

Enrollment

Assessed for eligibility (n>100)
Baseline interview either on
the phone or personally

Excluded (>80%)

- Not meeting inclusion criteria (65%)
Currently receiving chemotherapy or
no measurable tumor lesions
- Refusal to participate (10%)
Changes in lifestyle considered too radical
- Other reasons (5%)
personal problems
too expensive
not the right time for a change in lifestyle

Enrolled in study (n=16)

Allocation

Allocated to dietary intervention (n= 16)

- ◆ Received dietary intervention for at least 4 weeks (n=13)
- ◆ Did not receive dietary intervention (give reasons) (n=3)
 - n=2: unable to stick to diet
 - n=1: death from progressive disease after 2 weeks

Follow-Up

- Received dietary intervention for the complete duration of the study (n= 5)
- Discontinued intervention (n=8)
 - n=1: unable to stick to diet
 - n=6: progressive disease
 - n=1: death from progressive disease

Analysis

- Analysed if dietary intervention lasted for at least 8 weeks and if EORTC-QLQ C30 was completed for at least 8 weeks (n=7)
- Excluded from analysis (n=9)
 - n=8 intervention discontinued early
 - n=1 EORTC-QLQ C30 not completed