Recruitment

- Participants invited to participate (n=)

Participants assessed for eligibility (n=)

- Excluded (n=)

Participants attending baseline assessments (n=)

Randomisation

- Allocation to control group
- Allocation to intervention group 1
- Allocation to intervention group 2

Allocation

- Participants receive dietary feedback on their mobile device food record compared with dietary recommendation via a text message sent to their mobile phone
- Participants receive weekly text messages with nutrition messages and links to mobile web pages with recipes

Participants attend post-intervention assessments OR
Lost to follow-up OR Withdrawn

Participants attend post-intervention assessments OR
Lost to follow-up OR Withdrawn

Participants attend post-intervention assessments OR
Lost to follow-up OR Withdrawn

Randomisation

- Analysis

Post-intervention assessment (6 months)