

**Table 1 Self-reported macronutrient intakes at baseline and at follow-up for the control group (no intervention) and the case group (exposed to educational intervention)**

Variables	Controls ( <i>n</i> = 182)		Cases ( <i>n</i> = 133)	
	Baseline	Follow-up	Baseline	Follow-up
	Mean (SD)	Mean (SD)	Mean (SD)	Mean (SD)
Total energy (kcal/dL)	2327 (810)	2155 (673) <sup>a</sup>	2452 (705)	2245 (664) <sup>a</sup>
Carbohydrate (g/dL)	345 (117)	320 (99) <sup>a</sup>	367 (110)	333 (106) <sup>a</sup>
Protein (g/dL)	65 (24)	69 (27) <sup>b</sup>	70 (22)	72 (32)
Fat (g/dL)	80 (40)	71 (32) <sup>a</sup>	81 (33)	72 (29) <sup>b</sup>
Carbohydrate (% of total energy)	59.1 (7.4)	58.8 (9.1)	59.3 (6.9)	59.1 (7.5)
Protein (% of total energy)	11.2 (2.1)	12.7 (3.4) <sup>c</sup>	11.4 (1.7)	12.9 (4.7) <sup>c</sup>
Fat (% of total energy)	29.8 (7.8)	28.1 (7.4) <sup>b</sup>	29.2 (6.9)	28.5 (8.8)
Cholesterol (mg/dL)	130 (115)	219 (150) <sup>c</sup>	164 (159)	199 (113) <sup>b</sup>

<sup>a</sup>*P* < 0.01; <sup>b</sup>*P* < 0.05; <sup>c</sup>*P* < 0.001 comparing baseline and follow-up data using analysis of covariance test adjusted for age, sex and baseline of each variable. SD = standard deviation.