**Baseline**
- Group 1: Tailored dietary feedback (TF)
  - Complete baseline FFQ1 & 7DDR and SOC
  - 2 weeks: Receive FFQ1 Report
  - 4 weeks: Complete FFQ2
  - 6 weeks: Receive FFQ2 report
  - 8 weeks: Complete FFQ3
  - 10 weeks: Receive FFQ3 report
  - 12 weeks: Complete post-FFQ & 7DDR and SOC
  - 16-18 weeks: Receive feedback on 7DDR Results & FFQ Results

- Group 2: Small Group Education (GE)
  - Complete baseline FFQ1 & 7DDR and SOC
  - Group Education Session 1
  - Group Education Session 2

- Group 3: Control Group (C)
  - Complete baseline FFQ1 & 7DDR and SOC
  - Complete post-FFQ & 7DDR and SOC
  - Invited to participate in tailored nutrition feedback intervention

FFQ is the 63-item Combination FFQ, 7DDR: 7-day estimated dietary record, SOC: Stage of Change Questionnaire