

Table S1. Difference in the anthropometric characteristics of boys and girls between the initial assessment and after one year of nutritional intervention

Characteristics (z-scores)	Difference for boys (one year – initial)			Difference for girls (one year – initial)		
	n (total)	Mean z-score ± SD	<i>p</i> -value	<i>n</i> (total)	Mean z-score± SD	<i>p</i> -value
Weight	19	0.52 ± 0.65	0.003	17	0.03 ± 0.69	0.872
Height	19	-0.07 ± 0.56	0.610	17	-0.29 ± 0.52	0.032
BMI	19	0.74 ± 0.90	0.002	17	0.24 ± 0.80	0.228
Waist circumference	3	0.29	0.250	2	Too small	
MUAC	9	0.58 ± 1.27	0.004	4	-0.55	0.250
TSFT	7	1.03 ± 1.40	0.099	3	0.13	0.750
SSFT	5	0.05	0.625	2	Too small	
Systolic blood pressure	19	0.60	0.396	13	-0.52	0.236
Diastolic blood pressure	18	-0.25 ± 0.77	0.186	13	-0.06 ± 1.14	0.862

Anthropometric and clinical data were collected at initial visit and after one year of nutritional intervention. Data at initial assessment and after one year of nutritional follow-up were compared using paired t-tests or Wilcoxon. *p*-value <0.05 is considered statistically significant. BMI: body mass index [weight (kg) / height (m²)]; MUAC: mid-upper arm circumference; TSFT: triceps skinfold thickness; SSFT: subscapular skinfold thickness; SD: standard deviation

Table S2. Difference in the biochemical data of boys and girls at the initial assessment and after one year of nutritional intervention

Biochemical data	Difference for boys (one year – initial)			Difference for girls (one year – initial)		
	<i>n</i> total	Mean difference ± SD	<i>p</i> -value	<i>n</i> total	Mean difference ± SD	<i>p</i> -value
HbA1c (%)	13	0.12 ± 0.86	0.636	9	-0.60±0.57	0.014
Vitamin D (mmol/L)	11	20.60 ± 36.69	0.092	10	7.84± 12.72	0.083
C-reactive protein (mmol/L)	11	0.60	0.898	11	-0.40	0.078
Total cholesterol (mmol/L)	13	0.27	0.377	12	0.03	0.895
HDL-C (mmol/L)	13	0.22 ± 0.39	0.058	11	0.32 ± 0.37	0.017
LDL-C (mmol/L)	13	-0.18	0.6848	11	-0.23 ±0.83	0.387
Non HDL-C (mmol/L)	13	0.20	0.542	11	-0.40 ± 1.02	0.222
Triglycerides (mmol/L)	13	-0.06	0.723	12	-0.15	0.110
0-9 years (mmol/L)	7	-0.46 ± 0.89	0.218	9	-0.40 ± 0.79	0.167
10-18 years (mmol/L)	5	0.37	0.500	3	Too small	

Non-fasting blood samples were collected during clinical visits. Data at initial assessment and after one year of nutritional intervention were compared using paired t-tests or Wilcoxon tests. *p*-value <0.05 is considered statistically significant. HbA1C: glycosylated hemoglobin; HDL-C: high-density lipoprotein cholesterol; LDL-C: low-density lipoprotein cholesterol; Non HDL-C: non high-density lipoprotein cholesterol; SD: standard deviation.