

Clustered controlled trialUnit of delivery: **workplace**

Enrolment: Large workplaces assessed for eligibility

Final workplaces selected (n=4)

Allocation of workplaces

Baseline data collection

Physical assessments: BMI, WC, BP, urine analysis
Two 24-hr dietary recalls (within 1 week)
Process evaluation

Food frequency questionnaire (FFQ)
Health, lifestyle + food questionnaire
Economic evaluation (EQ-5D)

Implementation of complex dietary interventions**Workplace A****Control**

No changes to be implemented.

Workplace B**Nutrition education only**

1. Monthly group presentations
2. Individual nutrition consultations (healthy eating booklet)
3. Healthy eating chat tables
4. Detailed nutrition information:
 - Monthly posters/ leaflets
 - Monthly emails
 - Healthy eating traffic light coding system
 - Quizzes
 - Shopping card
 - Personal measurement card

Workplace C**Environmental modification + nutrition education**

1. Restriction of fat, saturated fat, sugar and salt
2. Increase fibre, fruit and vegetables
3. Price discounts for whole fresh fruit
4. Strategic positioning of healthier alternatives
5. Portion size control
6. Provide nutrition education (all elements of workplace B)

Workplace D**Environmental modification only**

1. Restriction of fat, saturated fat, sugar and salt
2. Increase fibre, fruit and vegetables
3. Price discounts for whole fresh fruit
4. Strategic positioning of healthier alternatives
5. Portion size control

Follow-up 3-4 months: Physical assessments (BMI, WC, BP), two 24-hr dietary recalls (within 1 week), Food motives questionnaire (FMQ), Dutch Eating Behaviour Questionnaire (DEBQ)

Follow-up 7-9 months + 13-16 months: All baseline assessments repeated

Statistical analysis

NetWisp 4: Food and nutrient analysis

Stata: Pearson chi-square analysis, ANOVA, mixed effects modelling, latent class analysis