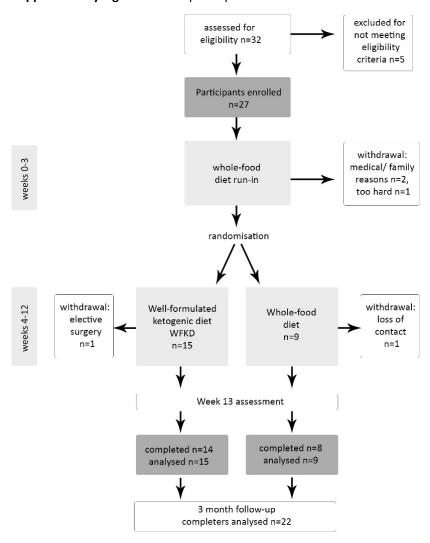
## **Supplementary Figure 1** – Trial participant flow



Field R, Pourkazemi F, Rooney K. Effects of a low-carbohydrate ketogenic diet on reported pain, blood biomarkers and quality of life in patients with chronic pain: A pilot randomised clinical trial. Pain Med. 2021; pnab278. By permission of Oxford Press.

## **Supplementary Table 1. Study Timeline**

time point	-week 1+		week 1	week 2	week 3		week 4	week 5	week 6	week 7	week 8	week 9	week 10	week 11	week 12	week 13	week 18	Week 24
		face to face			face to											face to		
		contact			face contact											contact		
initial contact	x																	-
online screening	x																	
enrolment	x																	
Dietary education		x			x				x		x		x					
blood test					x											x		
anthropometric testing		x														x		
Diet Satisfaction Questionnaire		x														х		
Brief Pain Inventory		x														х		x
Quality of Life Questionnaire		x														х		x
Additional questions		х														х		x
WFD run-in							WFD CON	TINUATIO	N									
email or text contact	x		х	x			х								x		x	
telehealth review (control)									x		x		x					
finger-prick testing (control)		x			x		х	x	x	x	x	x	x	x	x			
AS24 food recall	x				x				x		x		x			х		x
daily diary entry		х	х	х	х	z	х	х	x	х	х	х	х	х	х			
WFD run-in						RANDOMISATION	WFKD IN	TERVENTIO	N									
email or text contact	x		х	x		OMIS									x		х	
telehealth review (intervention)						RANC	х		x		x		x					
finger-prick testing (intervention)		x			x		xxxxxx	xxx	xxx	xxx	xxx	xxx	xxx	xxx	xxx			
AS24 food recall	x				x				x		x		x			x		x
daily diary entry		x	x	x	x		x	x	x	x	x	x	x	x	x			

Field R, Pourkazemi F, Rooney K. Effects of a low-carbohydrate ketogenic diet on reported pain, blood biomarkers and quality of life in patients with chronic pain: A pilot randomised clinical trial. Pain Med. 2021; pnab278. By permission of Oxford Press.

## **Supplementary Table 2** – Dietary Satisfaction Questions

1	How satisfied are you with the amount of time it takes to cook/prepare your meals?
2	How satisfied are you with the variety of your diet?
3	How satisfied are you with the time it takes to shop for food?
4	How satisfied are you with the enjoyment you get from eating?
5	How satisfied are you with the flexibility of your diet?
6	How satisfied are you with your ability to eat out at restaurants or friends' homes?

Scoring: I= very satisfied, 5= very unsatisfied. A lower total score indicates a higher level of satisfaction

