Telephone contact
(Interested in participating: register of name and telephone number for further contact)

First meeting for eligibility after recruiting 15 possible participants
General oral/written information about the study and informed consent
Check inclusion criteria (except laboratory tests)

Not interested
Consented
Not eligible

Second meeting for eligibility
Baseline laboratory tests and information for food and satiety records

Participant returns food and satiety records

Study start: laboratory tests and anthropometric measurements

Random allocation to healthy diet A or healthy diet B

Healthy diet A
Oral/written information for specific diet
A 7-day menu plan supplied

4 weeks intervention following healthy diet A
Participants have lunch everyday at the hospital kitchen, other meals at home
Follow-up at the hospital
Laboratory tests and anthropometric measurements
6 weeks washout period: back to pre-study diet
Participants return food and satiety records
Laboratory tests and anthropometric measurements
4 weeks intervention following healthy diet B
Participants have lunch everyday at the hospital kitchen, other meals at home
Follow-up at the hospital
Laboratory tests and anthropometric measurements

Healthy diet B
Oral/written information for specific diet
A 7-day menu plan supplied

4 weeks intervention following healthy diet B
Participants have lunch everyday at the hospital kitchen, other meals at home
Follow-up at the hospital
Laboratory tests and anthropometric measurements
6 weeks washout period: back to pre-study diet
Participants return food and satiety records
Laboratory tests and anthropometric measurements
4 weeks intervention following healthy diet A
Participants have lunch everyday at the hospital kitchen, other meals at home
Follow-up at the hospital
Laboratory tests and anthropometric measurements
Analysis