Assessed for eligibility (n=527)

- Excluded (n=28)
  - Not meeting inclusion criteria (n=23)
  - Declined to participate (n=4)
  - Recruited twice (n=1)

Randomized (n=499)

WinFood Classic (n=165)
  - Body composition (n=152)
  - Length (n=165)
  - Iron Markers (n=87)

Corn-soy blend+ (n=167)
  - Body composition (n=147)
  - Length (n=167)
  - Iron Markers (n=83)

WinFood Lite (n=167)
  - Body composition (n=143)
  - Length (n=167)
  - Iron Markers (n=79)

Enrolment

Allocation

Follow-Up

Analysis

Completed (n=141)
  - Body Composition (n=91)
  - Length (n=141)
  - Iron Markers (n=92)

Completed (n=137)
  - Body Composition (n=91)
  - Length (n=137)
  - Iron Markers (n=87)

Completed (n=150)
  - Body Composition (n=106)
  - Length (n=150)
  - Iron Markers (n=89)

Lost to follow-up (n=21)

Lost to follow-up (n=27)

Lost to follow-up (n=15)

WinFood Classic (n=165)

Figure 1: Participant screening, recruitment and follow up