



Supplametary Materail

Food Intake REstriction for Health OUtcome Support and Education (FIREHOUSE) Protocol: A Randomized Clinical Trial

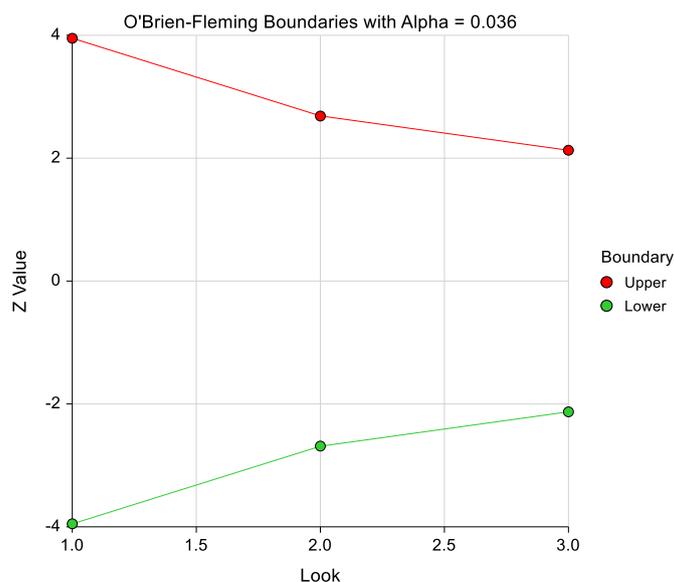


Figure 1. Interim Monitoring Bounds. Interpolated stopping boundaries—z-score critical values for the 3-look design.

Table S1. Study Procedures.

Table S1. Study Procedure (detail)						
Activity	Telephone Screening	Screening	Baseline Visit	Randomization	Intervention	6 Month Visit
Study Team Procedures						
Consent		X	X			
Medical History		X	X			
Physical Exam		X	X			X
Height/Weight		X	X			X
Vital signs		X	X			X
Fasting Visit (8-12 hrs)			X			X
Food Frequency Questionnaire		X				X
Study Intervention Information	X	X	X	X	X	X
Subject Survey		X	X			X
Deliver/Collect Questionnaires		X	X			X
Telephone Communication	X			X	X	
Electrocardiogram			X			X
Pulse Wave Velocity			X			X
Laboratory Assessments						
Chemistry/Lipid/Hepatic Panels			X			X
Genomics/Microbiomics			X			X
CBC with differential			X			X
Respiratory Assessments						
FE _{NO} testing			X			X
Spirometry			X			X
Abbreviations: CBC Complete Blood Count; FE_{NO} Fractional Exhaled Nitric Oxide;						