	nentary Table 3 – Participant responses	
Week 13		
	e the biggest challenges in sticking to the dietary intervention?	
	Answers	Extracted code
WFD	Making sure what I was within the guidelines.	New knowledge integration
	Completing the Dietary - ASA24 form.	Time management
	Staying with family over the Christmas New Year period. Big	Lack of individual food control
	increase in stressors / anxiety in the last four weeks or so made it	Social food environments
	difficult for me to consistently find the self-control to avoid the	Emotional attachment to eliminated foods
	food I needed to. Before then I found this quite easy	
	Sticking to the correct food during festivities	Social food environments
	Going out for dinner. Choosing takeaway food. Christmas food	Social food environments
	Having to make things from scratch when life is busy &	Time management
	takeaway or quick dinners are not an option. Finding variety in	New knowledge integration
	things I could eat. I'm a reluctant cook so spending time trying	
	new recipes is not something I enjoy.	0 10 1
	Being around people in different dining environments and trying	Social food environments
	to choose your food wisely	New knowledge integration
	Shopping for food.	New knowledge integration
	Missing certain foods and not being able to get good quality	Emotional attachment to eliminated foods, Social foo
	whole foods to buy for lunch when I go out for the day, or when	environments
	I have coffee with friends. Temptations to eat sugary foods when	
	out.	
VFKD	My mood (depression), time and being prepared/organised.	Psychological status, Time management
VI KD	Coming to terms with higher rates of fat allowed on the diet.	New knowledge integration
	Missed having bread & porridge	Emotional attachment to eliminated foods
	having time to prepare / take food with me	Time management
	Christmas and new year, was going very well until then.	Social food environments
	To remember to take own food when spending the day out.	Time management, New knowledge integration
	Getting used not eating bread	Emotional attachment to eliminated foods
	The biggest challenge was getting my bowels to adjust to the	Physiological adaptation
	diet.	
	The amount of celebrations i.e., Christmas, new year, family	Social food environments
	birthdays in our family. Which meant that there was so much	Emotional attachment to eliminated foods
	food around which was not part of my program. Getting used to	Lack of individual food control
	not eating bread and sweets etc	
	Dessert and sweets	Emotional attachment to eliminated foods
	one of the challenges was staying under the recommended carb	New knowledge integration
	count, it's surprising how quickly it adds up! after a few weeks	
	it was easy, and in the last 4 weeks of the trial I tried to keep	
	carbs at 20g which is when I started feeling better	
	Going to visit friends who serve up non-keto food.	Lack of individual food control
		Social food environments
	Just the time to prepare food.	Time management
	snacks. difficulty in eating enough to carry me through to the	Emotional attachment to eliminated foods,
	next main meal. bread and sugar	New knowledge integration
	Not enough variety. Snack foods.	Food restriction, Emotional attachment to eliminated
		foods
Vaal. 12		
Veek 13	ute of the program (content delivery grown at the did	oot holpful?
<b>v nich pa</b> i VFD	rts of the program (content, delivery, support etc) did you find mo Awareness & what I've learnt about foods, my eating habits, link	New knowledge integration
	Awareness & what I we learnt about 100ds, my eating nabits, link	
1111	between diet/pain and just participating [The researcher] has	Structured support/coaching
W1D	between diet/pain and just participating. [The researcher] has been great to work with, supportive and accommodating -	Structured support/coaching

