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Title

Clustering of adherence to personalised dietary recommendations and changes in healthy eating index within the Food4Me Study

Author names

Katherine M. Livingstone*[1], Carlos Celis-Morales*[1], Jose Lara[1], Clara Woolhead[2], Clare B. O'Donovan[2], Hannah Forster[2], Cyril F.M. Marsaux[3], Anna L. Macready[4], Rosalind Fallaize[4], Santiago Navas-Carretero[5], Rodrigo San-Cristobal[5], Silvia Kolossa[6], Lydia Tsirigoti[7], Christina P. Lambrinou[7], George Moschonis[7], Agnieszka Surwiłło[8], Christian A. Drevon[9], Yannis Manios[7], Iwona Traczyk[8], Eileen R. Gibney[2], Lorraine Brennan[2], Marianne C. Walsh[2], Julie A. Lovegrove[4], J. Alfredo Martinez[5], Wim H. Saris[3], Hannelore Daniel[6], Mike Gibney[2], John C. Mathers[1], on behalf of the Food4Me Study.

Author affiliations

1, Human Nutrition Research Centre, Institute of Cellular Medicine, Newcastle University, Newcastle Upon Tyne, UK (KML, katherine.livingstone@newcastle.ac.uk, JL, jose.lara@newcastle.ac.uk, CCM, carlos.celis@newcastle.ac.uk; JCM, john.mathers@newcastle.ac.uk)

2, UCD Institute of Food and Health, University College Dublin, Belfield, Dublin 4, Republic of Ireland (CBD, clare.odonovan@ucdconnect.ie; HF, hannah.forster@ucdconnect.ie; CW, clara.woolhead@ucdconnect.ie; EG, eileen.gibney@ucd.ie; LB, lorraine.brennan@ucd.ie; MCW, marianne.walsh@ucd.ie; MG, mike.gibney@ucd.ie)

3, Department of Human Biology, NUTRIM School of Nutrition and Translational Research in Metabolism, Maastricht University Medical Centre, Maastricht, The Netherlands (CFMM, c.marsaux@maastrichtuniversity.nl; WHMS, w.saris@maastrichtuniversity.nl)

4, Hugh Sinclair Unit of Human Nutrition and Institute for Cardiovascular and Metabolic Research, University of Reading, Reading, UK (ALM, a.l.macready@reading.ac.uk; RF, r.fallaize@.reading.ac.uk; JAL, j.a.lovegrove@reading.ac.uk)

5, Center for Nutrition Research, University of Navarra, Pamplona, Spain; CIBER Fisiopatología Obesidad y Nutrición (CIBERobn), Instituto de Salud Carlos III, Madrid, Spain (SNC, snavas@unav.es; RSC, rsan.1@alumni.unav.es; JAM, jalfmtz@unav.es)

6, ZIEL Research Center of Nutrition and Food Sciences, Biochemistry Unit, Technical University of Munich, Germany (SK, silvia.kolossa@tum.de; HD, hannelore.daniel@tum.de)

7, Department of Nutrition and Dietetics, Harokopio University, Athens, Greece (LT, tsirigoti.lydia@gmail.com; CPL, cplambrinos@gmail.com; GM, gmoschi@hua.gr; YM, manios@hua.gr)

8, National Food & Nutrition Institute (IZZ), Poland (AS, asurwillo@izz.waw.pl; IT, itraczyk@izz.waw.pl)

9, Department of Nutrition, Institute of Basic Medical Sciences, Faculty of Medicine, University of Oslo, Oslo, Norway (CAD, c.a.drevon@medisin.uio.no)

*KML and CCM are joint first-authors

Corresponding author; request for reprints

Professor John C. Mathers

Human Nutrition Research Centre

Institute of Cellular Medicine

Newcastle University

Biomedical Research Building

Campus for Ageing and Vitality

Newcastle upon Tyne

NE4 5PL, UK

john.mathers@newcastle.ac.uk

Tel: +44 (0) 1912081133 Fax: +44 (0) 1912081101

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Running title: Clustering of personalised dietary recommendations

Abbreviations: Body mass index (BMI); Cardiovascular disease (CVD); Food frequency questionnaire (FFQ); Healthy eating index (HEI); Physical activity level (PAL); Personalised Nutrition (PN); Randomized controlled trial (RCT); Sedentary behaviour (SB); Waist circumference (WC)

Ethical standards disclosure: This study was conducted according to the guidelines laid down in the Declaration of Helsinki and all procedures involving human subjects/patients were approved by the Research Ethics Committees at each University or Research Centre delivering the intervention. The Food4Me trial was registered as a RCT (NCT01530139) at Clinicaltrials.gov. All participants expressing an interest in the study were asked to sign online consent forms at two stages in the screening process. These consent forms were automatically directed to the local study investigators to be counter-signed and archived.

1   **Abstract (words count=250)**

2   **Objective**

3   To characterize clusters of individuals based on adherence to dietary recommendations and to

4   determine whether changes in Healthy Eating Index (HEI) scores in response to a

5   personalised nutrition (PN) intervention varied between clusters.

6   **Design**

7   Food4Me study participants were clustered according to whether their baseline dietary

8   intakes met European dietary recommendations. Changes in HEI scores between baseline and

9   month 6 were compared between clusters and stratified by whether individuals received

10   generalized or PN advice.

11   **Setting**

12   Pan-European, internet-based, 6-month randomized controlled trial.

13   **Subjects**

14   Adults aged 18-79 years (*n* 1480).

15   **Results**

16   Individuals in cluster 1 (C1) met all recommended intakes except for red meat, those in

17   cluster 2 (C2) met two recommendations and those in cluster 3 (C3) and cluster 4 (C4) met

18   one recommendation each. C1 had higher intakes of white fish, beans and lentils and low fat

19   dairy products and lower percentage energy intakes from saturated fatty acids ($P<0.05$). C2

20   consumed less chips and pizza and fried foods than C3 and C4 ($P<0.05$). C1 were lighter, had

21   lower BMI and WC than C3 and were more physical active than C4 ($P<0.05$). More

22   individuals in C4 were smokers and wanted to lose weight than C1 ($P<0.05$). Individuals who

23   received PN advice in C4 reported greater improvements in HEI compared with C3 and C1

24   ($P<0.05$).

