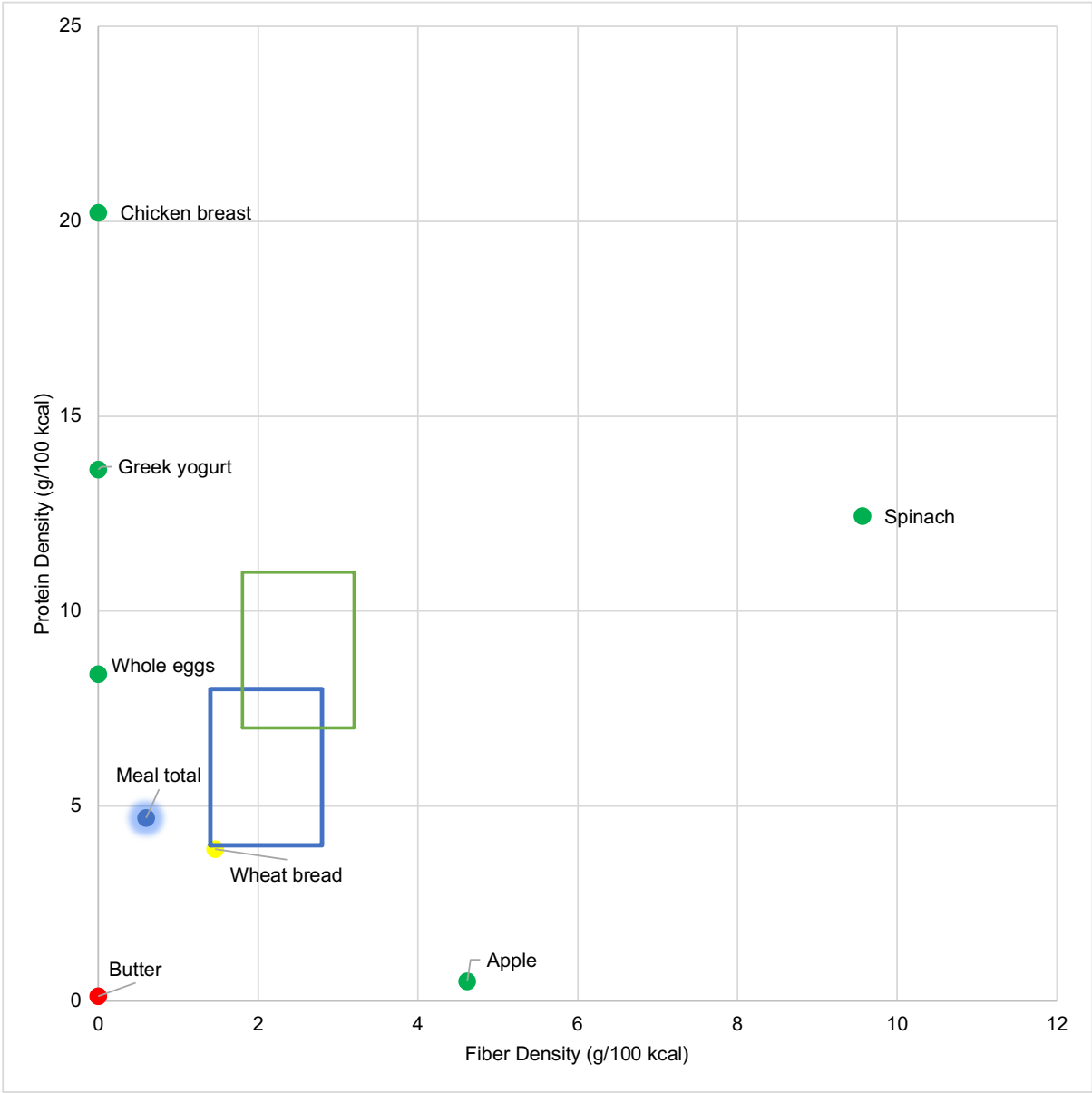
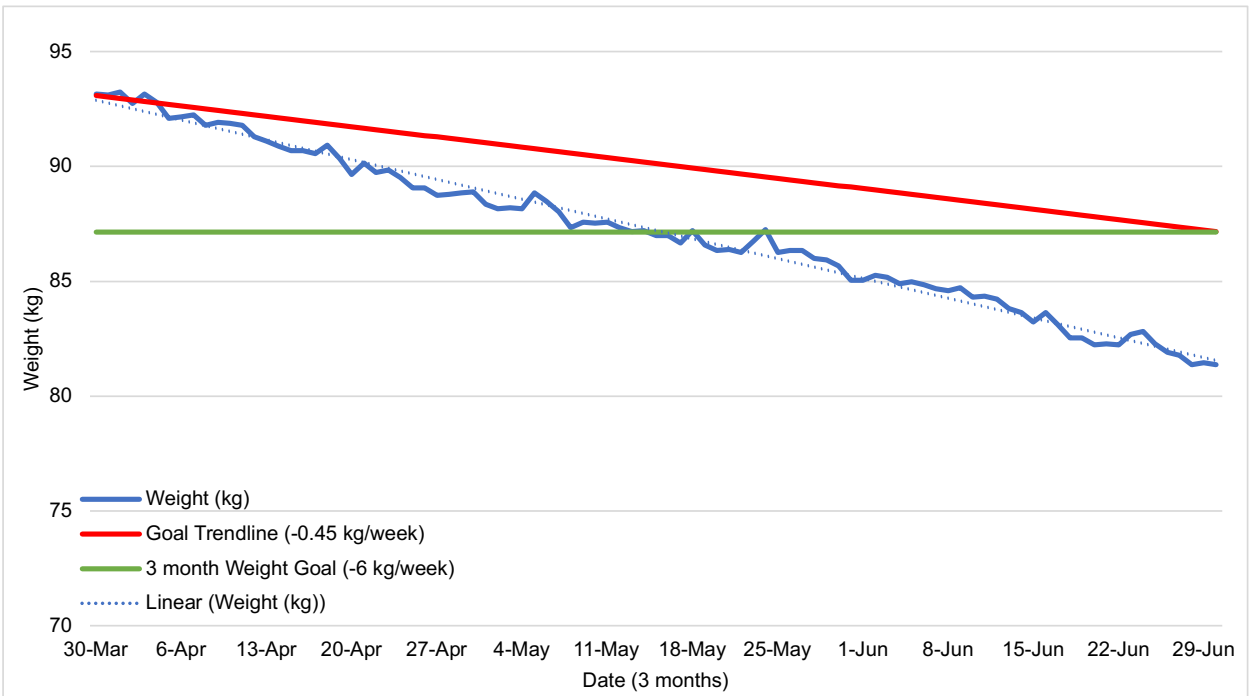


