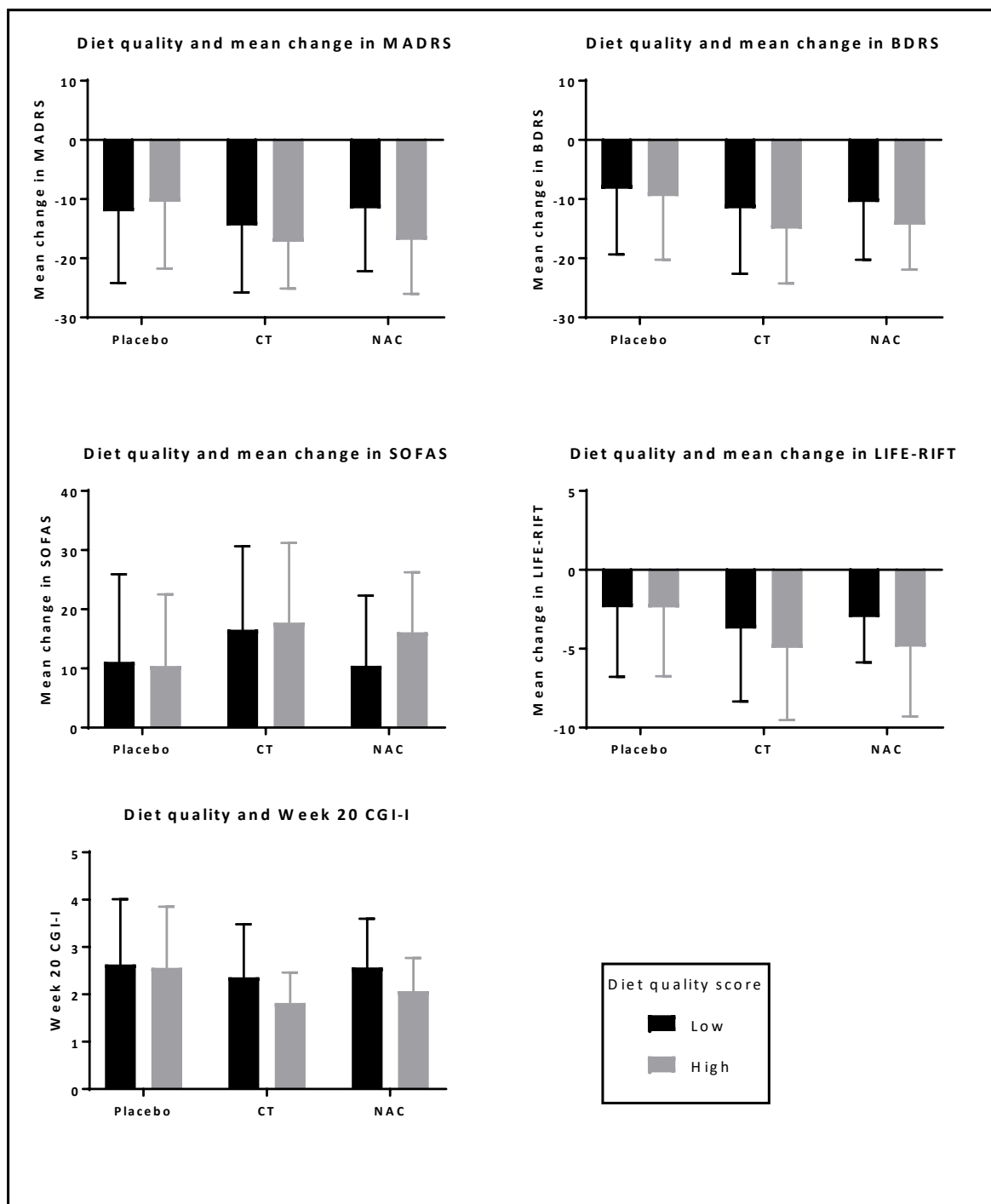
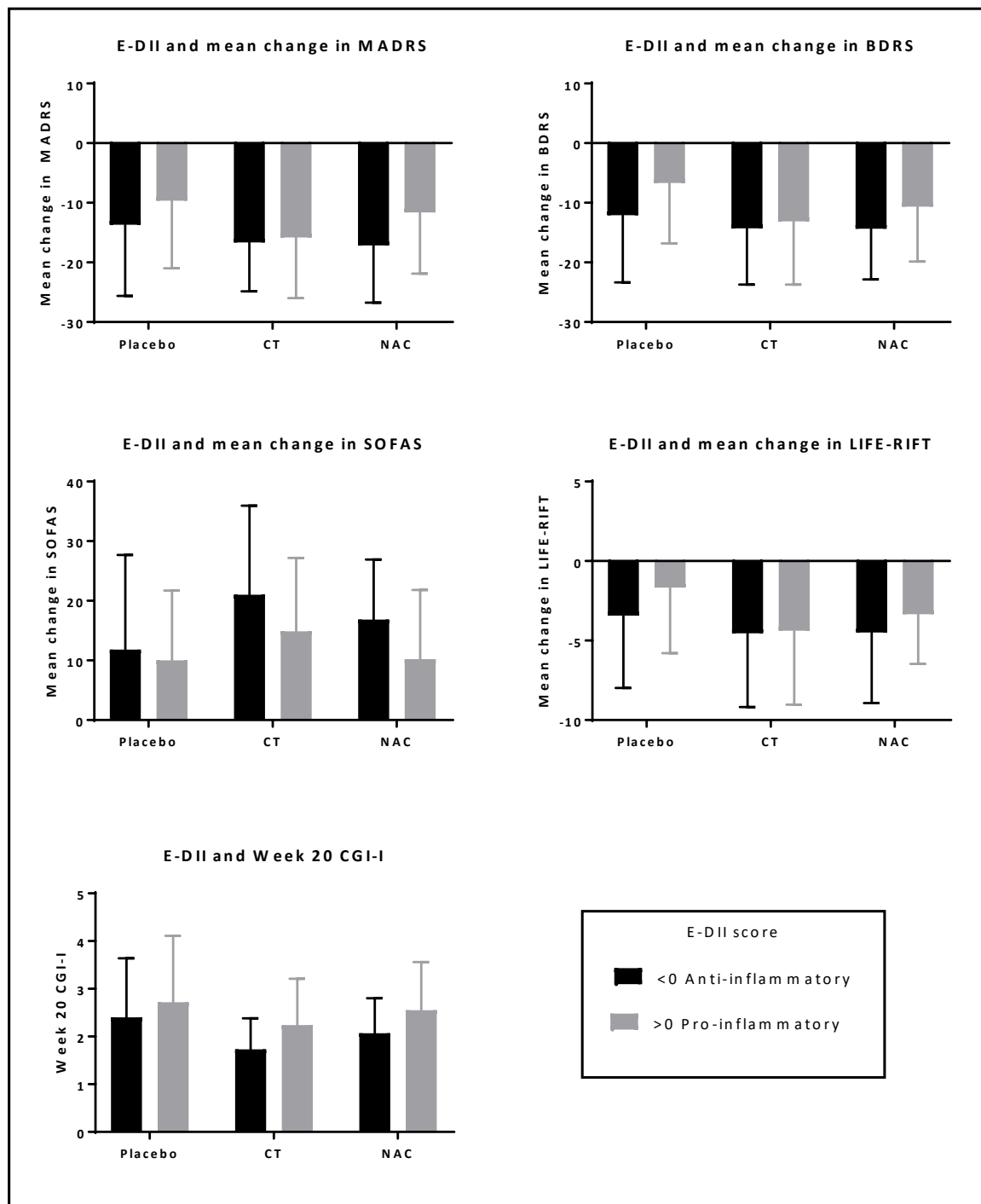


Supplementary file 2: Graphs of mean change of outcomes from baseline to Week 20 for each treatment arm and diet quality scores according to median split



Supplementary file 3: Graphs of mean change of outcomes from baseline to Week 20 for each treatment arm and dietary inflammatory index scores



Supplementary file 4: Graphs of mean change of outcomes from baseline to Week 20 for each treatment arm and BMI scores according to median split