25   **Conclusions**

26   The cluster where the fewest recommendations were met (C4), reported greater

27   improvements in HEI following a 6-month trial of PN whereas there was no difference

28   between clusters for those randomised to the Control, non-personalised dietary intervention.

29   **Trial registration** – Clinicaltrials.gov NCT01530139

30   **Key Words** – Clustering; personalised nutrition; dietary recommendations; healthy eating

31   index

INTRODUCTION

Global obesity prevalence has reached epidemic proportions with 37% of men and 38% of women now either overweight or obese [1]. Poor dietary choices and inadequate physical activity are the primary causes of obesity [2]. Current strategies for improving diet and other lifestyle behaviours, such as consuming 5 portions of fruit and vegetables per day [3], are based on "one size fits all" generalised dietary guidelines. Given that the burden of obesity is increasing [1], alternative strategies for improving dietary behaviours are being developed, including predictive, personalised, preventative and participatory interventions [4]. Recent evidence suggests that genetic-based personalised nutrition (PN) improves dietary intakes more than non-personalised advice [5]. However, since dietary intakes tend to cluster [6; 7], it may be possible to enhance the efficacy of interventions by further characterization of participants according to their dietary and lifestyle behaviours and, subsequently, use this information to strengthen the basis for personalization of the intervention. For example, lower intakes of fruit, vegetables and wholegrains are often associated with higher intakes of red or processed meat [8]. In addition, less healthy dietary clusters are associated with increased disease risk [9], and unhealthy dietary and lifestyle behaviours is associated with higher levels of sedentary behaviour [7] and mortality [10; 11]. Clustering individuals based on whether they meet dietary recommendations may be a useful predictive tool for estimating response to an intervention [12; 13; 14] and may help to stratify or personalise interventions.

The Food4Me proof-of-principle (PoP) study was the first internet-based study to demonstrate that PN advice was more effective in improving dietary intakes, including lowering intakes of red meat when compared with conventional "one size fits all" population-based advice. However, the characteristics of individuals clustered on the basis of adherence to current recommended dietary intake of fruit and vegetables, wholegrains, oily fish, dairy products and red and processed meat, are unknown. Thus, the aims of this analysis were to i) characterise European adults participating in the Food4Me study [15] according to clustering based on European recommendations for healthy eating and ii) determine whether cluster membership predicted dietary changes following a PN intervention.

METHODS

Study design and population

63   The Food4Me study was a 6-month, 4-arm, internet-based, RCT in 1607 individuals

64   conducted across 7 European countries [15]. Participants were recruited via the Food4Me

65   website [16] to emulate a web-based PN service. This was aided by local and national

66   advertising of the study via the Internet, radio, newspapers, posters, e-flyers, social media and

67   word of mouth. Recruitment took place between August 2012 and August 2013 in the

68   following sites: University College Dublin (Ireland), Maastricht University (The

69   Netherlands), University of Navarra (Spain), Harokopio University (Greece), University of

70   Reading (United Kingdom, UK), National Food and Nutrition Institute (Poland), Technical

71   University of Munich (Germany). The Research Ethics Committees at each University or

72   Research Centre delivering the intervention granted ethical approval for the study. The

73   Food4Me trial was registered as a RCT (NCT01530139) at Clinicaltrials.gov. All participants

74   expressing an interest in the study were asked to sign online consent forms at two stages in

75   the screening process.

76

77   **Intervention arms**

78   Participants were randomized to receive non-personalised, generalised dietary advice

79   (Control), or one of three levels of PN (Level 1, Level 2 or Level 3). Briefly, non-

80   personalised dietary advice was based on national dietary recommendations in each of the 7

81   European countries. These "standardised" recommendations included advice on energy intake

82   and on the consumption of fruits and vegetables, wholegrains, fish, dairy products, meat, type

83   of fat and salt. Participants randomised to Level 1 received personalised dietary advice on

84   how their intakes of these food groups compared with guideline amounts. Participants

85   randomised to Level 2 received advice based on their dietary intake (as for Level 1) and also

86   on their baseline phenotypic data. The phenotypic feedback was based on anthropometric

87   measurements and nutrient- and metabolic-related biomarkers. Participants randomised to

88   Level 3 received advice based on their dietary intake, phenotypic and genotypic data

89   collected at baseline. The genotypic feedback was based on specific variants in five nutrient-

90   responsive genes selected specifically for the study. Further details are provided elsewhere

91   [15].

92

93   **Screening questionnaires and dietary intakes**

94   Participants eligible for inclusion in the RCT completed an online questionnaire to collect

95   detailed information on socio-demographic, health and anthropometric characteristics and

96   dietary habits. Following completion of this questionnaire, participants were asked to

97   complete an online food frequency questionnaire (FFQ) to estimate usual dietary intake. This

98   FFQ, which was developed and validated for this study [17; 18], included 157 food items

99   consumed frequently in each of the 7 recruitment countries. Intakes of foods and nutrients

100 were computed in real time using a food composition database based on McCance &

101 Widdowson's "The composition of foods" [19]. Intakes of nutrients were assessed based on

102 standardised recommendations (**Supplementary Table 1**) for dietary intakes of foods and

103 food groups [20], which were integrated and harmonised across 8 European countries (UK,

104 Ireland, Germany, The Netherlands, Spain, Greece, Poland and Norway) [21; 22; 23; 24]. The

105 following 4 food group recommendations were used in the present analysis: eat at least 5

106 portions of fruit and vegetables every day (operationalised as >400g); eat at least 3 portions

107 of wholegrain products daily (>50g); eat at least 1 portion of oily fish per week (>150g) and

108 eat less than 3 portions of red or processed meat per week (<450g) [20]. The Healthy Eating

109 Index 2010 (HEI) was derived based on intakes of the following components: ratio of mono-

110 and polyunsaturated fatty acids to saturated fatty acids, protein, salt, "empty calories", refined

111 grains, seafood and plant protein, fruit, whole fruit, vegetables, greens and beans,

112 wholegrains, dairy products [25].

