Supplementary Files

Supplementary Material 1. CONSORT 2010 Checklist.

CONSORT 2010 checklist of information to include when reporting a randomised trial*

Section/Topic	Item No	Checklist item	Reported on page No
Title and abstract			
	1a	Identification as a randomised trial in the title	Yes
	1b	Structured summary of trial design, methods, results, and conclusions (for specific guidance see CONSORT for abstracts)	Yes
Introduction			
Background and objectives	2a	Scientific background and explanation of rationale	Yes
	2b	Specific objectives or hypotheses	Yes
Methods			
Trial design	3a	Description of trial design (such as parallel, factorial) including allocation ratio	Yes
	3b	Important changes to methods after trial commencement (such as eligibility criteria), with reasons	No
Participants	4a	Eligibility criteria for participants	Yes
	4b	Settings and locations where the data were collected	Yes
Interventions	5	The interventions for each group with sufficient details to allow replication, including how and when they were actually administered	Yes
Outcomes	6a	Completely defined pre-specified primary and secondary outcome measures, including how and when they were assessed	Yes
	6b	Any changes to trial outcomes after the trial commenced, with reasons	No
Sample size	7a	How sample size was determined	Yes
	7b	When applicable, explanation of any interim analyses and stopping guidelines	No
Randomisation:			
Sequence generation	8a	Method used to generate the random allocation sequence	Yes
	8b	Type of randomisation; details of any restriction (such as blocking and block size)	No
Allocation concealment mechanism	9	Mechanism used to implement the random allocation sequence (such as sequentially numbered containers), describing any steps taken to conceal the sequence until interventions were assigned	No
Implementation	10	Who generated the random allocation sequence, who enrolled participants, and who assigned participants to interventions	Yes
Blinding	11a	If done, who was blinded after assignment to interventions (for example, participants, care providers, those assessing outcomes) and how	Yes
	11b	If relevant, description of the similarity of interventions	Yes
Statistical methods	12a	Statistical methods used to compare groups for primary and secondary outcomes	Yes
	12b	Methods for additional analyses, such as subgroup analyses and adjusted analyses	Yes
Results			

Participant flow (a diagram is strongly recommended)	13a	For each group, the numbers of participants who were randomly assigned, received intended treatment, and were analysed for the primary outcome	Yes
	13b	For each group, losses and exclusions after randomisation, together with reasons	Yes
Recruitment	14a	Dates defining the periods of recruitment and follow-up	Yes
	14b	Why the trial ended or was stopped	No
Baseline data	15	A table showing baseline demographic and clinical characteristics for each group	Yes
Numbers analysed	16	For each group, number of participants (denominator) included in each analysis and whether the analysis was by original assigned groups	Yes
Outcomes and estimation	17a	For each primary and secondary outcome, results for each group, and the estimated effect size and its precision (such as 95% confidence interval)	Yes
	17b	For binary outcomes, presentation of both absolute and relative effect sizes is recommended	Yes
Ancillary analyses	18	Results of any other analyses performed, including subgroup analyses and adjusted analyses, distinguishing pre-specified from exploratory	Yes
Harms	19	All important harms or unintended effects in each group (for specific guidance see CONSORT for harms)	Yes
Discussion			
Limitations	20	Trial limitations, addressing sources of potential bias, imprecision, and, if relevant, multiplicity of analyses	Yes
Generalisability	21	Generalisability (external validity, applicability) of the trial findings	Yes
Interpretation	22	Interpretation consistent with results, balancing benefits and harms, and considering other relevant evidence	Yes
Other information			
Registration	23	Registration number and name of trial registry	No
Protocol	24	Where the full trial protocol can be accessed, if available	No
Funding	25	Sources of funding and other support (such as supply of drugs), role of funders	Yes

* We strongly recommend reading this statement in conjunction with the CONSORT 2010 Explanation and Elaboration for important clarifications on all the items. If relevant, we also recommend reading CONSORT extensions for cluster randomised trials, non-inferiority and equivalence trials, non-pharmacological treatments, herbal interventions, and pragmatic trials. Additional extensions are forthcoming: for those and for up to date references relevant to this checklist, see www.consort-statement.org.

Supplementary Material 2. Results: Intention-to-Treat.

Table S1. Baseline characteristics of participants.