	Delivery. Reminder texts from [the researcher] when necessary	Structured support/coaching
1	The face to face and emails as I was able to ask any questions at	Structured support/coaching
	any time.	New knowledge integration
	Reminder text	Structured support/coaching
	[the researcher's] support was great especially in the beginning when I was asking if certain foods were ok to eat.	Structured support/coaching
	The hand outs and having periodic meetings with [the	New knowledge integration Structured support/coaching
	researcher].	Comprehensive learning materials
	Learn about food and nutrition and what processed food and	New knowledge integration
	additives does to our body. Also I enjoyed fortnightly chats with	Structured support/coaching
	[the researcher].	Comprehensive learning materials
	Access to [the researcher] when uncertain of certain foods. The	Structured support/coaching
	handouts were all helpful. Didn't mind doing the daily diet diary.	Comprehensive learning materials
		New knowledge integration
WEKD	[77] 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Co
WFKD	[The researcher's] support was great. I like it was all online.	Structured support/coaching, Comprehensive learning materials
	Video chats, Links to videos on LCHF speakers Links to recipes	Comprehensive learning materials
	Video chais, Elliks to Videos of Berri speakers Elliks to recipes	Structured support/coaching,
	?	S. T.
	All the information available to understand why and how this	Comprehensive learning materials
	diet works.	New knowledge integration
	The booklet with the list of ingredients that we can and can't eat	Comprehensive learning materials
	and the table with nutrients.	
	All articles	Comprehensive learning materials
	Being able to monitor ketone blood levels and see how directly	Objective feedback
	they related to how little pain I was experiencing really shocked	Structured support/coaching,
	me (in a good way). [The researcher] also delivered the diet	Comprehensive learning materials
	information and requirements in a really simple non- confrontational way.	New knowledge integration
	The support and having the blood finger prick ketone test to	Objective feedback
	know you were on the right track	Structured support/coaching,
		New knowledge integration
	[the researcher] was really helpful	Structured support/coaching
	Every part of the program was excellent. The content was very	Structured support/coaching,
	helpful, the delivery of the program was exceptional, and i loved	Comprehensive learning materials
	the support, [the researcher] regularly made time to video call	
	during the trial to catch up to see how things were going and if i	
	needed help with anything, and was always so quick to reply via	
	email if i had any questions All of it.	Ob:+:
	All of it.	Objective feedback Structured support/coaching,
		Comprehensive learning materials
	Measuring Ketones	Objective feedback
	Support was fantastic. Recipes etc as well. Wouldn't have	Structured support/coaching,
	continued without it.	Comprehensive learning materials
	Support	
l		Structured support/coaching,
		Structured support/coaching,
Week 13		Structured support/coaching,
Were ther	e any other impacts that you think the diet had on you?	Structured support/coaching,
	e any other impacts that you think the diet had on you?  I look forward to reading the findings of the survey.	Structured support/coaching,
Were ther	e any other impacts that you think the diet had on you?  I look forward to reading the findings of the survey.  No	
Were ther	e any other impacts that you think the diet had on you?  I look forward to reading the findings of the survey.	Structured support/coaching,  Body/health awareness
Were ther	e any other impacts that you think the diet had on you?  I look forward to reading the findings of the survey.  No  I was able to work out and control my other triggers to my pain a lot better	
Were ther	e any other impacts that you think the diet had on you?  I look forward to reading the findings of the survey.  No  I was able to work out and control my other triggers to my pain a lot better  Thinking more about continuing not to consume Preservatives	Body/health awareness  Body/health awareness Altered dietary preferences
Were ther	e any other impacts that you think the diet had on you?  I look forward to reading the findings of the survey.  No  I was able to work out and control my other triggers to my pain a lot better  Thinking more about continuing not to consume Preservatives  The diet has curbed my sugar cravings esp chocolate cravings. I	Body/health awareness  Body/health awareness Altered dietary preferences Altered dietary preferences
Were ther	e any other impacts that you think the diet had on you?  I look forward to reading the findings of the survey.  No  I was able to work out and control my other triggers to my pain a lot better  Thinking more about continuing not to consume Preservatives  The diet has curbed my sugar cravings esp chocolate cravings. I have switched our family to pure butter. I have even grown to	Body/health awareness  Body/health awareness Altered dietary preferences
Were ther	e any other impacts that you think the diet had on you?  I look forward to reading the findings of the survey.  No  I was able to work out and control my other triggers to my pain a lot better  Thinking more about continuing not to consume Preservatives  The diet has curbed my sugar cravings esp chocolate cravings. I have switched our family to pure butter. I have even grown to like hommus a bit too after previously hating it!!	Body/health awareness  Body/health awareness Altered dietary preferences Altered dietary preferences Body/health awareness
Were ther	e any other impacts that you think the diet had on you?  I look forward to reading the findings of the survey.  No  I was able to work out and control my other triggers to my pain a lot better  Thinking more about continuing not to consume Preservatives  The diet has curbed my sugar cravings esp chocolate cravings. I have switched our family to pure butter. I have even grown to like hommus a bit too after previously hating it!!  General well being	Body/health awareness  Body/health awareness Altered dietary preferences Altered dietary preferences Body/health awareness  General wellbeing