113

114 **Personalised feedback report**

115 Participants randomized to PN received personalised reports via email at baseline, month 3

116 and month 6 of the intervention based on diet, anthropometric measurements and physical

117 activity. Using information on the individual's intakes of nutrients, algorithms were used to

118 rank information on need for dietary change and to provide participants with 3 specific

119 dietary, food-based goals. For participants randomized to Level 2 and Level 3, the dietary

120 advice was also based on phenotypic data (Level 2) and phenotypic plus genotypic data

121 (Level 3). Reported intakes were compared with recommended intakes and determined to be

122 adequate, high or low. If intakes were too high or too low, contributing foods were identified

123 and specific messages developed to advise change in intake of those foods. Dietary intakes

124 relative to recommendations were illustrated using a three-colour sliding scale: green

125 representing "Good, no change recommended," amber representing "Improvement

126 recommended" and red representing "Improvement strongly recommended". For the

127   genotype-based information, risk was indicated using "Yes" or "No" according to whether

128   the participant did, or did not, carry the higher risk variant for each of the 5 nutrient-related

129   genes included in the study. Additionally, each report contained a personalized message from

130   the dietitian/ nutritionist to the participant. Further details of the protocol are provided

131   elsewhere [15].

132

Anthropometric, socio-demographic and physical activity measures

134   Detailed standardised online instructions were given for participants to self-measure and self-

135   report their body weight, height and waist circumference (WC) via the Food4Me website

136   (www.Food4me.org). Body mass index (BMI) was estimated from body weight and height.

137   Self-reported measurements were validated in a sub-sample of the participants (n=140) and

138   showed a high degree of reliability [26]. Physical activity levels (PALs) and time spent in

139   sedentary behaviours (SB) were estimated from triaxial accelerometers (TracmorD, Philips

140   Consumer Lifestyle, the Netherlands). Participants self-reported smoking habits and

141   occupation. Occupations were grouped according to the European classifications of

142   occupations and their salaries (the European wide average salary for each occupation was

143   compared to the mean overall salary. If the standard deviation of the salary was >0.5 they

144   were placed in group 1, between 0.5 to -0.5 were placed into group 2 and <-0.5 were placed

145   into group 3): Group 1: Professional and managerial (professionals; managers); Group 2:

146   Intermediate (Armed forces occupations; technicians and associate professionals; clerical

147   support workers); Group 3: Routine and manual (craft and related trades workers; plant and

148   machine operators and assemblers; service and sales workers; elementary occupations; skilled

149   agricultural, forestry and fishery workers) [27; 28]. Categories for "Students" and "Retired and

150   unemployed" were added.

151

Statistical analysis

153   Data were analysed using Stata (version 13; StataCorp, College Station, TX, USA) and IBM

154   SPSS (V.22, IBM Corporation, Armonk, NY, USA). Clusters of dietary recommendations

155   were generated based on whether participants met the following 4 food group

156   recommendations at baseline and were coded as 0 or 1 accordingly: eat at least 5 portions of

157   fruit and vegetables every day (operationalised as >400g); eat at least 3 portions of

158   wholegrain products daily (>50g); eat at least 1 portion of oily fish per week (>150g) and eat

159 less than 3 portions of red or processed meat per week (<450g). Clusters were derived using

160 the SPSS Two Step cluster analysis procedure [29]. Small pre-clusters were generated based

161 on log-likelihood distance criterion (Step 1), and were merged into distinct groups using

162 agglomerative hierarchical clustering (Step 2). Automatic selection and the Bayesian

163 Information Criterion (BIC) were used to determine the optimal number of clusters.

164 Robustness and stability of the final clusters were re-evaluated by random ordering of cases

165 (four times). This clustering methodology identified the percentage of participants within

166 each cluster who met recommended intakes of each of the 4 food groups of public health

167 importance. Logistic regression was used to test for significant differences across categorical

168 variables and ANOVA was used for continuous variables. Tukey's pairwise comparisons

169 were used to test for significant differences between clusters. Analyses were adjusted for age,

170 sex, country, BMI, PAL and smoking, except when those (or related) variables were being

171 assessed i.e. analyses were not adjusted for BMI when assessing BMI, body weight or WC.

172 Results were deemed significant at $P<0.05$. To exclude extreme intakes of the food groups

173 used for clustering, the top and bottom 3SD of these intakes were excluded prior to

174 clustering.

175

176 **RESULTS**

177 Of the 5562 individuals who registered on the Food4Me website, 1607 were randomised into

178 the study and a total of 1480 provided baseline data on dietary intakes [15].

179

180 **Dietary adequacies across Food4Me cohort**

181 Recommended intakes for nutrients are summarised in Supplementary Table 1. On average,

182 50% of individuals met the recommendations for total fat (Supplementary Table 1). The

183 percentage of individuals who met the recommendations for saturated (SFA), mono- (MUFA)

184 and polyunsaturated fatty acids (PUFA) intake was 54, 24 and 36%, respectively

185 (Supplementary Table 1). Only 56% of individuals met the recommendation for carbohydrate

186 intake, whereas 91% of individuals had adequate protein intakes. Only 7 and 46% of

187 individuals met the recommendations for salt and dietary fibre intakes, respectively. Meeting

188 recommended micronutrient intakes ranged from 61% (folate) to 99% (vitamin B12;

189 Supplementary Table 1).

190   As summarised in **Supplementary Table 2**, approximately half (52%) of participants

191   reported consuming at least 5 portions of fruit and vegetables per day and 32% consumed at

192   least 1 portion of oily fish per week. Nearly three quarters (74%) of participants consumed

193   more than 3 servings of wholegrains per day and approximately half of participants (51%)

194   consumed less than 3 servings of red meat per week (>450g/week). 14% of individuals met

195   the recommendation for dairy product intake (>600g/day).

196

Cluster characterization

198   Clustering of individuals according to whether they met the recommendations for dairy

199   products, fruit and vegetable, oily fish, red meat and wholegrain intake at baseline did not

200   create clear clustering due to the low percentage of individuals who met the recommendation

201   for dairy products (2 clusters). Exclusion of dairy products as a clustering variable provided

202   improved clustering, as estimated by silhouette measure of cohesion and separation (average

203   silhouette: 0.3 vs 0.5; 4 clusters, **Supplementary Table 3**). Cluster one (C1) was the largest

204   (n=475) and was particularly characterised by individuals meeting the recommended intake

205   for oily fish (100% of individuals); 74 and 69% of C1 members met the recommendations for

206   wholegrains and fruit and vegetables, respectively, whereas only 46% met the

207   recommendation for red meat. Cluster 2 (C2; n=398) was the second largest and was

208   particularly characterised by all members meeting recommendations for wholegrains (100%)

209   and red meat (100%), only 50% met the recommendation for fruit and vegetables and no one

210   meeting the recommendation for oily fish. All individuals in cluster 3 (C3; n=348) met the

211   recommendation for wholegrains, but no one met the recommendation for oily fish, or red

212   meat, whereas only 48% met the recommended intake for fruit and vegetables. None of the

213   participants in Cluster 4 (C4; n=259) met the recommended intakes for either oily fish or

214   wholegrains; only 50 and 71% of C4 members achieved the recommended intakes for red

215   meat and fruit and vegetables, respectively (Supplementary Table 3).