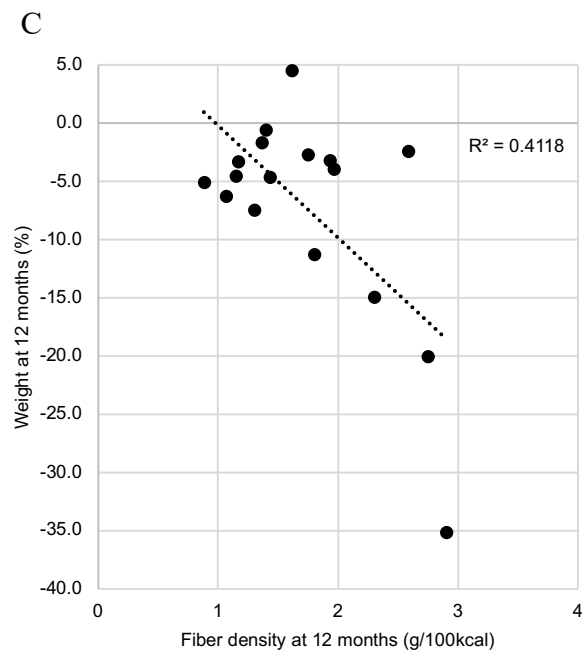
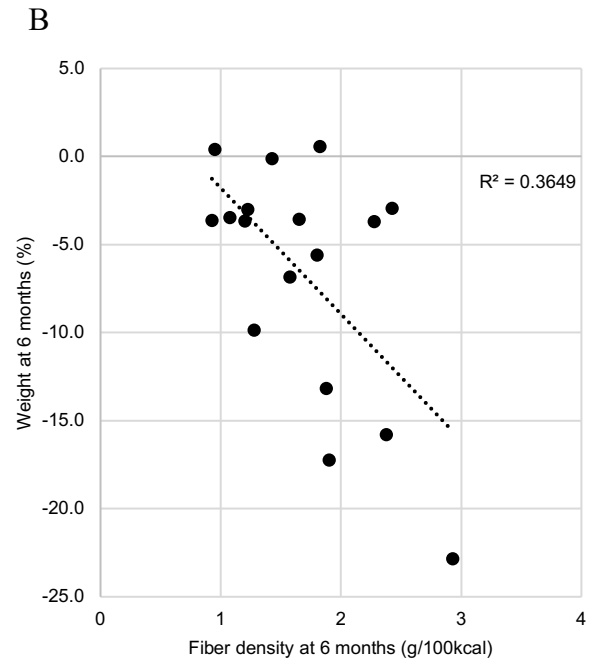
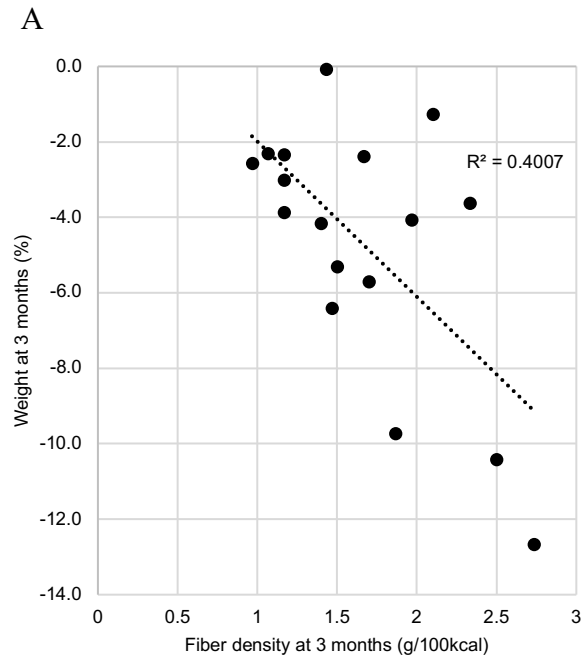
Supplementary Figure S1. Shown here is the protein-fiber plot, with protein and fiber measured as g/100 kcal. Green box = desired nutrient range for weight loss; Blue box = desired nutrient range for weight maintenance; Green dot food = high in both protein and fiber; Yellow and red dot foods = lower in both protein and fiber.