Were ther	e any other impacts that you think the diet had on you?  I look forward to reading the findings of the survey.  No  I was able to work out and control my other triggers to my pain a lot better  Thinking more about continuing not to consume Preservatives  The diet has curbed my sugar cravings esp chocolate cravings. I have switched our family to pure butter. I have even grown to like hommus a bit too after previously hating it!!  General well being  Appreciate eating basic food. Learning to read labels in food.	Body/health awareness  Body/health awareness Altered dietary preferences Altered dietary preferences Body/health awareness  General wellbeing Altered dietary preferences
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Were ther	e any other impacts that you think the diet had on you?  I look forward to reading the findings of the survey.  No  I was able to work out and control my other triggers to my pain a lot better  Thinking more about continuing not to consume Preservatives  The diet has curbed my sugar cravings esp chocolate cravings. I have switched our family to pure butter. I have even grown to like hommus a bit too after previously hating it!!  General well being  Appreciate eating basic food. Learning to read labels in food. Enjoying homemade food and knowing that its good for you. I found that I was able to do things in the garden or stand on my	Body/health awareness  Body/health awareness Altered dietary preferences Altered dietary preferences Body/health awareness  General wellbeing Altered dietary preferences
Were ther	e any other impacts that you think the diet had on you?  I look forward to reading the findings of the survey.  No  I was able to work out and control my other triggers to my pain a lot better  Thinking more about continuing not to consume Preservatives  The diet has curbed my sugar cravings esp chocolate cravings. I have switched our family to pure butter. I have even grown to like hommus a bit too after previously hating it!!  General well being  Appreciate eating basic food. Learning to read labels in food. Enjoying homemade food and knowing that its good for you.	Body/health awareness  Body/health awareness Altered dietary preferences Altered dietary preferences Body/health awareness  General wellbeing Altered dietary preferences Food appreciation/enjoyment
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Were there	e any other impacts that you think the diet had on you?  I look forward to reading the findings of the survey.  No  I was able to work out and control my other triggers to my pain a lot better  Thinking more about continuing not to consume Preservatives  The diet has curbed my sugar cravings esp chocolate cravings. I have switched our family to pure butter. I have even grown to like hommus a bit too after previously hating it!!  General well being  Appreciate eating basic food. Learning to read labels in food.  Enjoying homemade food and knowing that its good for you.  I found that I was able to do things in the garden or stand on my feet for longer periods before having to stop and rest.  It was positive. I just need to push through my depression and	Body/health awareness  Body/health awareness Altered dietary preferences Altered dietary preferences Body/health awareness  General wellbeing Altered dietary preferences Food appreciation/enjoyment Activity tolerance
Were then	e any other impacts that you think the diet had on you?  I look forward to reading the findings of the survey.  No  I was able to work out and control my other triggers to my pain a lot better  Thinking more about continuing not to consume Preservatives  The diet has curbed my sugar cravings esp chocolate cravings. I have switched our family to pure butter. I have even grown to like hommus a bit too after previously hating it!!  General well being  Appreciate eating basic food. Learning to read labels in food. Enjoying homemade food and knowing that its good for you.  I found that I was able to do things in the garden or stand on my feet for longer periods before having to stop and rest.  It was positive. I just need to push through my depression and stick with it.  Noticeable uplift in my mood. Decreased anxiety and depression. Improved length of sleep time.	Body/health awareness  Body/health awareness Altered dietary preferences Altered dietary preferences Body/health awareness  General wellbeing Altered dietary preferences Food appreciation/enjoyment Activity tolerance  Psychological wellbeing  Psychological wellbeing
Were then	e any other impacts that you think the diet had on you?  I look forward to reading the findings of the survey.  No  I was able to work out and control my other triggers to my pain a lot better  Thinking more about continuing not to consume Preservatives  The diet has curbed my sugar cravings esp chocolate cravings. I have switched our family to pure butter. I have even grown to like hommus a bit too after previously hating it!!  General well being  Appreciate eating basic food. Learning to read labels in food. Enjoying homemade food and knowing that its good for you.  I found that I was able to do things in the garden or stand on my feet for longer periods before having to stop and rest.  It was positive. I just need to push through my depression and stick with it.  Noticeable uplift in my mood. Decreased anxiety and depression. Improved length of sleep time.  made me feel like I was healthier	Body/health awareness  Body/health awareness Altered dietary preferences Altered dietary preferences Body/health awareness  General wellbeing Altered dietary preferences Food appreciation/enjoyment Activity tolerance  Psychological wellbeing  Psychological wellbeing  General wellbeing
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Were then	e any other impacts that you think the diet had on you?  I look forward to reading the findings of the survey.  No  I was able to work out and control my other triggers to my pain a lot better  Thinking more about continuing not to consume Preservatives  The diet has curbed my sugar cravings esp chocolate cravings. I have switched our family to pure butter. I have even grown to like hommus a bit too after previously hating it!!  General well being  Appreciate eating basic food. Learning to read labels in food. Enjoying homemade food and knowing that its good for you.  I found that I was able to do things in the garden or stand on my feet for longer periods before having to stop and rest.  It was positive. I just need to push through my depression and stick with it.  Noticeable uplift in my mood. Decreased anxiety and depression. Improved length of sleep time.  made me feel like I was healthier	Body/health awareness  Body/health awareness Altered dietary preferences Altered dietary preferences Body/health awareness  General wellbeing Altered dietary preferences Food appreciation/enjoyment Activity tolerance  Psychological wellbeing  Psychological wellbeing  General wellbeing