216

Dietary intakes by clusters

218   Intakes of oily fish and fruit and vegetables were higher in C1 than in C2, C3 and C4

219   ($P<0.05$), and wholegrain intakes were higher in C1, C2 and C3 than in C4 (**Table 1**;

220    $P<0.05$). Red meat intake was lower in C1, C2 and C3 than in C4 ($P<0.05$). Intakes of fruit

juice, eggs, chicken, white fish, fish products, beans and lentils and low fat dairy products were higher in C1 than C4, whereas intakes of non-wholegrain products were lower ($P<0.05$). Participants in C2 consumed lower intakes of chips and pizza and fried foods than C3 and C4 ($P<0.05$; Table 1). Total energy intake and energy intake to basal metabolic rate ratio (EI: BMR) were higher in C1 than in C2 and C4 and higher in C3 than in C2 ($P<0.05$; Table 1). Individuals in C1 derived higher percentages of energy intake from PUFA and protein than those in C2 and C4 ($P<0.05$) and individuals in C2 higher percentage energy from carbohydrates than participants in C3 and C4 ($P<0.05$). In contrast, individuals in C1 had lower percentage energy intakes from total fat and SFA than those in C4 ($P<0.05$) and higher percentage energy intake from monounsaturated fatty acids (MUFA) than participants in C2 and C3 ($P<0.05$). Subjects in C1 had lower percentage energy intake from sugar than C2 ($P<0.05$). Participants in C1 consumed more dietary fibre and salt than those in C2 and C4 ($P<0.05$).

More individuals in C1 met the recommendation for total fat intake (51%), SFA (62%), PUFA (42%) and dietary fibre (56%) than C4 cluster members (**Supplementary Table 4**). Fewer individuals in C1 met the recommendations for protein intake (86%) than those in C2 (97%) and C3 (93%). Furthermore, fewer individuals in C1 met the recommendation for salt intake (5%) than C2 (11%) and C4 (17%; Table 4).

Socio-demographic, anthropometric and health characteristic by clusters

Individuals in C1 were on average 4.5 years older than C4 ($P<0.05$; **Table 2**). Body weight was significantly lower in C1 than in C3, and lower in C2 compared with C3 and C4 ($P<0.05$). Individuals in C1 had 1.4kg/m^2 lower BMI and 5cm lower WC than participants in C3 ($P<0.05$) and PAL was higher in C1 than C2 and C4 ($P<0.05$). 11% more individuals in C4 wanted to lose weight than those in C1 ($P<0.05$; Table 2) and C4 was characterised by more current smokers than C1 ($P<0.05$). 12% more individuals in C1 had a professional or managerial occupation than C4, and similarly 7% more individuals had a manual occupation in C4 compared with C1 ($P<0.05$; Table 2). No other significant differences were observed (Table 2).

Changes in Healthy Eating Index (HEI) by cluster after 6 months intervention

252   Baseline and follow up HEI scores and their components are presented in **Table 3**. There

253   were no significant differences in changes in HEI between clusters for those randomised to

254   non-personalised dietary advice. In contrast, for individuals who received PN advice (based

255   on information of current diet alone or combined with information on phenotype and

256   genotype), changes in HEI differed between clusters (P<0.001). There were bigger

257   improvements in HEI for participants in C4 compared with C1 and C2 (*P*<0.05) and in C2

258   compared with C4 (P<0.05; Figure 1). There were no significant differences in changes in

259   HEI between clusters when PN was stratified by L1, L2 or L3 (data not shown).

260

261   **Sensitivity analyses**

262   Exclusion of participants with reported intakes more than 3 SD above or below the mean

263   dietary intakes of wholegrain, oily fish, red meat and fruit and vegetables revealed similar

264   clusters (**Supplementary Table 5**). The pattern of the main results remained the same, with

265   individuals in C3 and C4 making greater changes in HEI at month 6 than those in C1, and

266   participants in C4 compared with those in C2 (*P*<0.05).

267

268   **DISCUSSION**

269   **Main findings**

270   Based on our secondary analysis in the Food4Me PoP study, we identified four distinct

271   clusters of individuals according to their adherence to current European dietary

272   recommendations. Individuals in C1 and C2 met more dietary recommendations than those in

273   C3 and C4. Moreover, on average individuals in C1 and C2 had a healthier diet, lower BMI

274   and WC and smoked less compared with those in C3 and C4. When randomised to a 6-month

275   PN intervention, participants in C4 made the greatest improvements in their diets (as

276   estimated by HEI), compared with participants receiving non-personalised "one size fits all"

277   generalised advice. This is the first study to investigate clusters of adherence to European

278   dietary recommendations and to determine the responsiveness of cluster members to PN

279   advice.

280

281   **Comparison with other studies**

282   Previous studies have used cluster analysis to categorise individuals [30]. We used cluster

283   analysis to categorise individuals based on their adherence to current European food-based

284   dietary guidelines at baseline for participants in the Food4Me intervention study. This

285   approach identified groups of individuals who differed in the number, and groupings, of

286   dietary recommendations they met. Clusters where more individuals met the

287   recommendations were characterised by being slightly older and in more highly educated

288   occupations, which is a well-established characteristic of healthy dietary clusters [31].

289   Clustering of dietary intakes and adequacies have been investigated in relation to several

290   health outcomes [7; 8; 32] and can be strong predictors of these outcomes [33]. A recent review of

291   dietary clusters and health outcomes by the USDA [34] concluded that the strongest evidence

292   for an association between unhealthy dietary patterns and increased disease risk, is for

293   cardiovascular disease (CVD), followed by obesity and then type 2 diabetes. This USDA

294   review concluded that there was a lack of studies assessing dietary intakes at follow-up and

295   using a universal and quantitative indicator of dietary intake. Our study is in line with these

296   recommendations as we utilised the HEI, which is a validated estimate of dietary adequacy,

297   and we assessed dietary change using the same instrument at both baseline and follow-up.

