

Supplemental Table 1. Iowa Gambling Task. Pre- and post-intervention group scores are presented as mean (SD).

	DIET		DIET + MODEX		DIET + HIGHEX	
	<i>PRE</i>	<i>POST</i>	<i>PRE</i>	<i>POST</i>	<i>PRE</i>	<i>POST</i>
Total Payoff	20.52 (29.50)	26.91 (28.75)	19.97 (26.84)	29.79 (25.56)	23.87 (27.17)	33.49 (29.94)
Reward Sensitivity Score	30.12 (29.94)	21.00 (32.54)	42.10 (24.57)	35.07 (24.63)	25.56 (30.25)	39.39 (24.61)

Note: There were no between-group differences (all p -values > 0.05) on any pre-intervention value.

Supplemental Table 2. Task Switching. Pre- and post-intervention group scores are presented as mean (SD).

	DIET		DIET + MODEX		DIET + HIGHEX	
	<i>PRE</i>	<i>POST</i>	<i>PRE</i>	<i>POST</i>	<i>PRE</i>	<i>POST</i>
Repeat RT	862.83 (118.66)	838.78 (119.23)	865.80 (136.51)	846.71 (89.18)	880.23 (89.87)	863.48 (95.08)
Switching RT	955.23 (147.62)	925.85 (110.72)	972.06 (152.94)	935.64 (102.32)	979.34 (113.39)	914.50 (158.75)
Mixing Cost	-141.13 (102.97)	-139.29 (90.84)	-172.01 (121.11)	-167.24 (86.42)	-185.73 (95.73)	-146.25 (91.35)
Switching Cost	92.41 (73.20)	87.07 (67.76)	106.26 (72.85)	88.93 (72.17)	99.11 (79.82)	72.91 (72.37)

Note: There were no between-group differences (all p -values > 0.05) on any pre-intervention value.

Supplemental Table 3. Stroop Task. Pre- and post-intervention group scores are presented as mean (SD). Stroop effect is calculated as (incongruent–congruent)/congruent.

	DIET		DIET + MODEX		DIET + HIGHEX	
	<i>PRE</i>	<i>POST</i>	<i>PRE</i>	<i>POST</i>	<i>PRE</i>	<i>POST</i>
Congruent RT	768.46 (81.33)	754.12 (91.63)	746.30 (84.45)	752.99 (95.75)	769.29 (67.76)	791.86 (104.01)
Incongruent RT	891.26 (126.78)	882.85 (142.54)	897.01 (122.86)	907.79 (164.76)	909.55 (104.51)	922.30 (127.47)
Neutral RT	795.90 (88.55)	791.81 (104.60)	779.01 (90.51)	786.64 (101.67)	802.92 (68.93)	826.28 (104.21)
Stroop Effect	0.16 (0.09)	0.17 (0.09)	0.20 (0.08)	0.20 (0.11)	0.18 (0.08)	0.17 (0.08)

Note: There were no between-group differences (all p -values > 0.05) on any pre-intervention value.

Supplemental Table 4. N-Back Task. Pre- and post-intervention group scores are presented as mean (SD).

	DIET		DIET + MODEX		DIET + HIGHEX	
	<i>PRE</i>	<i>POST</i>	<i>PRE</i>	<i>POST</i>	<i>PRE</i>	<i>POST</i>
1-Back RT	872.10 (152.57)	821.34 (201.01)	884.50 (174.68)	875.33 (167.58)	872.00 (154.87)	821.62 (194.65)
2-Back RT	1018.08 (163.14)	996.14 (169.34)	1078.08 (186.05)	1057.37 (192.71)	1040.08 (166.82)	980.45 (195.22)
2-back – 1-back RT	145.98 (125.41)	174.80 (156.78)	193.58 (146.53)	182.04 (115.24)	168.07 (117.54)	158.83 (235.94)

Note: There were no between-group differences (all *p*-values > 0.05) on any pre-intervention value.