	T	
1	Really convinced it decreased my pain	General wellbeing
	Knowing I can control most of my pain with a low carb diet has	Body/health awareness
	been incredibly empowering. I don't worry nearly as much about	Psychological wellbeing
	my future health as I used to and I find it much easier to do	Activity tolerance
	normal everyday things without being exhausted all the time.	
	Thankyou from the bottom of my heart.	
	I think it has improved my mood and I feel better in myself and	Psychological wellbeing
	my body feels better. It has had a positive impact on my mental	Body/health awareness
	health	
	Mental Health, Energy levels	Psychological wellbeing
		Activity tolerance
	I experienced lots of great improvements, * Reduction in	Body/health awareness
	appetite, pre diet change i was always so hungry and now i can	Psychological wellbeing
	go hours without food *Heartburn disappeared *more energy,	Activity tolerance
	*improved cognitive function, better concentration, no brain fog	Metabolic health
	*no more PMS, less bleeding during a period, not painful no	Gut health
	more cramps, no water retention- yay! * better skin complexion,	
	no acne *weight loss *improved mood *I suffer from	
	constipation, during the diet trial i experienced regular soft	
	bowel movements	
	Made me realise how much I miss eating fresh fruit, other than	Altered food preferences
	strawberries and blueberries.	
	none	None
1	I learnt a lot more about carbs mainly. Was an interesting	Altered dietary preferences
1	experience. Am more aware of what I eat now.	Body/health awareness
	Weight loss. Discipline.	Metabolic health
	<u> </u>	
3-month fo		
	ors have influenced this decision regarding your diet? (e.g. the pa	
benefit, it	was too hard to do) (decision regarding time now on the diet in brac	ekets)
WFD -	I find it hard to stick to emotionally. However I keep an watch	Psychological stress limiting behavioural change
(most)	on what a prepared food has in it (except for Ice cream)	
WFD -	It was hard to do and I have struggled to have the mental energy	Psychological stress limiting behavioural change
(a little)	to keep it going due to stressful situations	
WFD -	I generally feel better and have less bloating when sticking to the	Physiological benefits of diet consistency
(most)	diet	
WFD -	The pain reduction made it worthwhile. I felt better	Physiological benefits of diet consistency
(most)	1	Pain benefits of diet consistency
WFD -	I didn't see a huge difference in pain either on the trial or off it.	Lack of objective results
(a little)	Nor did it help my sleep, which has been bad for years. I tried	
,	low carb for a few weeks following the trial but ended up	
	dreadfully constipated and still haven't completely gone back to	
	normal.	
WFD -	Pain reduction made me do this diet and stick to it because I	Pain benefits of diet consistency
(all,	could feel the results.	
changed		
to keto)		
WFD -	Learning about good food and bad food and how it affects our	New knowledge integration
(some)	health.	
WFD -	Convenience and enjoying eating things I enjoy occasionally but	New knowledge integration
(some)	trying to limit how much I have in a day.	Implementation challenges
,		
WFKD	Life has been hectic, not organized enough	Time management
*** 1310	, 0 0	
(a little)		_
	The results from the initial study of my being carbohydrate	New knowledge integration
(a little) WFKD		
(a little)	intolerant and insulin resistant and the potential to develop T2D	Pain benefits of diet consistency
(a little) WFKD	intolerant and insulin resistant and the potential to develop T2D was the incentive for me to continue with LCHF dietary	
(a little) WFKD	intolerant and insulin resistant and the potential to develop T2D	Pain benefits of diet consistency
(a little) WFKD	intolerant and insulin resistant and the potential to develop T2D was the incentive for me to continue with LCHF dietary lifestyle. I have noticed pain reduction with regard to fibromyalgia symptoms. While I don't feel the dietary changes	Pain benefits of diet consistency
(a little) WFKD	intolerant and insulin resistant and the potential to develop T2D was the incentive for me to continue with LCHF dietary lifestyle. I have noticed pain reduction with regard to fibromyalgia symptoms. While I don't feel the dietary changes have had any bearing on the issue of degenerative arthritis of my	Pain benefits of diet consistency
(a little) WFKD	intolerant and insulin resistant and the potential to develop T2D was the incentive for me to continue with LCHF dietary lifestyle. I have noticed pain reduction with regard to fibromyalgia symptoms. While I don't feel the dietary changes have had any bearing on the issue of degenerative arthritis of my hip I do feel it has helped my mood in a positive way, therefore	Pain benefits of diet consistency
(a little) WFKD	intolerant and insulin resistant and the potential to develop T2D was the incentive for me to continue with LCHF dietary lifestyle. I have noticed pain reduction with regard to fibromyalgia symptoms. While I don't feel the dietary changes have had any bearing on the issue of degenerative arthritis of my hip I do feel it has helped my mood in a positive way, therefore I'm happy to continue with LCHF.	Pain benefits of diet consistency Psychological wellbeing
(a little) WFKD (most)	intolerant and insulin resistant and the potential to develop T2D was the incentive for me to continue with LCHF dietary lifestyle. I have noticed pain reduction with regard to fibromyalgia symptoms. While I don't feel the dietary changes have had any bearing on the issue of degenerative arthritis of my hip I do feel it has helped my mood in a positive way, therefore I'm happy to continue with LCHF.  It felt healthier and the pain was a little better although it was	Pain benefits of diet consistency Psychological wellbeing  Physiological benefits of diet consistency
