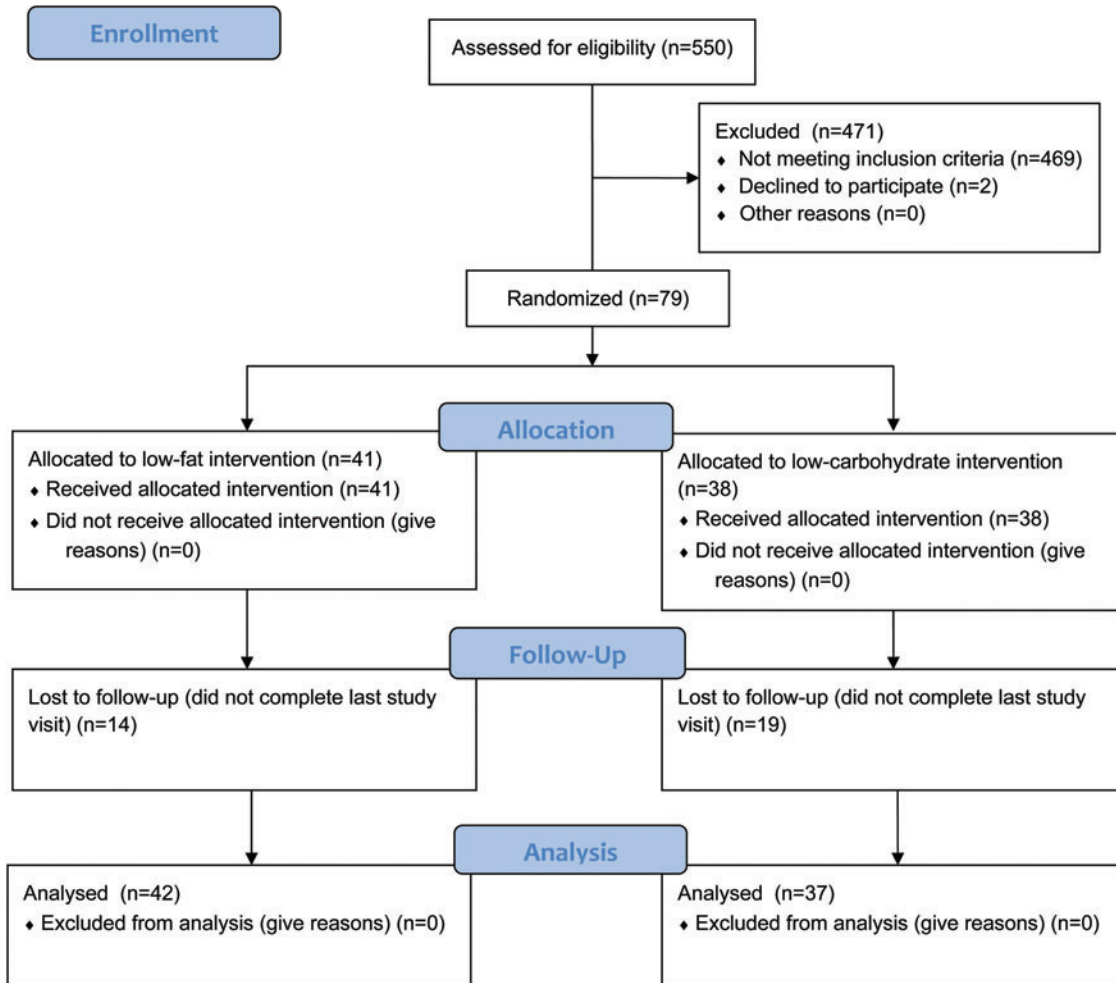


Supplementary Data

CONSORT Flow Diagram



SUPPLEMENTARY FIG. S1. Consolidated Standards of Reporting Trials (CONSORT) for the Lifestyle Eating and Fitness Study.