	All (n = 36)	CG (n = 16)	IG (n = 20)	p-value (95% CI)
Age (years)	21.00 ± 2.27	20.56 ± 1.83	21.35 ± 2.56	0.440
Weight (kg)	80.34 ± 14.35	80.09 ± 13.41	80.55 ± 15.40	0.838
Height (cm)	166.43 ± 9.13	164.68 ± 6.88	167.83 ± 10.55	0.311
BMI (kg/m^2)	28.90 ± 3.99	29.47 ± 4.24	28.45 ± 3.83	0.498
Fat mass (kg)	27.97 ± 9.88	28.64 ± 10.36	27.43 ± 9.72	0.719
Global Food Index	63.04 ± 15.72	59.91 ± 16.87	65.55 ± 14.69	0.291
KIDMED	5.33 ± 2.76	5.06 ± 3.09	5.55 ± 2.52	0.605
FGR	3.25 ± 2.18	2.93 ± 2.46	3.50 ± 1.96	0.440
Accelerometry	All (n = 25)	CG (n = 13)	IG (n=12)	
Sedentary time (min/day)	566.44 ± 74.28	567.53 ± 78.81	565.27 ± 72.53	0.936
LIPA (min/day)	249.22 ± 65.80	246.19 ± 55.35	252.51 ± 77.98	0.816
MVPA (min/day)	50.46 ± 24.23	55.90 ± 27.56	44.58 ± 19.47	0.320
Steps (steps/day)	8925.92 ± 2779.60	9205.77 ± 3272.98	8622.75 ± 2231.16	0.611

Mean ± SD. CG: control group; IG: intervention group; BMI: body mass index; KIDMED: adherence to the Mediterranean diet; FGR: Food Guide Recommendation; LIPA: light-intensity physical activity; MVPA: moderate-to-vigorous physical activity; p-value compares IG and CG; *Statistical significance ($p < 0.05$).

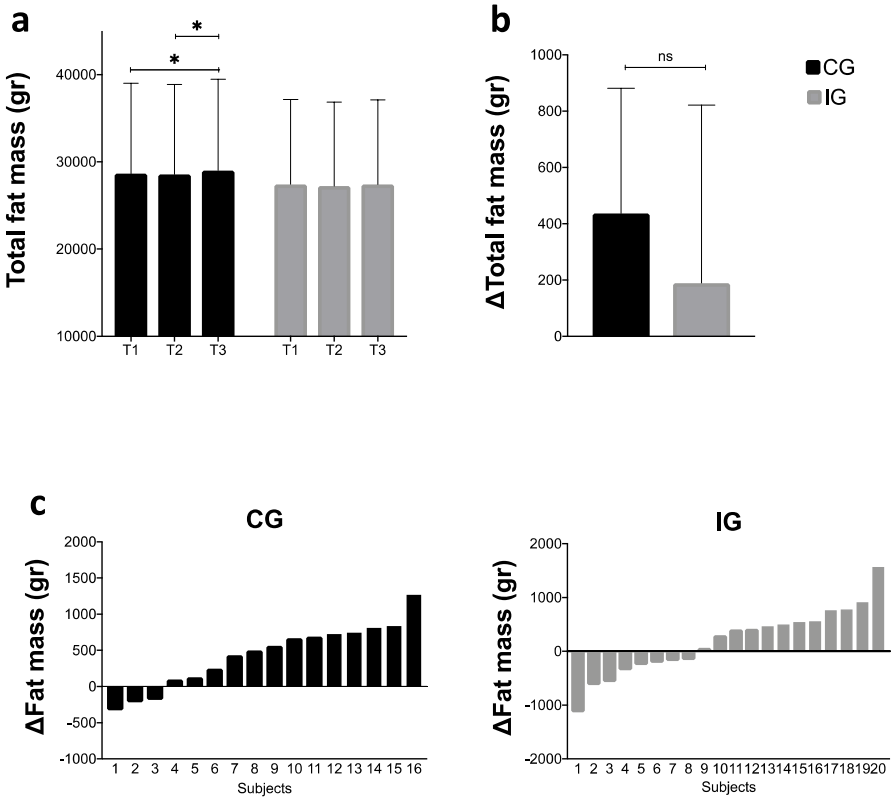

Figure S1. (a) Intra-group values of total fat mass during T1, T2 and T3; **(b)** comparison of the total FM variation between groups during the NH (T3-T2); **(c)** individual fat mass variation during the NH by groups. CG: control group; IG: intervention group; NH: National Holidays; *Statistical significance ($p < 0.05$); NS: no statistical significance.