Supplementary Figure S2. Shown here is the daily weighing tracking sheet distributed to participants weekly with a comment from their advisor. Green line = 3 month weight loss goal; Blue line = daily weights from Wi-Fi scale; Red line = desired weight loss trendline (1 lb/week, 0.45 kg/week).



Supplementary Figure S3. (A) Correlation between weight change with dietary fiber density at 3 month ($r = -0.64$, $p = 0.005$), (B) 6 months ($r = -0.61$, $p = 0.01$), and (C) 12 months ($r = -0.64$, $p = 0.005$). All ($n = 17$).



Supplementary Table S1. iDip 2 featured 22 sessions and several dietary and body measurements. The timeline of the entire study is shown here.

FFQ = Food Frequency Questionnaire. 24HR = 24-Hour Record.

**Delayed to 15 months due to US 2020 SARS-CoV-2 outbreak.

^aPerformed virtually and asynchronously due to US 2020 SARS-CoV-2 outbreak.

Week	Session Title	Dietary Measures	Anthropometrics	Body Composition
Baseline		FFQ	X	X
1	Starting Weight Loss			
2	Weight Monitoring			
3	Establishing Routine			
4	24-Hour Record Completion and Portion Sizes	24HR1		
6	Individual Advising 1			
8	Importance of Protein 1			
10	Importance of Fiber 1	24HR2		
12	Physical Activity		X	X
14	Individual Advising 2			
16	Importance of Protein 2			
18	Importance of Fiber 2	24HR3		
20	Trouble Shooting for Slow Weight Loss			
22	Peer Experience Sharing and Discussion			
24	Difference Between Weight Loss and Weight Maintenance	24HR4	X	X
26	Building a Healthy Plate			
28	“Diet” and Replacement Foods			
32	Barriers to Healthy Eating			
36	Fats	24HR5		
39	Individual Advising 3			
44	Salt	24HR6		
48	Eat the Rainbow: The Importance of Vitamins and Minerals			
52	^a Exit Session	FFQ		
60			**	**

Supplementary Table S2. Prevalence of self-reported comorbidities and prior dieting experiences.