(a little) WFKD (most)  WFKD (some)	intolerant and insulin resistant and the potential to develop T2D was the incentive for me to continue with LCHF dietary lifestyle. I have noticed pain reduction with regard to fibromyalgia symptoms. While I don't feel the dietary changes have had any bearing on the issue of degenerative arthritis of my hip I do feel it has helped my mood in a positive way, therefore I'm happy to continue with LCHF.  It felt healthier and the pain was a little better although it was hard to maintain diet (time wise and being organised)	Pain benefits of diet consistency Psychological wellbeing  Physiological benefits of diet consistency Implementation challenges (Time management)
(a little) WFKD (most)  WFKD (some) WFKD	intolerant and insulin resistant and the potential to develop T2D was the incentive for me to continue with LCHF dietary lifestyle. I have noticed pain reduction with regard to fibromyalgia symptoms. While I don't feel the dietary changes have had any bearing on the issue of degenerative arthritis of my hip I do feel it has helped my mood in a positive way, therefore I'm happy to continue with LCHF.  It felt healthier and the pain was a little better although it was hard to maintain diet (time wise and being organised)  I love food and cooking so slowly carbs crept back into my diet.	Pain benefits of diet consistency Psychological wellbeing  Physiological benefits of diet consistency Implementation challenges (Time management) Pain benefits of diet consistency
(a little) WFKD (most)  WFKD (some)	intolerant and insulin resistant and the potential to develop T2D was the incentive for me to continue with LCHF dietary lifestyle. I have noticed pain reduction with regard to fibromyalgia symptoms. While I don't feel the dietary changes have had any bearing on the issue of degenerative arthritis of my hip I do feel it has helped my mood in a positive way, therefore I'm happy to continue with LCHF.  It felt healthier and the pain was a little better although it was hard to maintain diet (time wise and being organised)	Pain benefits of diet consistency Psychological wellbeing  Physiological benefits of diet consistency Implementation challenges (Time management)
(a little) WFKD (most)  WFKD (some) WFKD	intolerant and insulin resistant and the potential to develop T2D was the incentive for me to continue with LCHF dietary lifestyle. I have noticed pain reduction with regard to fibromyalgia symptoms. While I don't feel the dietary changes have had any bearing on the issue of degenerative arthritis of my hip I do feel it has helped my mood in a positive way, therefore I'm happy to continue with LCHF.  It felt healthier and the pain was a little better although it was hard to maintain diet (time wise and being organised)  I love food and cooking so slowly carbs crept back into my diet. I have decided to go back onto the diet because my pain level has increased.	Pain benefits of diet consistency Psychological wellbeing  Physiological benefits of diet consistency Implementation challenges (Time management) Pain benefits of diet consistency Diet experimentation
(a little) WFKD (most)  WFKD (some) WFKD (some) WFKD	intolerant and insulin resistant and the potential to develop T2D was the incentive for me to continue with LCHF dietary lifestyle. I have noticed pain reduction with regard to fibromyalgia symptoms. While I don't feel the dietary changes have had any bearing on the issue of degenerative arthritis of my hip I do feel it has helped my mood in a positive way, therefore I'm happy to continue with LCHF.  It felt healthier and the pain was a little better although it was hard to maintain diet (time wise and being organised)  I love food and cooking so slowly carbs crept back into my diet. I have decided to go back onto the diet because my pain level has increased.  I wanted see if going back to normal diet would affect	Pain benefits of diet consistency Psychological wellbeing  Physiological benefits of diet consistency Implementation challenges (Time management) Pain benefits of diet consistency
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Yes. My mood psychological health yes, overall health and well being has improved. no more heartburn no more constipation no more PMS, lighter period, with less clotting sleep is better mood is better skin looks better  Stayed the same. No not really NA The only benefit was loosing some weight.  Psychological health Seneral health and well-being, psychological health NA NA Weight management			psychological health
yes, overall health and well being has improved. no more heartburn no more constipation no more PMS, lighter period, with less clotting sleep is better mood is better skin looks better  Stayed the same.  No not really  The only benefit was loosing some weight.  General health and well-being, psychological health  NA  NA  Weight management			
heartburn no more constipation no more PMS, lighter period, with less clotting sleep is better mood is better skin looks better  Stayed the same.  No not really  The only benefit was loosing some weight.  psychological health  NA  NA  Weight management			
with less clotting sleep is better mood is better skin looks better  Stayed the same.  No not really  The only benefit was loosing some weight.  Weight management			<u> </u>
better  Stayed the same.  No not really  The only benefit was loosing some weight.  Weight management			psychological health
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No not really  NA The only benefit was loosing some weight.  Weight management			27.6
The only benefit was loosing some weight. Weight management			
It became a concern as I was loosing weight and I'm thin as it is. Weight management			
		It became a concern as I was loosing weight and I'm thin as it is.	Weight management