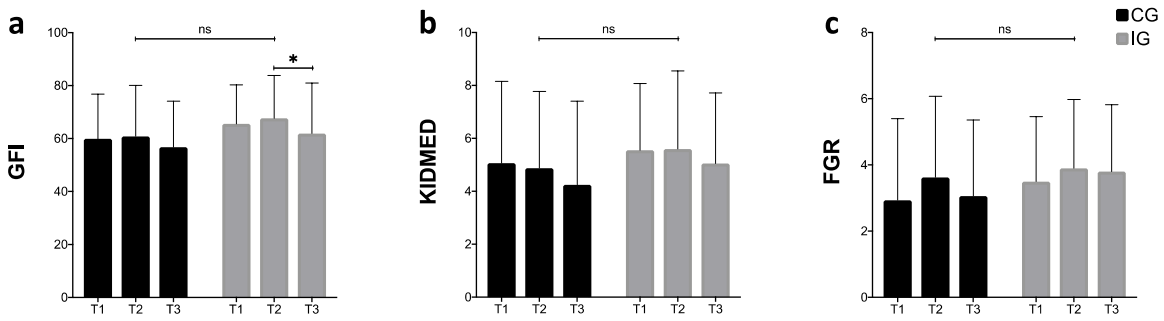

Figure S2. Intra and inter-group values between CG and IG at T1, T2 and T3. **(a)** GFI: Global Food Index; **(b)** KIDMED: Mediterranean Diet Quality Index; **(c)** FGR: Food Guide Recommendations; CG: control group; IG: intervention group; NH: National Holidays; *Statistical significance ($p < 0.05$); NS: no significance.

Table S2. Adherence to recommendations after the NH.

	CG		IG		*p*-value
	No	**Yes**	**No**	**Yes**	
Decrease food intake.	5	11	7	13	0.813 ‡
Decrease sugary drinks and liquor.	10	6	13	7	0.877 ‡
Increase the level of physical activity.	13	3	8	12	0.013 ‡*
Do not add mayonnaise, ketchup, mustard, etc.	6	10	11	9	0.296 ‡
Eat one typical food per day.	5	11	5	15	0.722 †
Increase salad intake.	4	12	10	10	0.126 ‡

†Fisher exact test; ‡Chi-Squared; CG: control group; IG: intervention group; *Statistical significance.

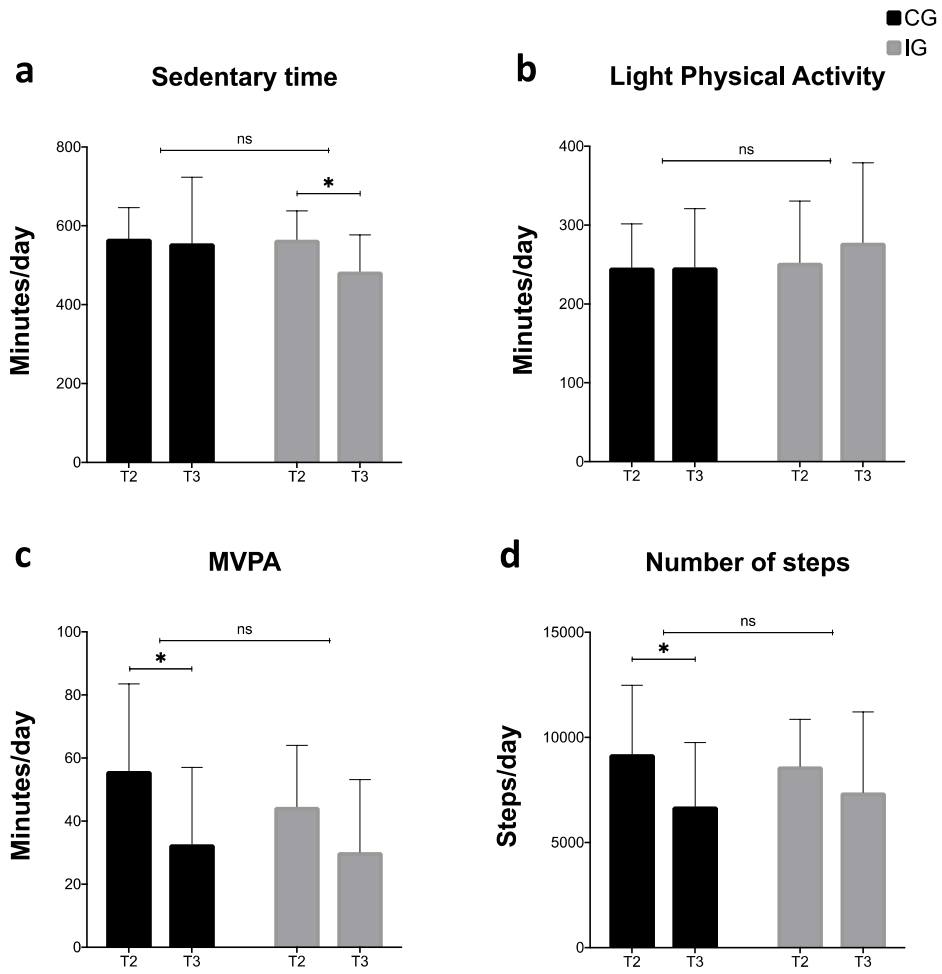

Figure S3. Intra and inter-group physical activity comparisons. MVPA: Moderate to vigorous physical activity; CG: control group; IG: intervention group. NH: National Holidays; *Statistical significance ($p < 0.05$); NS: no significance.