Assessed for eligibility (n = 400)

Excluded (n = 96)
  - Not meeting inclusion criteria (n = 87)
  - Not interested in participation (n = 9)

Randomized (n = 304)

Allocated to cognitive-behavioral treatment group (n = 152)
- Completed baseline assessments (n = 149)
  - Did not participate:
    - no transportation (n = 1)
    - could not contact (n = 2)
- Completed week 26 assessments (n = 125)

Allocated to nutrition education treatment group (n = 152)
- Completed baseline assessments (n = 145)
  - Did not participate:
    - no transportation (n = 2)
    - could not contact (n = 5)
- Completed week 26 assessments (n = 122)