| **Study, Year**  **Quality** | **N**  **Population**  **Intervention Focus & Intensity** | **Healthy Diet Behavioral Outcomes** |
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| CouPLES, 201367 Fair | 255  Cholesterol  HD+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, 201268  Fair | 340  Cholesterol  HD+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, 199270  Fair | 177  Cholesterol  HD, 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, 200374  Keyserling, 1999173 Fair | 468  Cholesterol  HD, 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=0.005  Adjusted by age, sex, race, education, CHD, # of risk factors, smoking, and high blood pressure |
| Bloemberg, 199175 Fair | 80  Cholesterol  HD, 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 | 189  Cholesterol  HD, 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, 200172  Good | 90  Cholesterol  HD, 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, 199876  Fair | 123  Cholesterol  HD, 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, 200173 Fair | 235  Cholesterol  HD, 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. BL  CG NR -0.0064 (3), p=0.9809  p 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 | 143  Cholesterol  HD, 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,199580  Fair | 98  Cholesterol  HD, 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, 199781 Fair | 372  Cholesterol  HD, Medium | **Dietary Recommended Allowance score, adjusted mean (SE) from BL**  BL change 12 mo Diff (95% CI) p  IG 22.0 -5.3 (0.55) 3.3 (1.8 to 4.9) p<0.001  CG 22.0 -2.0 (0.54) |
| Stevens, 200382  Fair | 616  Cholesterol  HD  Medium | 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 12.4  CG 13.6 13.2  p NR <0.001  **% Polyunsaturated fat energy**  IG 8.3 6.7  CG 8.1 7.5  p NR <0.001  **% Monounsaturated fat energy**  IG 15.2 13.1  CG 14.8 14.0  p NR <0.001 |
| ADAPT, 2006138 Fair | 241  HTN  HD+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, 1995128 Fair | 208  HTN  HD+PA, Medium | **Salt frequency, mean score (SE)**  BL 6 mo  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. |
| HIP, 2009136  Fair | 574  HTN  HD+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=0.53  PTI 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=0.57  PTI main effect 6 mo, p= 0.01; 18 mo p=0.56  Slightly 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=0.02  PTI main effect at 6 mo, p<0.0001; 18 mo p<0.0001  Slightly 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=0.28  PTI main effect at 6 mo, p<0.0001; 18 mo p <0.0001  grams 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=0.03  PTI main effect at 6 mo, p=0.14; 18 mo p=0.32 |
| Hyman, 2007135 Fair | 281  HTN  HD+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, 2002137  Fair | 715  HTN  HD+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, 0.137  CG 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, 0.001  CG 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, 0.054  CG 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, 0.512  CG 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, 0.349  CG 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, 0.483  CG 142 (56) -10 (53) -2 (63) @24 mo, 0.856 |
| Migneault, 2012126 Fair | 337  HTN  HD+PA, High | **Composite diet quality score**  BL, mean (SD) Change @ 8 mo  IG 53.9 (17.6) 2.8  CG 55.8 (17.0) -0.74  p<0.03 |
| PREMIER, 2003116 Good | 304  HTN  HD+PA, High | **Fruits/vegetables, servings/d**  BL, mean (SD) Change  IG1 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, 1998117 Good | 975  HTN  HD+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) |
| Vitalum105 Fair | 1,629  HTN  HD+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, 1995128 Fair | 208  HTN  HD+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, 1995111 Fair | 64  HTN  HD+PA, Medium | BL 6 mo 12 mo mean change  **Urinary sodium, mmol/24-hr, mean (SE)**  IG 195 (12) 116 (11) 123 (7) 72  CG 177 (10) 175 (14) 167 (9)  Mean difference: 44; p<0.001 |
| TONE, 1998117  Good | 975  HTN  HD, 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, 1995128  Fair | 208  HTN  PA, 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, 2001104 Fair | 24  HTN  PA, Medium | **Average caloric intake**  IG 1826 ± 140 kcal  CG 1855 ± 338 kcal |
| APHRODITE, 201188  Fair | 925  IFG  HD+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, 200289  Good | 2,161  IFG  HD+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 -452  CG -250  p<0.003 (adjusted for sex and ethnicity)  **% Energy from fat**  IG -6.6  CG -0.8  p<0.003 (adjusted for sex and ethnicity)  **% Energy from saturated fat**  IG -2.8  CG -0.4  p<0.003  **% Energy from polyunsaturated fat**  IG -1.0  CG 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 1.1  CG -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 -4.9  CG -3.0  p<0.003 |
