Additional file 1: Table S1. Association of reported carotenoid intake with serum carotenoidsa for intervention and control groups at baseline and follow up

|  |  |  |
| --- | --- | --- |
| Visit timeline | Intervention | Control |
|  | βb | p | βb | P |
| Baseline | 0.33 |  0.007 | 0.22 | 0.09 |
| 6 months follow-up | 0.31 |  0.006 | 0.51 | <0.001 |
| 12 months follow-up | 0.25 | 0.04 | 0.08 | 0.56 |
| 18 months follow-up | 0.07 | 0.55 | 0.28 | 0.02 |

aEstimatedby regressing carotenoid intake on serum carotenoids

bAdjusted for age, sex, high-density lipoprotein cholesterol, low-density lipoprotein cholesterol, BMI z-score, glycated hemoglobin and multivitamin use