

Supplementary Table 1: Additional participant characteristics

	N(%) or Mean (SD)
Diabetes Mellitus, n(%)	
Yes	1 (5)
No	19 (95)
Hypertension, n(%)	
Yes	5 (25)
No	15 (75)
Dyslipidemia, n(%)	
Yes	3 (15)
No	17 (85)
Income, n(%)	
<\$40,000	0 (0)
\$40,000-\$59,000	4 (20)
\$60,000-\$79,000	0 (0)
\$80,000+	11 (55)
Not specified	5 (25)
Marital Status, n(%)	
Married	9 (45)
Divorced	2 (10)
Widowed	3 (15)
Unmarried	6 (30)
Living Situation, n(%)	
Lives alone	3 (15)
Lives with others	17 (85)
Employment, n(%)	
Full time	13 (65)
Part time	1 (5)
Self employed	1 (5)
Unemployed	1 (5)
Student	1 (5)
Retired	3 (15)
Insurance, n(%)	
Private	15 (75)
Public	1 (5)
Private and Public	3 (15)
Other	1 (5)

Supplementary Table 2: Results of the NACP questionnaire (n=20), at baseline

Dietary Intake				
In an average week, how often do you	Usually/often n(%)	Sometimes n(%)	Rarely/never n(%)	Not applicable n(%)
<i>eat less than 2 servings of fruit per day</i>	4 (20)	9 (45)	7 (35)	0 (0)
<i>eat less than 2.5 servings of vegetables per day</i>	3 (15)	8 (40)	9 (45)	0 (0)
<i>eat less than 3 servings of wholegrains per day</i>	7 (35)	10 (50)	3 (15)	0 (0)
<i>eat or drink less than 3 servings of milk, yogurt or cheese per day</i>	7 (35)	10 (50)	3 (15)	0 (0)
<i>eat more than 6 servings of cooked red meat a week</i>	0 (0)	5 (25)	12 (60)	3 (15)
<i>eat any processed meats</i>	1 (5)	5 (25)	11 (55)	3 (15)
<i>eat less than 4 servings of nuts/seeds per week</i>	8 (40)	3 (15)	9 (45)	0 (0)
<i>drink 16 ounces or more of non-diet soda, fruit drink/punch or Kool-Aid per day</i>	0 (0)	1 (5)	12 (60)	7 (35)
<i>drink more than 1 alcohol drink per day (women) or more than 2 alcoholic drinks per day (men)</i>	0 (0)	6 (30)	9 (45)	5 (25)
<i>eat 4 or more meals from takeout restaurants in a week</i>	0 (0)	4 (20)	13 (65)	3 (15)
Motivation				
<i>How willing are you to make changes in your eating habits in order to be healthier?</i>				
Not willing at all				Very willing
0 (0)	1 (5)	0 (0)	3 (15)	16 (80)