat (% energy), women (95% CI)**IG 11.5 (11.1 to 11.9) 9.9 (9.5 to 10.4) 9.9 (9.4 to 10.4) 10.0 (9.6 to 10.5) CG 11.5 (10.7 to 12.2) 9.7 (8.9 to 10.5) 10.3 (9.4 to 11.1) 10.2 (9.3 to 11.1) p for 1 y=0.65; p for 3 y=0.26; p for 5 y=0.59Net change between groups at 1 y in fruit intake, g/d: -50; p=0.03 (increase lower in IG)**Unsaturated/saturated fat ratio (95% CI)**IG 1.34 (1.30 to 1.38) 1.47 (1.43 to 1.51) 1.46 (1.42 to 1.50) 1.50 (1.46 to 1.54) CG 1.37 (1.31 to 1.43) 1.40 (1.32 to 1.48) 1.48 (1.40 to 1.56) 1.44 (1.36 to 1.52)p for 1 y=0.01; p for 3 y=0.74; p for 5 y=0.01Net change between groups at 5 y in unsaturated/saturated; fat ratio: 0.09; p=0.01\*reported in text; not extrapolated**Fish intake, g/d (95% CI)**IG 31.9 (29.1 to 34.7) 33.9 (30.9 to 36.9) 31.8 (28.9 to 34.9) 33.8 (30.7 to 36.7)CG 33.5 (27.7 to 37.3) 32.2 (26.8 to 37.5) 31.8 (26.4 to 37.2) 29.1 (23.4 to 34.6)p for 1 y=0.34; p for 3 y=0.86; p for 5 y=0.05Net change between groups at 5 y in fish intake (g/d): 5.4; p=0.05 |
| Logan Healthy Living, 2009114 Fair | 434 MixedHD+PA, Medium | mean (SE)  BL change 12 mo change 18 mo**Fat, % total calories**IG 36.8 (5.0) -1.98 (0.29) -2.39 (0.29)CG 36.9 (5.5) -0.83 (0.31) -1.07 (0.31)12-mo difference between groups: -1.17; p= 0.007 (95% CI, -2.00 to -0.35)18-mo difference between groups: -1.33; p= 0.002 (95% CI, -2.16 to -0.50)**Saturated fat, % total calories** IG 14.5 (3.3) -1.57 (0.25) -1.58 (0.22)CG 14.2 (3.3) -0.60 (0.26) -0.52 (0.23)12-mo difference between groups: -0.97; p=0.007 (95% CI, -1.68 to -0.26)18-mo difference between groups: -1.06, p= 0.001 (95% CI, -1.70 to -0.43)**Vegetable servings per day** IG 3.0 (1.7) 1.05 (0.24) 0.77 (0.21)CG 3.0 (1.7) 0.34 (0.25) 0.18 (0.21)12-mo difference between groups: 0.71; p=0.04 (95% CI, 0.04 to 1.39)18-mo difference between groups: 0.59; p=0.051 (95% CI, -0.01 to 1.17)**Fiber intake, g/d** IG 22.4 (7.8) 1.83 (0.46) 1.55 (0.43)CG 21.6 (8.1) -0.40 (0.48) -0.38 (0.45)12-mo difference between groups:: 2.23; p<0.001 (95 CI, 0.93 to 3.52)18-mo difference between groups 0.22; p=0.002 (95% CI, 0.72 to 3.15)**Fruit servings per day** IG 1.6 (1.0) 0.50 (0.06) 0.47 (0.06)CG 1.5 (1.3) 0.20 (0.06) 0.24 (0.06)12-mo difference between groups: 0.30; p<0.001 (95% CI, 0.12 to 0.47)18-mo difference between groups: 0.22, p=0.010 (95% CI, 0.05 to 0.40) |
| Nilsson, 1992119 Fair | 63 MixedHD+PA, High | mean (SD) BL 12 mo **Energy, kcal** IG 1937 (534) 1704 (384) CG 1987 (396) 1893 (424)**Protein, g/d**IG 76.8 (17.9) 71.6 (16.5)CG 76.9 (15.6) 75.2 (19.3)**Carbohydrates, g/d**IG 224.0 (55.6) 218.1 (53.2)CG 227.5 (43.8) 226.0 (57.1)**Fat, g/d**IG 72.8 (30.2) 53.6 (17.3)CG 77.6 (23.2) 71.1 (23.4)**Fiber, g/d**IG 16.2 (6.6) 21.3 (10.8)CG 16.1 (3.1) 15.9 (4.4)**Saturated fat, g/d**IG 28.5 (14.4) 18.8 (7.5)CG 30.6 (11.2) 27.4 (10.9)**Monounsaturated fat, g/d**IG 24.3 (10.6) 18.3 (6.6)CG 26.0 (8.2) 24.1 (8.3)**Polyunsaturated fat, g/d**IG 12.3 (6.1) 8.9 (3.2)CG 13.8 (5.0) 11.8 (3.8)**Cholesterol, mg/d**IG 270.8 (114.8) 186.8 (85.7)CG 300.2 (97.5) 256.9 (141.9)**Polyunsaturated/saturated fat ratio**IG 0.48 (0.26) 0.50 (0.16)CG 0.38 (0.09) 0.45 (0.20) |
| PHPP, 2007121Fair | 99 MixedHD+PA, Medium | **Mean energy intake per day, kcal (SD)** BL 12 moIG 1931 (482) 1868 (510)CG 1859 (417) 1815 (484)p=NS**Number of meals per day with vegetable servings ≥2, n (%)**IG 34 (73.9) 40 (87.0) CG 29 (70.7) 30 (73.2) **Number of meals per day with vegetable servings ≥1, n (%)**IG 12 (26.1) 6 (13.0)CG 12 (29.3) 11 (26.8)Adjusted OR (adjusted for age, sex, and disease) at 12 mo: 3.8 (95% CI, 1.0 to 14.0); p<0.05 |
| WISEWOMAN NC, 2008110Fair | 236 MixedHD+PA, Medium | Mean (SE) BL 6 mo 12 mo **Dietary Risk Assessment, total score†**IG 34.2 (1.0) 29.6 (0.9) 29.5 (1.0) CG 34.2 (1.0) 33.8 (0.9) 32.9 (1.0)Difference -4.1 (0.9) -3.4 (1.0)p <0.0001 <0.0001†Comparison adjusted for age, race, education, BMI, marital status, smoking, and known CHD |
| Wister, 2007140Good | 315 MixedHD+PA, Medium | Adjusted change (95% CI) BL 12 mo**Nutrition level** IG NR 0.30 (0.13 to 0.47)CG NR -0.05 (-0.22 to 0.12)p<0.01 |

**Abbreviations:** AHA = American Heart Association; BL = baseline; CG = control group; CHD = congenital heart defect; CI = confidence interval; DRA = daily recommended allowance; FFQ = Food Frequency Questionnaire; F/U = followup; HBP = high blood pressure; HTN = hypertension; IFG = impaired fasting glucose; IG = intervention group; MDI = medical doctor intervention; n = sample; N = study population; NR = not reported; NS = not significant; NSD = no significant difference; OR = odds ratio; PTI = patient intervention; SD = standard deviation; SE = standard error; SEM = standard error of the mean.