

	Group 1	Group 2
Recruitment of possible participants (March)	A	
Initial data collection (T ₀) (March/April)	B	
<i>Beginning of intervention</i>		
Month 1 (April) (T ₁)	C	
Month 2 (May)	D	
Month 3 (June)	E	E F G
Month 4 (July)	H	H I J
Month 5 (August) (T ₂)	L	L M
Final data collection (T ₃) (September/October)	N	

Group 1: *Lecture*; Group 2: *Lecture + Home Visit*

A: *Selection of possible participants, meeting with community health agents and final selection of individuals who fulfilled the eligibility criteria*; B: *Initial contact with participants for clarification of the objectives of the study; initial collection of socio-demographic data, living habits, habitual food intake and biochemical variables*; C: *Nutritional education workshop 1; data collection of initial anthropometric variables and BP*; D: *Nutritional education workshop 2; determination of weight and BP*; E: *Nutritional education workshop 3; determination of weight and BP*; F: *Home visit 1*; G: *Home visit 2*; H: *Nutritional education workshop 4; determination of weight and BP*; I: *Home visit 3*; J: *Home visit 4*; L: *Nutritional education workshop 5; final determination of weight and BP*; M: *Home visit 5*; N: *Final data collection on habitual food intake and biochemical variables*.