

**Table 3 - Dietary and Anthropometric Outcomes of Included Studies**

<i>Randomised, controlled trials (n=10)</i>							
	Author, year, country	Treatment assignment	Change in Anthropometric Measures			Change in Dietary Intakes	
			Body weight	BMI (kg/m <sup>2</sup> )	Energy (kcal/day)	Total fat	Fruit and vegetables (servings/day)
1	Aldana, 2005 USA	I: n = 64 C: n = 79	-4.4 kg -1.0 kg	-1.6 -0.03	-580 -119	-6.7% +1.3%	V: +1.5 F: +0.6 V: +0.1 F: 0.0
2	Braekman, 1999 Belgium	I: n = 272 C: n = 366		Difference between I and C: +0.26	Difference between I and C: -142	Difference between I and C: -1.6%	
3	Campbell, 2002 USA	I: n = 282 C: n = 256				~ -2.9g/d ~ -1.6g/d	V: ~ +0.2 F: ~ +0.5 V: ~ -0.1 F: ~ +0.1
4	De Bourdeaudhuij, 2007 Belgium	I1: n = 108 I2: n = 124 C: n = 105				~ -9.1% ~ -2.3% ~ -1.1%	
5	Emmons, 1999 USA	I: n = not reported C: n = not reported				~ -2.2% ~ -1.8%	F&V: ~ +0.2 F&V: ~ -0.2
6	Sorensen 1998 USA	I: 12 sites C: 12 sites				-3.4% -1.6%	F&V: +9% F&V: +4%
7	Sorensen, 1999 USA	I1: 7 sites I2: 7 sites C: 8 sites					F&V: +16% F&V: +3% F&V: -2%
8	Sorensen, 2003 USA	I: 7 sites C: 8 sites					F&V: -0.1 F&V: +0.05
9	Sorensen 2007 USA	I: 13 sites C: 13 sites					F&V: +0.37 F&V: Not reported (Between-group difference p=0.003)

10	Steenhuis, 2004 Netherlands	I1: n = 215 I2: n = 290 I3: n = 293 C: n = 215				~ - 0.4 fat points/d ~ -0.3 fat points/d ~ +0.1 fat points/d ~ 0 fat points/d	V: ~ -13.7g/d V: ~ -7.0g/d V: ~ -10.4g/d V: ~ -1.7g/d	F: ~ -0.1 F: ~ +0.1 F: ~ +0.1 F: ~ -0.1
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*Note: F&V intakes at lunch in cafeteria also measured*

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**Quasi-experimental studies (n=1)**

	Author, year, country	Treatment assignment	Change in Anthropometric Measures			Change in Dietary Intakes	
			Body weight	BMI (kg/m <sup>2</sup> )	Energy (kcal/day)	Total fat	Fruit and vegetables (servings/day)
1	Holdsworth, 2004 UK	I: 4 sites (n = 453)  C: 2 sites (n = 124)					V: 27% made positive change F: 37% made positive change V: 19% made positive change F: 25% made positive change

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**Uncontrolled intervention studies (pre-test post-test design) (n=5)**

	Author, year, country	Treatment assignment	Change in Anthropometric Measures			Change in Dietary Intakes	
			Body weight	BMI (kg/m <sup>2</sup> )	Energy (kcal/day)	Total fat	Fruit and vegetables (servings/day)
1	Block, 2004 USA	I: n = 84				-0.22 times/d consumption of high fat foods	+0.37 times/d consumption
2	Calderon, 2008 USA	I: n = 366	~ -3.4 lb	~ - 0.54		-2.3 dietary fat score	
3	Holdsworth, 1999 UK	I: n = 12 worksites				Increased sales of healthier foods e.g. polyunsaturated margarine (n=3), low-fat spread (n=5), semi-skimmed milk (n=3), salads (n=3)	
4	Lassen, 2003 Denmark	I: n = 5 worksites					F&V: +95g/lunch

5 Pratt, 2006  
17 countries

I: n = 2498

F&V: Statistically significant  
increase

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I: Intervention

C: Control

BMI: Body mass index

F: Fruit

V: vegetables