298   Although more limited, some prospective and RCT studies have investigated the effect of

299   clustering on changes in health outcomes [12; 35; 36], and some studies have used adherence to

300   dietary recommendations to derive clusters [12; 13; 14; 37; 38]. Dietary recommendations used in

301   studies included in the systematic review by the USDA [34] varied according to the study, but

302   all included a measure of fruit and vegetable, wholegrains and meat intake.

303   To our knowledge, no previous research has evaluated the impact of clustering of dietary

304   recommendations on the response to a PN intervention. We observed that individuals in the

305   cluster where the fewest recommendations were met (C4) reported the biggest improvement

306   in HEI following PN intervention but there were no differences between clusters in response

307   to conventional, non-personalised dietary advice. Given that adverse lifestyle behaviours and

308   the prevalence and risk of death from obesity-related diseases are strongly socioeconomically

309   patterned [39], it is important that appropriate interventions are targeted to those most in need

310   of improved lifestyle. Whilst research on the development and implementation of PN

311   interventions and their effects on changing diets is in its infancy [40], the findings from the

312   present study provide encouragement that PN interventions can be more effective than

313   current "one size fits all" interventions and that they may be particularly effective amongst

314   individuals with the poorest diets. There have been concerns that PN may be taken up only by

315   the 'worried well' [41], who already have adequate dietary intakes. However, our findings

316   suggest that PN is most effective in people who have the least adequate diets, and therefore

317   the greatest need for improvement in dietary intakes with the potential for significant

318   reductions in disease risk.

319

Strengths and limitations

321   The present study had a number of strengths. Our findings are derived from a relatively large

322   number of participants who were broadly representative of European adults from 7 different

323   European countries. The Food4Me RCT collected extensive information on anthropometrics,

324   physical activity and socio-demographic and health-related data, which contributed to

325   detailed characterization of participants in the clusters. Our study design allowed us to

326   estimate changes in dietary intakes using the same validated instrument at baseline and at

327   month 6. Furthermore, we quantified responses using the HEI, which has been shown to be

328   an effective indicator of overall diet quality [25] and, therefore, a better measure of overall

329   dietary change than outcomes based on single foods or nutrients.

330   A limitation of the study is that our data were self-reported via the internet, which may have

331   introduced measurement error. However, the validity of internet-based, self-reported

332   anthropometric data is high [42] and has been confirmed in the present study [26]. We were not

333   able to include dairy products as a dietary recommendation in the present analyses due to so

334   few individuals meeting the recommendation. However, dairy products do not have a

335   recommended intake in the UK and so habitual diets would not necessarily be expected to

336   comply with this recommendation, even if they were very health conscious. Dietary intakes

337   were estimated by a FFQ, which is known to be subject to misreporting error [43] but this was

338   minimised by validating our FFQ against a 4-day weighed food record [18]. Moreover, our

339   estimation of dietary change was based on the HEI, which is a validated indicator of overall

340   diet [25], and which may be less susceptible to reporting errors than approaches measuring

341   change in specific nutrients or individual foods. Our study participants were almost solely

342   Caucasian – thus, further research in wider ethnicity groups is required to generalise our

343   findings to other populations. One of the primary aims of the Food4Me PoP study was to

344   evaluate change in intakes of food groups across 4 treatment arms. Thus, although the present

345   study is a secondary analysis of these data, clustering was based on how individuals adhered

346   to food group recommendations and included 4 clusters. As a result, our analyses are likely to

347   be powered to detect differences between clusters.

348

Implications of findings

Our findings suggest that the efficacy of PN in modifying dietary intakes depends on the clustering of adherence to dietary recommendations, with those with the poorest diets benefiting most from the PN intervention. As a result, the implementation of PN-based interventions in individuals with the least healthy diets may help to address health inequalities. Understanding the characteristics of individuals within coherent clusters which are linked with their responsiveness to interventions may help in the design and implementation of more effective health promotion actions. Future PN interventions may benefit from tailoring PN advice based on clustering of overall dietary behaviours rather than on single nutrients or foods.

Conclusions

We identified four distinct clusters of individuals based on adherence to current food-based dietary recommendations. The cluster where the fewest recommendations were met (C4) reported significantly greater improvements in their diets (as estimated by the HEI) following a 6-month trial of PN, whereas there was no difference between clusters for those randomized to the Control, non-personalised dietary intervention.

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FIGURE LEGENDS

Figure 1 Changes from baseline to month 6 in Healthy Eating Index by clusters of adherence to recommendations at baseline

Values represent predicted means and SE. Models were adjusted for age, sex, body mass index, physical activity level, smoking habits and country and Posthoc Tukey's tests was used to test for significant differences between clusters (C); C4>C1 ($P<0.001$), C3>C1 ($P=0.005$)

Table 1 Food and nutrient and intakes by participants by clusters of adherence to recommendations at baseline

