

1 **Table S1. Anthropometric changes according to categories of the unpenalized**  
 2 **Programme National Nutrition Santé Guideline Score (PNNS-GS), n=1479**

	Low PNNS-GS			Medium PNNS-GS			High PNNS-GS, ref.		
	LSmean <sup>1</sup>	95%-CI <sup>2</sup>	p <sup>3</sup>	LSmean <sup>1</sup>	95%-CI <sup>2</sup>	p <sup>3</sup>	LSmean <sup>1</sup>	95%-CI <sup>2</sup>	overall p <sup>4</sup>
<b>6-year-weight-change (%)</b>									
<i>Men (n= 1029)</i>		<i>(n= 170)</i>			<i>(n= 614)</i>			<i>(n= 245)</i>	
Model A <sup>5</sup>	3.67	2.90; 4.43	0.0005	2.17	1.77; 2.58	0.5	1.80	1.17; 2.44	0.001
Model B <sup>6</sup>	3.67	2.89; 4.45	0.001	2.17	1.77; 2.57	0.5	1.81	1.16; 2.46	0.001
Model C <sup>7</sup>	3.85	3.05; 4.65	0.003	2.47	2.01; 2.92	0.6	2.16	1.46; 2.86	0.003
<i>Women (n= 450)</i>		<i>(n= 29)</i>			<i>(n= 254)</i>			<i>(n= 167)</i>	
Model A <sup>5</sup>	2.12	-0.53; 4.77	0.6	2.66	1.77; 3.56	0.6	3.33	2.22; 4.43	0.6
Model B <sup>6</sup>	2.15	-0.46; 4.76	0.6	2.53	1.65; 3.41	0.3	3.52	2.43; 4.62	0.3
Model C <sup>7, 8</sup>	2.35	-0.32; 5.02	0.6	2.80	1.65; 3.95	0.4	3.66	2.33; 4.99	0.4
<b>6-year-change in WC (%)<sup>9</sup></b>									
<i>Men (n= 878)</i>		<i>(n= 134)</i>			<i>(n= 526)</i>			<i>(n= 217)</i>	
Model A <sup>5</sup>	1.85	0.85; 2.84	0.2	1.00	0.49; 1.50	0.8	0.77	-0.01; 1.56	0.2
Model B <sup>6</sup>	1.92	0.90; 2.93	0.1	1.00	0.50; 1.51	0.8	0.71	-0.09; 1.52	0.2
Model C <sup>7</sup>	2.23	1.20; 3.26	0.2	1.42	0.85; 1.98	0.8	1.17	0.30; 2.03	0.3
<i>Women (n= 391)</i>		<i>(n= 25)</i>			<i>(n= 219)</i>			<i>(n= 147)</i>	
Model A <sup>5</sup>	1.44	-1.80; 4.69	0.6	1.86	0.76; 2.96	0.4	2.97	1.64; 4.31	0.4
Model B <sup>6</sup>	1.74	-1.50; 4.99	0.7	1.82	0.73; 2.91	0.3	2.99	1.65; 4.32	0.4
Model C <sup>7, 8</sup>	1.89	-1.46; 5.23	0.7	2.01	0.56; 3.47	0.4	3.16	1.51; 4.81	0.4

3 SU.VI.MAX study, France, 1994-2002

4 Categories of the (unpenalized) PNNS-GS: Low: < 6 points; medium: ≥ 6 and < 9 points; high: ≥ 9 points.

5 <sup>1</sup> Least-squares mean.

6 <sup>2</sup> 95%- confidence interval (corrected according to Dunnett).

7 <sup>3</sup> T-test with Dunnett correction.

8 <sup>4</sup> Overall F-test (analysis of variance and covariance model).

9 <sup>5</sup> Unadjusted.

10 <sup>6</sup> Adjusted for age, energy intake.

11 <sup>7</sup> Model B + adjustment for supplementation group, number of dietary records, initial height, education level, smoking,  
 12 menopausal status (women).

13 <sup>8</sup> Presented for illustrative purposes, but to be interpreted with caution (high number of adjustment variables/ small number  
 14 of women with a low PNNS-GS).

15 <sup>9</sup> WC: waist circumference. Measures of WC at baseline and follow-up were only available for 878 male and 391 female  
 16 participants.