Supplemental material

BMJ Publishing Group Limited (BMJ) disclaims all liability and responsibility arising from any reliance placed on this supplemental material which has been supplied by the author(s)

BMJ Open

Supplementary Item 2 – Dietary Data

Frequency of food and drinks averaged for all participants across the 3 data collection visits, coded using the following key:
0 - None; 1 - less than once a month; 2 - 1-3 time per month; 3 – once per week; 4 – 2-4 times per week; 5 – 5-6 times per week; 6 once per day; 7 – 2-3 times per day; 8 – 4-5 times per day; 9 – 6 or more times a day

	Median Frequency		
	Baseline (n=27)	2 Week Follow-Up (n=26)	3 Month Follow-Up (n=26)
Water	7	8	7
Milk	7	7	7
Sugared drinks	0	0	0
Cakes	0	0	0
Biscuits	4	4	2
Sweets	0	0	1
Fresh Fruit	7	7	7
Vegetables	7	7	6