## **Supplementary Table 4. Nova Classification**

Nova 1	Nova 2	Nova 3	Nova 4
Unprocessed or minimally processed foods	Processed ingredients	Processed foods	Ultra-processed food and drinks
Unprocessed foods include the natural edible food parts of plants and animals. Minimally processed foods have been slightly altered for the main purpose of preservation, but which does not substantially change the nutritional content of the food. Examples include cleaning and removing inedible or unwanted parts, grinding, refrigeration, pasteurization, fermentation, freezing, and vacuum-packaging.	Food ingredients derived from a minimally processed food by pressing, refining, grinding, or milling. They are typically not eaten on their own but used to prepare minimally processed foods.	Foods from either of the two previous groups that have added salt, sugar, or fats. These foods usually are made from at least 2-3 ingredients and can be readily eaten without further preparation	These are foods from the prior group that go beyond the incorporation of salt, sweeteners, or fat to include artificial colours and flavours and preservatives that promote shelf stability, preserve texture, and increase palatability. Several processing steps using multiple ingredients comprise the ultra-processed food. They are typically ready-to-eat with minimal additional preparation. These foods tend to be low in fibre and nutrients.
fresh fruits, vegetables, whole grains, rice, nuts, meats, seafood, herbs, eggs and milk	oils from plants, seeds, and nuts, or flour and pastas formed from whole grains	canned fruits and vegetables, some cheeses, freshly made bread, and canned fish	sugary drinks, flavoured milks, energy drinks, packaged breads and buns, cookies, crackers, chips & fries, takeaway food, ice-cream, flavoured yoghurts, breakfast cereals, frozen dinners, hotdogs, chicken nuggets, pizza, burgers, sauces and luncheon meats.

Field R, Pourkazemi F, Rooney K. Effects of a low-carbohydrate ketogenic diet on reported pain, blood biomarkers and quality of life in patients with chronic pain: A pilot randomised clinical trial. Pain Med. 2021; pnab278. By permission of Oxford Press.