	Clusters								P*
	1 (n=475)		2 (n=398)		3 (n=348)		4 (n=259)		
	Mean	SD	Mean	SD	Mean	SD	Mean	SD	
Dietary recommendations, g/d									
Oily fish	48	32[2,3,4]	8	7	10	7	8	7	**<0.001**
Wholegrains	183	182[2,4]	216	184[3,4]	205	165[4]	22	16	**<0.001**
Red meat	85	80.9[2,3,4]	30	20[3,4]	119	53[4]	84	96	**<0.001**
Fruit and vegetables	610	371[2,3,4]	470	303[3,4]	456	288	339	218	**<0.001**
Other food intakes, g/d									
Fruit Juice	117	181[3,4]	114	165	94	144	76	108	**0.008**
Non-wholemeal	116	140[2,4]	78	76[4]	114	103[4]	149	189	**<0.001**
Eggs	41	41[2,3]	22	24	31	47	30	51	**<0.001**
Chicken, grilled or roast	36	37[2,3,4]	17	21[3]	28	25	25	27	**<0.001**
White fish	26	26[2,3,4]	10	14	13	14	11	14	**<0.001**
Fish products	19	30[2,4]	10	11[3]	14	16	13	15	**<0.001**
Beans and lentils	30	40[2,3]	15	24	16	27	22	28	**<0.001**
Butter	4	9[3]	6	11[3]	9	18[4]	5	12	**0.005**
Low fat dairy	293	296[2,3,4]	217	203	221	212	173	219	**<0.001**
High fat dairy	64	120	60	119	83	113	83	204	0.44
Sugar sweetened beverages	36	176	18	55	40	139	41	84	0.39
Low calorie soft drinks	66	194	46	154	80	239	72	190	0.53
Added sugar	4	9	4	11	5	13	7	13	0.11
Chocolate and sweets	21	37	19	23	26	61	17	26	0.10
Cakes	22	31	18	25	20	25	22	39	0.08
Biscuits	30	55	21	37	35	88	27	55	0.38
Ice-cream	7	19	6	11	7	12	7	13	0.62
Pastries	8	34	4	6	6	10	10	39	0.49
Crisps	4	10	3	5[3]	5	10	4	8	0.06
Chips and pizza	30	41	24	22[3,4]	35	30	34	35	**0.001**
Fried foods	33	52[2]	21	28[3,4]	34	35	33	30	**0.047**
Nutrient intake									
Total energy, kcal/d	2870	1219[2,4]	2218	745[3]	2855	1065[4]	2106	978	**<0.001**
EI:BMR ratio	1.9	0.7[2,4]	1.5	0.5[3]	1.8	0.6[4]	1.4	0.6	**<0.001**
Total fat, % energy	36.0	5.7[2,4]	34.1	5.6[3,4]	36.4	5.5	37.9	6.6	**<0.001**
SFA, % energy	13.4	2.8[3,4]	13.6	3.3[3,4]	14.9	3.0	15.3	3.3	**<0.001**
MUFA, % energy	14.2	3.2[2,3]	12.6	2.8[3,4]	13.6	2.6[4]	14.8	3.5	**<0.001**
PUFA, % energy	6.0	1.4[2,4]	5.7	1.4	5.6	1.3	5.5	1.7	**0.003**
Protein, % energy	18.3	4.1[2,3,4]	15.5	3.2[3,4]	17.0	2.9	17.3	3.7	**<0.001**

Carbohydrate, % energy	44.5	7.5[2,3]	49.6	7.0[3,4]	45.6	6.4	43.7	8.3	**<0.001**
Sugars, % energy	21.0	5.9[2]	22.5	6.1[3,4]	19.8	5.6	20.8	5.9	**<0.001**
Dietary fibre, g/d†	34.0	15.8[2,4]	30.2	14.4[4]	31.7	12.8[4]	18.7	8.2	**<0.001**
Salt, g/d†	8.3	4.0[2,4]	6.1	2.7[3]	8.7	3.6[4]	5.9	3.6	**<0.001**

Values represent means and SD

*, ANOVA were adjusted for age, sex, BMI, PAL, smoking habits and country; Posthoc Tukey tests were performed to test for significant differences between clusters Superscript numbers denote where the differences lie across the clusters. For example, 1 means significantly different from cluster 1.

†, P values are also adjusted for total energy intake.

Table 2 Socio-demographic characteristics of participants by clusters of adherence to recommendations at baseline

	Clusters								P*
	1 (n=475)		2 (n=398)		3 (n=348)		4 (n=259)		
	Mean	SD	Mean	SD	Mean	SD	Mean	SD	
Age, years	41.2	12.7[2,3]	39.2	14.2[4]	41.2	12.7[4]	36.7	11.5	**<0.001**
Female, %	56.0		67.3		47.4		64.1		0.79
Ethnicity, %									
Caucasian	95.6		96.5		97.7		98.1		0.16
Occupation, %									
Professional and managerial	44.2[4]		37.8		39.4		32.2		**0.014**
Intermediate occupations	25.9		22.4		28.5		28.7		0.16
Routine and manual	7.4[4]		6.8		12.9		14.3		**0.006**
Student	13.5		21.7		9.5		14.7		0.18
Not currently working	9.1		11.3		9.8		10.1		0.38
Anthropometrics									
Body weight, kg	74.6	15.1[3]	70.5	15.0[3,4]	80.3	16.0[4]	74.1	16.3	**<0.001**
BMI, kg/m^{2}	25.4	4.4[2,3]	24.1	4.4[3,4]	26.8	4.9	26.0	5.7	**<0.001**
Waist circumference, cm	85.4	13.0[3]	81.8	13.2	90.4	14.1	85.9	14.1	**<0.001**
Physical activity									
PAL	1.8	0.2[2,4]	1.7	0.2[3]	1.8	0.2[4]	1.7	0.2	**<0.001**
SB, min/d	746	73	742	77	750	76	744	7	0.96
Dietary conditions, %									
Want to lose weight	46.1[4]		41.2		48.6		57.5		**0.013**
Restricted diet	6.1		11.6		3.7		5.8		0.47
Medication use, %									
Prescribed medication	26.1		35.7		29.9		27.0		0.79
Non-prescribed medication	8.6		10.6		9.2		11.2		0.18
Health and disease									
Current smoker, %	9.8[4]		9.0		10.3		22.0		**0.005**
Total cholesterol, mmol/L	4.6	0.9	4.5	1.0	4.7	1.0	4.6	0.9	0.09
High blood pressure, %	8.2		7.0		9.8		5.8		0.89
Heart disease, %	2.1		1.8		0.6		1.2		0.17

Values represent means and SD or percentages; PAL, physical activity level; SB, sedentary behaviour

*, ANOVA and logistic regression were used to test for significant differences across clusters in continuous and categorical variables, respectively. Analyses were adjusted for age, sex, BMI, PAL, smoking habits and country. Post hoc Tukey tests (continuous data) and logistic regression (categorical) were used to test for significant differences between clusters. Superscripts denote where the differences lie across the clusters. For example, 2 means significantly different from cluster 2.

