

Multimedia Appendix 1. Measures and data collection points.

Outcome and other measures	Measure	Collection point			Responsible for data collection			
		Baseline	End of intervention	6 months' follow-up*	Medical Doctor	Nutritionist	Physiotherapist	Nurse
Primary outcome measure								
Food insecurity	Food Insecurity Scale	✓	✓	✓		✓		
Secondary outcome measures								
Dietary habits	2 day 24 hour diet recall, PREDIMED index [31], and food frequency questions	✓	✓	✓		✓		
Indicators of nutritional status	Anthropometric measures (weight, height and waist circumference) , BMI albumin and prealbumin levels	✓	✓			✓		✓
Muscle strength	Hand grip, knee extension and hip flexion by using a dynamometer	✓	✓				✓	
Health related quality of life and health status	EQ5D V2 and FACIT-F	✓	✓	✓				
Serological markers of cardiovascular risk	Insulin resistance, cholesterol levels, haemoglobin A1c, hs-CRP, adipocytokines, IL1, IL6, and TNF	✓	✓					✓
Physical activity	Elderly Mobility Scale (EMS) [32] and International Physical Activity Questionnaire (IPAQ) [35]	✓	✓	✓			✓	
Body composition balance	Bioimpedance	✓	✓			✓		
Consumption of healthcare resources	Number and type of outpatient clinic visits, hospitalizations, homecare assistance and other needs for healthcare services in the previous 12 months	✓	✓	✓	✓			
Falls		✓	✓	✓	✓			

** Research assistant phone call interview*

Outcome and other measures	Measure	Collection point			Responsible for data collection			
		Baseline	End of intervention	6 months' follow-up*	Medical Doctor	Nutritionist	Physiotherapist	Nurse
Other measures								
Socioeconomic and demographic	Date of birth, sex, nationality, ethnicity, educational level, marital status, household income and household composition	✓			✓			
Function/disability	Health Assessment Questionnaire (HAQ)	✓	✓	✓	✓			
Self-reported clinical data	Chronic diseases and regular medication	✓	✓		✓			
Anxiety and depression symptoms	Hospital Anxiety and Depression Scale (HADS)	✓	✓	✓	✓			
Lifestyle habits	Alcohol and coffee consumption and smoking habits	✓	✓	✓	✓			
Attitudes and barriers on diet		✓	✓	✓		✓		
Food expenses		✓	✓	✓		✓		
Other resources of food		✓	✓	✓		✓		✓

** Research assistant phone call*

interview

References

31. Schroder H, Fitó M, Estruch R, et al. A Short Screener Is Valid for Assessing Mediterranean Diet Adherence among Older Spanish Men and Women. *Journal of Nutrition*. 2011;1140:1145-2011.
32. Mabel S, Yu W. Usefulness of the Elderly Mobility Scale for classifying residential placements. *Clinical Rehabilitation* 2007;21(12):1114-1120.
35. Craig CL, Marshall AL, Sjostrom M, et al. International physical activity questionnaire: 12-country reliability and validity. *Medicine and science in sports and exercise*. 2003;35(8):1381-1395.