| EDIPS, 200190  Fair | 78  IFG  HD+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) NS  CG 8942 (2298) 8972 (2977)  **Total fat, g/d**  IG 85.4 (29.0) 68.7 (30.0\* -21.8 (-37.8 to -5.8) 0.008  CG 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) 0.022  CG 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) 0.042  CG 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) NS  CG 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) NS  CG 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) NS  CG 19.8 (8.2) 19.0 (7.3) |
| EDIPS-Newcastle, 200991 Fair | 102  IFG  HD+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, 2001118  Good | 522  IFG  HD+PA, High | Success in achieving intervention goals at year 1, % of participants  **Fat intake <30% of energy**  IG 47  CG 26  p=0.001  **Saturated fat intake <10% of energy**  IG 26  CG 11  p=0.001  **Fiber intake ≥15 g/1000 kcal**  IG 25  CG 12  p=0.001  Self-reported change in dietary habits during year 1, %  **Decreased consumption of fat**  IG 87  CG 70  p=0.001  **Increased consumption of vegetables**  IG 72  CG 62  p=0.01  **Decreased consumption of sugar**  IG 55  CG 40  p=0.001  **Decreased consumption of salt**  IG 59  CG 50  p=0.03  Mean 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 37  CG 20  p <0.0001  **Saturated fat intake goal of <10% of energy**  IG 21  CG 9  p <0.0001  **Fiber density goal of ≥15 g/1000kcal**  IG 37  CG 23  p<0.0006  Mean (SD)  BL Early FU† Late FU‡ p§  **Total energy (kJ)**  IG 7415 (2177) 6624 (1704) 6778 (1746) 0.06  CG 7302 (2206) 6942 (1863) 6875 (1788)  **% Fat**  IG 36.0 (6.7) 31.9 (5.7) 32.7 (6.3) 0.0009  CG 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) 0.08  CG 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) 0.0019  CG 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, 201192  Fair | 307  IFG  HD+PA, High | **Healthy eating, based on the 16-item Food Choices Questionnaire, mean (SD)**  BL 6 mo  IG 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, 201286  Good | 238  IFG  HD+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 | 312  IFG  HD+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, 201285  Fair | 92  IFG  HD+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) 0.290  CG 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) 0.030  CG 13.5 (3.32) 0.51 (0.47)  \*After adjusting for BL characteristics, p=0.003 |
| SLIM149 Fair | 147  IFG  HD+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) NR  CG 12.8 (0.4) 12.4 (0.4) NR  1-year p <0.01  **Polyunsaturated fat (energy %)**  IG 6.7 (0.4) 6.9 (0.4) NR  CG 6.5 (0.3) 6.5 (0.3) NR  1-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, 200397 Fair | 173  IFG  HD, 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, 2007146  Fair | 375  Mixed  HD+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  Mixed  HD+PA, High | **Mean diet score from Primary Prevention Toolkit**  BL 12 mo  IG 2.2 2.45  CG 2.1 2.4  "No significant difference between groups on any of the measures." |
| EUROACTION, 2008106  Fair | 2,384  Mixed  HD+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=0.13  Note: 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=0.07  Note: 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=0.005  Note: in text, difference (95% CI): 23.6% (9.1 to 38.2); p=0.009 (unclear which groups) |
| GOAL, 2009139  Good | 457  Mixed  HD+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, 2008167  Fair | 334  Mixed  HD+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 (0.30  CG 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  Mixed  HD+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  Mixed  HD+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 NR  OR (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 NR  OR (95% CI)† 1.1 (0.7 to 1.7) 0.9 (0.6 to 1.5) |
| IMPALA, 2009133  Fair | 615  Mixed  HD+PA, Medium | Mean (SD)  BL 12 mo p  **Fat score**  IG 16.6 (5.7) 14.4 (5.4) 0.034  CG 17.2 (5.3) 15.4 (5.4)  **Met recommended fat intake\*, n (%)**  IG 123 (41) 140 (56) 0.06  CG 3 (33) 111 (47)  **Fruit, pieces per week**  IG 12.1 (9.2) 13.7 (9.8) 0.70  CG 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) 0.09  CG 22.7 (12.9) 23.4 (13.3)  **Met recommended vegetable intake (200 g/d), n (%)**  IG 95 (32) 93 (39) 0.045  CG 79 (29) 65 (30) |
| Inter99, 2008107  Fair | 4,053  Mixed  HD+PA, High | **Intake of saturated fat (% energy) in men (95% CI)**  BL 1 Year 3 Year 5 Year  IG 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=0.10  Net change between groups at 1 y in saturated fat intake: -1.13%; p=0.003  Net 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=0.59  Net 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=0.01  Net 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=0.05  Net change between groups at 5 y in fish intake (g/d): 5.4; p=0.05 |
| Logan Healthy Living, 2009114  Fair | 434  Mixed  HD+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  Mixed  HD+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, 2007121  Fair | 99  Mixed  HD+PA, Medium | **Mean energy intake per day, kcal (SD)**  BL 12 mo  IG 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, 2008110 Fair | 236  Mixed  HD+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, 2007140 Good | 315  Mixed  HD+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.