

Table S1. French National Nutrition and Health Program dietary guidelines shown per category.

A leaflet with these food categories was provided to the participants receiving GNA.

Food category	Recommendation
Fruits and vegetables	At least 5 portions per day (80g to 100g each), at each meal and in case of hunger
Bread, cereals potatoes and legumes	At each meal and according to appetite, promote whole grains and diversity
Milk and dairy products	3 units per day. Promote diversity and cheeses richest in calcium, with the lowest percentage fat and salt.
Meat, poultry, fishery products and eggs	1 to 2 units per day. In less quantity than the vegetables or cereals. For the meat: promote the variety of species and less fatty pieces. Consumption of fish at least twice a week.
Added fat	Limit the consumption. Promote variety and limit animal's origin fats (butter, cream)
Sweet products	Limit the consumption
Beverages	Water ad libitum. For the alcoholic beverages: in adults, do not exceed 2 glasses of wine per day (10 cl) for women and 3 for men. For example, 2 glasses of wine are equivalent to 2 halves of beer or 6 cl of strong alcohol
Salt	Limit the consumption. Do not add salt before tasting; reduce salt addition to cooking water.

SUPPLEMENTARY DATA

Table S2. P-values of main and interaction effects for the 14 food categories in the participants receiving no nutritional advice (control), GNA, or PNA before (V2) and after the nine-week intervention period (V3).

Food Category	Time effect	Treatment effect		Interaction effect	
	V2 vs. V3	PNA vs. control	vs. PNA GNA	PNA vs. control x Time	PNA vs. GNA x Time
Fruits	.	.	.	0.0004	0.01
Vegetables	0.20	0.29	0.29	0.76	0.16
Whole grains	.	.	.	0.02	0.07
Pulses	.	.	.	-	-
Unsalted nuts	.	.	.	<.0001	<.0001
Dairy	0.84	0.14	0.62	0.83	0.46
Fish	.	.	.	<.0001	<.0001
Spreads and oils	0.04	0.16	0.008	0.17	0.25
Red meat	0.41	0.64	0.91	0.49	0.91
Cold cuts (meat)	0.004	0.64	0.84	0.13	0.06
SSB	.	.	.	0.08	0.04
Alcohol	.	.	.	-	-
Added salt	.	.	.	0.004	0.007
Unhealthy choices	.	.	.	0.001	0.002

Control: $n = 52$, GNA: $n = 52$, PNA: $n = 51$. Note: the model could not fit the data of pulses and alcohol, therefore statistical analysis was not possible for these food categories. $P < 0.05$ was considered significant. GNA, generic nutrition advice; PNA, personalized nutrition advice; SSB, sugar sweetened beverages;

SUPPLEMENTARY DATA

Table S3. P-values of the time and run in vs. intervention effects for the 14 food categories of the participants receiving PNA at baseline (V1), the end of the free living period (V2), and at the end of the study (V3).

Food Category	Time effect	Time effect	Run-in vs intervention effect
	PNA V1 vs V2	PNA V2 vs V3	PNA V2-PNA V1 vs PNA V3- PNA V2
Fruits	0.21	<.0001	0.06
Vegetables	0.85	0.34	0.41
Whole grains	0.36	0.008	0.009
Pulses	-	-	-
Unsalted nuts	0.36	<.0001	<.0001
Dairy	0.85	0.84	0.25
Fish	0.39	0.0003	0.25
Spreads and oils	0.84	0.09	0.42
Red meat	0.09	0.49	0.01
Cold cuts (meat)	0.30	0.01	0.006
SSB	0.52	0.005	0.01
Alcohol	-	-	-
Added salt	0.49	0.003	0.009
Unhealthy choices	0.34	0.002	0.46

PNA: $n = 51$. This Table refers to Supplemental Figure 3. Note: the model could not fit the data of pulses and alcohol, therefore statistical analysis was not possible for these food categories. $P < 0.05$ was considered significant. PNA, personalized nutrition advice; SSB, sugar sweetened beverages.

SUPPLEMENTARY DATA

Table S4. P-values of main and interaction effects for the 10 food categories where participants in the PNA-group set goals for before (V2) and after the nine week intervention period (V3).

Food category	Participants who didn't set a goal n	Participants who set a goal n	Time effect	Goal effect	Interaction effect Goal vs no goal
Unsalted nuts	21	29	.	.	<.0001
Fruits	27	23	.	.	0.004
Whole grains	32	18	.	.	0.001
Fish	34	16	.	.	<.0001
Spreads and oils	39	11	0.15	0.95	0.42
Dairy	41	9	.	.	<.0001
Added Salt	42	8	-	-	-
Vegetables	42	8	.	.	0.0007
Cold cuts (meat)	44	6	-	-	-
Unhealthy food choices	44	6	.	.	0.03

PNA: $n = 50$ who set a goal. $P < 0.05$ was considered significant. PNA, personalized nutrition advice.