

Supplementary Table S3. ICAAN Nutritional Education Program

Session	Usual care/Exercise Group	Nutrition Group
Phase 1		
Month 1	Checking the food diary Nutrition education: A balanced diet	Individual management according to the Nutritional Care Process (NCP) Checking the food diary Nutrition education: A balanced diet
Month 2	Checking the food diary Nutrition education: Healthy protein	Individual management according to the NCP Checking the food diary Nutrition education: Healthy protein
Month 3	Checking the food diary Nutrition education: Five colors of fruits and vegetables	Individual management according to the NCP Checking the food diary Nutrition education: Five colors of fruits and vegetables
Month 4	Checking the food diary Nutrition education: Food portions using hands	Individual management according to the NCP Checking the food diary Nutrition education: Food portions using hands
Month 5	Checking the food diary Nutrition education: Learn the nutritional facts label	Individual management according to the NCP Checking the food diary Nutrition education: Learn the nutritional facts label
Month 6	Checking the food diary Nutrition education: High calorie and low nutritional food	Individual management according to the NCP Checking the food diary Nutrition education: High calorie and low nutritional food
Phase 3		
Month 13	Checking the food diary Problem solving/reinforcement according to the food intake monitoring	Individual management according to the NCP Checking the food diary Problem solving/reinforcement according to food intake monitoring
Month 14	Checking the food diary Problem solving/reinforcement according to the food intake monitoring	Individual management according to the NCP Checking the food diary Problem solving/reinforcement according to food intake monitoring
Month 15	Checking the food diary Problem solving/reinforcement according to the food intake monitoring	Individual management according to the NCP Checking the food diary Problem solving/reinforcement according to food intake monitoring