

**Supplemental Table 1. DASH-Style intervention intakes of dairy and fruits/vegetables—effects on weight and blood pressure change, stratifying by activity and baseline BMI.**

| Intervention Diet                              | N   | Weight Change |      |                | SBP Change |      |                | DBP Change |      |                |
|--|-----|---------------|------|----------------|------------|------|----------------|------------|------|----------------|
|  |     | Adj. mean*    | SE   | <i>p-value</i> | Adj. mean* | SE   | <i>p-value</i> | Adj. mean* | SE   | <i>p-value</i> |
| <b>Unstratified Groups</b>                     |     |               |      |                |            |      |                |            |      |                |
| Low Dairy† / Low FV‡                           | 206 | -5.6          | 0.79 | <i>ref</i>     | -9.5       | 0.65 | <i>ref</i>     | -5.2       | 0.45 | <i>ref</i>     |
| Low Dairy / High FV                            | 164 | -8.7          | 0.88 | 0.009          | -10.1      | 0.72 | 0.537          | -5.1       | 0.50 | 0.8132         |
| High Dairy / Low FV                            | 106 | -6.4          | 1.10 | 0.580          | -8.2       | 0.90 | 0.239          | -4.5       | 0.63 | 0.2997         |
| High Dairy / High FV                           | 189 | -12.5         | 0.83 | <0.001         | -11.7      | 0.68 | 0.023          | -6.7       | 0.47 | 0.0268         |
| <b>Stratifying by Activity</b>                 |     |               |      |                |            |      |                |            |      |                |
| <b>Sedentary (&lt;180 minutes/week)</b>        |     |               |      |                |            |      |                |            |      |                |
| Low Dairy / Low FV                             | 109 | -3.6          | 1.13 | <i>ref</i>     | -8.7       | 0.92 | <i>ref</i>     | -5.3       | 0.65 | <i>ref</i>     |
| Low Dairy / High FV                            | 68  | -6.3          | 1.39 | 0.119          | -7.4       | 1.14 | 0.363          | -4.0       | 0.80 | 0.179          |
| High Dairy / Low FV                            | 46  | -4.9          | 1.67 | 0.527          | -8.2       | 1.37 | 0.742          | -3.0       | 0.96 | 0.045          |
| High Dairy / High FV                           | 47  | -9.7          | 1.64 | 0.002          | -10.0      | 1.35 | 0.437          | -5.6       | 0.95 | 0.759          |
| <b>Active (≥180 minutes/week)</b>              |     |               |      |                |            |      |                |            |      |                |
| Low Dairy / Low FV                             | 97  | -7.5          | 1.16 | <i>ref</i>     | -10.2      | 0.95 | <i>ref</i>     | -5.1       | 0.66 | <i>ref</i>     |
| Low Dairy / High FV                            | 96  | -10.3         | 1.15 | 0.080          | -12.0      | 0.94 | 0.177          | -5.9       | 0.66 | 0.400          |
| High Dairy / Low FV                            | 60  | -7.6          | 1.47 | 0.955          | -8.3       | 1.21 | 0.200          | -5.6       | 0.84 | 0.656          |
| High Dairy / High FV                           | 142 | -13.7         | 0.98 | <0.001         | -12.5      | 0.80 | 0.067          | -7.2       | 0.56 | 0.015          |
| <b>Stratifying by Obesity Status</b>           |     |               |      |                |            |      |                |            |      |                |
| <b>Non-obese (BMI &lt;30 kg/m<sup>2</sup>)</b> |     |               |      |                |            |      |                |            |      |                |
| Low Dairy / Low FV                             | 62  | -4.1          | 1.40 | <i>ref</i>     | -8.7       | 1.16 | <i>ref</i>     | -3.9       | 0.81 | <i>ref</i>     |
| Low Dairy / High FV                            | 71  | -6.0          | 1.32 | 0.146          | -10.5      | 1.10 | 0.267          | -4.8       | 0.76 | 0.392          |
| High Dairy / Low FV                            | 30  | -5.3          | 2.02 | 0.604          | -9.2       | 1.68 | 0.819          | -4.8       | 1.17 | 0.523          |
| High Dairy / High FV                           | 70  | -8.8          | 1.34 | 0.015          | -11.5      | 1.11 | 0.080          | -6.9       | 0.77 | 0.006          |
| <b>Obese (BMI ≥30 kg/m<sup>2</sup>)</b>        |     |               |      |                |            |      |                |            |      |                |
| Low Dairy / Low FV                             | 144 | -6.5          | 0.95 | <i>ref</i>     | -9.9       | 0.79 | <i>ref</i>     | -5.9       | 0.55 | <i>ref</i>     |
| Low Dairy / High FV                            | 93  | -10.1         | 1.16 | 0.013          | -9.9       | 0.96 | 0.980          | -5.4       | 0.67 | 0.495          |
| High Dairy / Low FV                            | 76  | -6.8          | 1.28 | 0.837          | -7.8       | 1.07 | 0.119          | -4.4       | 0.74 | 0.087          |
| High Dairy / High FV                           | 119 | -14.5         | 1.02 | <0.001         | -11.8      | 0.85 | 0.105          | -6.6       | 0.59 | 0.418          |

FV, Fruit and Vegetables

\*Means are adjusted for age, sex, race, minutes/day of moderate activity) (for obesity stratification models)

†Low vs. high Intervention Dairy Intake: <1.5 vs. ≥1.5 servings/day

‡Low vs. high Intervention FV Intake: <5 vs. ≥5 servings/day