Table 3 Healthy Eating Index (HEI) score and its constituents at baseline and month 6 by clusters of adherence to recommendations

	Cluster								P†
	1 (n=475)		2 (n=398)		3 (n=348)		4 (n=259)		
	Mean	SD	Mean	SD	Mean	SD	Mean	SD	
Baseline score									
Total HEI	53.3	8.9[2,3,4]	50.5	8.9[3,4]	47.5	8.9[4]	41.8	10.1	**<0.001**
Fatty acid ratio*	3.2	2.4[2,3,4]	2.2	2.4[3,4]	1.7	1.7	2.0	2.0	**<0.001**
Protein	3.7	0.7[2,3,4]	3.2	0.6[3,4]	3.5	0.6	3.5	0.7	**<0.001**
Salt	0.1	0.5	0.1	0.7	0.1	0.6	0.1	0.6	**0.002**
Empty calories	8.8	4.0[2]	7.7	4.3	8.5	3.8	7.5	4.1	**0.012**
Refined grains	6.1	3.7[2,3,4]	4.8	3.7	4.4	3.7	4.7	4.0	**<0.001**
Seafood and plant protein	5.0	0.2[2,3,4]	4.5	1.0	4.3	1.1	4.4	1.1	**<0.001**
Fruit	3.8	1.3[3]	3.8	1.4[3]	3.3	1.5	3.3	1.5	**<0.001**
Whole fruit	4.2	1.3[3,4]	4.1	1.3[3,4]	3.6	1.5	3.6	1.6	**<0.001**
Vegetables	2.5	1.1[3,4]	2.3	1.1[3,4]	2.0	0.9	2.1	1.1	**<0.001**
Greens and beans	4.2	1.1[2,3,4]	3.8	1.3[3]	3.5	1.3	3.7	1.4	**<0.001**
Wholegrains	7.3	3.5	9.5	1.2	8.8	1.9	2.9	2.2	**<0.001**
Dairy products	4.7	2.6[2,3,4]	4.7	2.7[4]	4.3	2.2[4]	4.4	2.7	0.27
Follow up score									
Total HEI	55.7	9.1[1,3,4]	53.3	9.6[4]	51.4	8.7	48.0	10.3	**<0.001**
Fatty acid ratio[1]	3.8	2.6[2,3,4]	3.1	2.7[3]	2.5	2.1	2.6	2.2	**<0.001**
Protein	3.8	0.7[2,3,4]	3.3	0.6[3,4]	3.6	0.6	3.6	0.6	**<0.001**
Salt	0.1	0.6	0.2	0.9[3]	0.1	0.6	0.1	0.6	**0.002**
Empty calories	8.7	4.0[2]	7.4	4.1	8.8	4.0	8.1	4.1	**0.002**
Refined grains	6.2	3.8[4]	5.4	3.8	5.1	3.8	4.9	3.8	**0.004**
Seafood and plant protein	5.0	0.2[2,3]	4.7	0.8	4.6	1.0	4.7	±0.9	**<0.001**
Fruit	4.1	1.3	4.2	1.2[3]	3.7	1.4	3.7	±1.5	**0.009**
Whole fruit	4.4	1.2	4.4	1.1	4.1	1.4	4.0	±1.5	**0.023**
Vegetables	2.8	1.2[3,4]	2.7	1.3[3,4]	2.3	1.0	2.4	1.0	**<0.001**
Greens and beans	4.3	1.0[2,3]	4.0	1.2	3.9	1.2	4.1	1.2	**0.001**
Wholegrains	7.9	3.1[2,3,4]	9.2	1.9[4]	8.5	2.7[4]	5.5	3.7	**<0.001**
Dairy products	4.8	2.7	4.7	2.8	4.4	2.3	4.5	2.6	0.52

Values represent means and SD.

*, Fatty acid ratio is the ratio of unsaturated fatty acids (mono- and polyunsaturated fatty acids) to saturated fatty acids

† ANOVA were used to test for significant differences across clusters. Models were adjusted for age, sex, body mass index, physical activity level, smoking habits and country. Posthoc Tukey's tests used to test for significant differences between clusters. Superscript numbers denote where the differences lie across the clusters relative to the reference category (1). For example, 2 means significantly different from cluster 2.
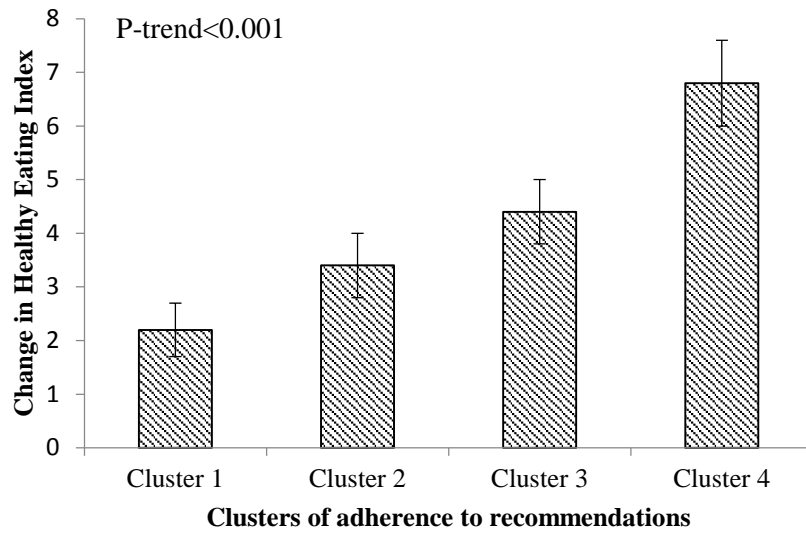
Figure 1

Supplementary Table 1. Summary of criteria for assessing dietary intakes[*]