Comorbidities	Prevalence (%)
Hypercholesterolemia	53.3
Skeletal problems	46.7
Hypertension	33.3
Sleep apnea	33.3
Depression	26.7
Irregular periods	26.3 of female participants
Type 2 Diabetes	23.3
Asthma	23.3
Thyroid problems	16.7
Kidney problems	13.3
High blood lipids	13.3
Previous cancer	10
Muscle pain	6.7
Non-alcoholic fatty liver disease	3.3
Polycystic ovary syndrome	3.3
Dieting program	Prevalence (%)
Weight Watchers	43.3
Low-carbohydrate or ketogenic diet	30
Research study weight programs	13.3
South beach diet	10
Measuring foods	6.7
Nutrisystem	6.7
Ideal protein	6.7
Calorie counting	6.7
Intermittent fasting	6.7
Daniel Plan	3.3
Paleo diet	3.3
21-day diet	3.3
Jenny craig	3.3
Health management resources	3.3
Low-fat diet	3.3
Salad-based diet	3.3
No fast foods	3.3
Low-caloric diet	3.3
Reduced meat consumption	3.3
Precision Nutrition	3.3
4-day diet	3.3
Weight down diet	3.3
Glycemic index diet	3.3
Trim healthy mama diet	3.3
No sugar diet	3.3
Protein shakes	3.3
No dieting experience	3.3

Supplementary Table S3. Dietary intake at different timepoints. Values are expressed as mean (SD). FFQ = Food Frequency Questionnaire.

	Timepoints (months)	Protein (g)	Fiber (g)	Calories (kcal)
24-Hour Dietary Record	1	88.2(25.8)	23.1(10.1)	1770(519)
	3	93.9(34.3)	24.7(9.7)	1498(475)
	4	85.6(26.5)	27.5(10.9)	1507(391)
	6	86.3(26.5)	25.4(15.1)	1555(511)
	7	79.1(27.2)	26.4(13.1)	1448(461)
	12	76.8(22.2)	22.3(9.8)	1376(235)
FFQ	Baseline	103.1(33.4)	25.6(9.2)	2206(679)
	Final	91.4(21.4)	25.5(9.8)	1540(415)

Supplementary Table S4. Exit survey at 12 months. The 7-point Likert scale used had the following options: 1: Strongly disagree; 2: Disagree; 3: Somewhat disagree; 4: Neutral - I neither agree nor disagree; 5: Somewhat agree; 6: Agree; 7: Strongly agree. n=22.

Question	Mean score (SD)	Correlation with weight loss (%) at 12 months	Correlation with weight loss (%) at 12 months, p-value
Personal Gain			
Do you feel as though you have learned valuable nutrition information?	6.45 (1.5)	-0.31	0.16
Was the iDip program effective for achieving your personal goals?	5.32 (1.5)	-0.53	0.01*
Did you feel motivated to achieve your goals while in the program?	5.45 (1.5)	-0.50	0.02*
Were the skills taught in iDip applicable to your everyday life?	6.18 (1.0)	-0.45	0.03*
Do you feel confident in selecting a healthful diet?	5.95 (1.0)	-0.45	0.04*
Was the nutritional content valuable to you?	6.36 (1.1)	-0.19	0.39
Instruction			
Were the instructors knowledgeable?	6.77 (0.5)	0.00	0.99
Did the instructors relay the information to you in a manner easily understandable for you?	6.5 (0.8)	-0.02	0.92
Were the face-to-face education sessions useful?	6.32 (0.9)	-0.12	0.59
Were the individual advising sessions useful?	6.32 (0.8)	-0.25	0.26
Were the email and phone communication useful?	6.27 (0.8)	-0.25	0.27
Were the instructors readily available to offer support?	6.68 (0.6)	-0.30	0.18
Education Materials			
Were feedbacks on homework useful?	5.36 (1.4)	-0.15	0.50
Was the homework after each session useful?	4.81 (1.8)	-0.34	0.13
Was 24-hour record feedback useful?	6.1 (1.2)	-0.13	0.57
Was the Protein-Fiber plot useful and easy to understand?	5.14 (2.1)	-0.31	0.15
Was the weight chart useful and easy to understand?	6.18 (1.4)	-0.07	0.74
Engagement			
Was the course engaging for you?	6.05 (0.9)	-0.36	0.10
Were there enough interactive opportunities for you?	6.32 (0.8)	-0.33	0.13
Overall			
Was this program worth your time?	6.32 (1.1)	-0.22	0.32
Would you recommend this program to others?	6.36 (1.2)	-0.22	0.33