

Table 1. AIMS Intervention Content

Component	Content	Participant Activities
Session 1	<ul style="list-style-type: none">• 24 hour diet recall• Program introduction• Introduction to food and symptom diary	<ul style="list-style-type: none">• Food and symptom diary
Session 2	<ul style="list-style-type: none">• Introduction of telephone sessions• Review food and symptom diary• SMART goal setting• Review intervention workbook	<ul style="list-style-type: none">• Food and symptom diary
Sessions 3-6 (weekly calls)	<ul style="list-style-type: none">• Review food and symptom diary• Elimination/substitution of troublesome foods• Problem-solving on other symptom management strategies• Review SMART goals	<ul style="list-style-type: none">• Troublesome foods elimination/substitution• Food and symptom diary
Sessions 7-8 (every other week calls)	<ul style="list-style-type: none">• Review food and symptom diary• Elimination/re-introduction of identified foods• Problem-solving to overcome diet behavior change challenges• Review diet recommendations for cancer survivorship	<ul style="list-style-type: none">• Food elimination/re-introduction• Food and symptom diary
Sessions 9-10 (monthly calls)	<ul style="list-style-type: none">• Review progress made and knowledge/skills gained• Review intervention workbook Review SMART goal setting	