			Deficient	Adequate	In excess
Food groups					
Fruit and vegetables, g/d			<400	≥400	NA
Wholegrains, g/d			<50	≥50	NA
Dairy products, g/d			<600	≥600	NA
Oily fish, g/wk			<150	≥150	NA
Red meat, g/wk			NA	≤450	>450
Nutrients					
Protein, g/kg body weight			<0.66	≥0.66 & ≤2.4	>2.4
Carbohydrate, % of total energy			<45	45-65	>65
Total fat, % of total energy			<20	20-35	>35
Monounsaturated, % of total energy			<15	15-20	>20
Polyunsaturated, % of total energy			<6	6-11	>11
Saturated fat, % of total energy			<10	≥10 & ≤15	>15
Salt, g/d	18-50yrs		≤3.75	>3.75 & ≤5.75	>5.75
	51-70yrs		≤3.25	>3.25 & ≤5.75	>5.75
	>70yrs		<3	≥3 & <5.75	>5.75
Omega-3, % of total energy			<0.2	≥0.2 & <0.6	≥0.6
Fibre, g/d	Males	18-50yrs	<28	≥28 & <38	≥38
		>50yrs	<20	≥20 & <30	≥30
	Females	18-50yrs	<15	≥15 & <25	≥25
		>50yrs	<14	≥14 & <21	≥21
Calcium, mg/d	Males	18-70yrs	<800	≥800 & ≤2500	>2500
		>70yrs	<1000	≥1000 & ≤2500	>2500
	Females	18-50yrs	<800	≥800 & ≤2500	>2500
		>50yrs	<1000	≥1000 & ≤2500	>2500
Iron, mg/d	Males	>18yrs	≥4 & <6	≥6.0 & ≤45	>45
	Females	18-50yrs	<8.1	≥8.1 & ≤45	>45
		>50yrs	<5	≥5 & ≤45	>45
Vitamin A, µg/d	Males		<625	≥625 & ≤3000	>3000
	Females		<500	≥500 & ≤3000	>3000
Folate, µg/d			<320	≥320 & ≤1000	>1000
Thiamin, mg/d	Males		<0.8	≥0.8 & ≤1.0	>1.0
	Females		<0.7	≥0.7 & ≤0.9	>0.9
Riboflavin, mg/d	Males		<0.9	≥0.9 & ≤1.1	>1.1
	Females		<0.7	≥0.7 & ≤0.9	>0.9
Vitamin B12, µg/d			<1.6	≥1.6 & ≤2.0	>2.0
Vitamin C, mg/d	Males		<75	≥75 & ≤2000	>2000
	Females		<60	≥60 & ≤2000	>2000

*, Cut-offs were used to deliver personalized dietary advice during the intervention (20-23)

Supplementary Table 2. Percentage of individuals meeting current European dietary recommendations at baseline

	Meet recommendation	
	Percentage	95% CI
Food group intake, %		
Fruit and vegetables	52.0	45.7-58.1
Oily fish	32.1	18.7-49.3
Red meat	50.5	39.8-61.3
Wholegrains	74.2	51.9-88.5
Dairy products	13.7	9.2-19.9
Nutrient intake, %		
Total fat	50.4	43.5-57.3
Saturated fat	54.3	45.2-63.0
Mono-unsaturated fat	24.3	16.0-35.0
Poly-unsaturated fat	36.2	28.2-45.1
Protein	91.1	87.7-93.6
Carbohydrate	55.6	47.4-63.6
Salt	7.4	3.6-14.8
Dietary fibre	45.5	35.9-55.6
Calcium	73.8	65.8-80.5
Folate	61.4	48.5-72.8
Iron	95.1	91.8-97.1
Riboflavin	95.5	89.9-98.0
Thiamine	97.1	92.6-98.9
Vitamin A	83.7	77.8-88.3
Vitamin B12	98.6	96.9-99.4
Vitamin C	90.1	84.7-93.8

Values represent percentages (95% CI) of individuals meeting current European dietary recommendations (20-23)

Online Supporting Material

Supplementary Table 3. Description of dietary clusters and the percentage of individuals within each cluster who met the dietary recommendations at baseline (met recommended intake: ✓; did not meet recommended intake: ✗)

	Clusters			
	1	**2**	**3**	**4**
	(n=475)	(n=398)	(n=348)	(n=259)
Total, n	475	398	348	259
Food group				
Oily fish	✓ (100%)	✗ (100%)	✗ (100%)	✗ (100%)
Wholegrains	✓ (74.1%)	✓ (100%)	✓ (100%)	✗ (100%)
Red meat	✗ (53.7%)	✓ (100%)	✗ (100%)	✓ (50.2%)
Fruit and vegetables	✓ (69.3%)	✗ (50.3%)	✗ (52.3%)	✗ (70.7%)

Values represent the percentage of individuals meeting the following recommendations: Fruit and vegetables >5 servings/day; Oily fish >1 serving/week; Wholegrains >3 servings/day; Red meat <3 servings/week (20-23)

Supplementary Table 4 Percentage of individuals meeting nutrient-based guidelines by clusters of adherence to recommendations at baseline*

	Clusters				P†
	1 (n=475)	2 (n=398)	3 (n=348)	4 (n=259)	
Total fat, % energy	50.5[2,4]	58.5	50.0	38.2	**0.046**
SFA, % energy	62.1[3,4]	53.5	50.6	46.0	**<0.001**
MUFA, % energy	29.1	12.6	22.1	36.3	0.68
PUFA, % energy	42.1[3,4]	36.2	32.2	30.9	**0.005**
Protein, g/kg/d	85.9	96.5	93.4	89.2	0.99
Carbohydrate, % energy	46.5	75.6	54.0	43.6	0.93
Dietary fibre, g/d	56.2[4]	50.8	50.3	11.6	**<0.001**
Salt, g/d	4.6[2,4]	11.3	0.0	16.6	**0.034**

Values represent percentages of individuals that meet the dietary guidelines:

*, Dietary recommendations: Total fat: 20-35 % energy; SFA: 10-15% energy; MUFA: 15-20% energy; PUFA: 6-11% energy; protein: 0.66-2.4g/kg/day; carbohydrate: 45-65% energy; dietary fibre: males (18-50yrs ≥38g/day; >50yrs ≥30g/day) and females (18-50yrs ≥25g/day; >50yrs ≥21g/day); salt: 18-50yrs ≤3.75g/day; 51-70yrs ≤3.25g/day; >70yrs ≤3g/day

†, Logistic regression was used to test for significant differences across and between clusters (cluster 1 was used as the base category) [20; 21; 22; 23].

Supplementary Table 5 Percentage of individuals meeting dietary recommendations by clusters of adherence to recommendations after exclusion of 3SD of each of the four dietary components at baseline (met recommended intake: ✓; did not meet recommended intake: ✗)

	Clusters			
	1	**2**	**3**	**4**
	(n=475)	(n=398)	(n=348)	(n=259)
Total, n	439	341	328	275
Food group				
Oily fish	✓ (93.6%)	✗ (100%)	✗ (100%)	✗ (100%)
Fruit and vegetables	✓ (68.8%)	✓ (100%)	✗ (86.3%)	✗ (100%)
Red meat	✗ (55.6%)	✓ (53.7%)	✓ (100%)	✗ (100%)
Wholegrains	✓ (68.8%)	✓ (100%)	✓ (86.3%)	✓ (100%)

Values represent the percentage of individuals meeting the following recommendations: Fruit and vegetables >5 servings/day; Oily fish >1 serving/week; Wholegrains >3 servings/day; Red meat <3 servings/week (20-23)