

Supplementary Table S1. Anthropometric and biochemical data of celiac adults.

		Adults					Children and adolescents						Adults vs children		
		vt0	vt3	vt12	p value		vt0	vt3	vt12	p value			p value		
N		27	13	3	vt0 vs vt3	vt0 vs vt12	22	10	4	vt0 vs vt3	vt0 vs vt12		Vt0	Vt3	Vt12
Anthropometric measurements	Reference values*						Reference values*								
Weight (kg)		62.4±12.1	64.8±16.7	57.2±12.5	NS	NS	29.7±12.1	30.5±12.1	32.0±12.0	0.002	<0.001		NS	<0.001	<0.05
Height (m)		1.7±0.1	1.7±0.1	1.7±0.1	NS	NS	1.28±0.2	1.30±0.2	1.33±0.2	<0.001	<0.001		<0.001	<0.001	<0.001
BMI (kg/m²)		22.7±3.7	22.7±3.5	21.0±2.4	NS	NS	16.5±1.8	16.5±1.3	16.7±1.9	NS	NS		<0.001	<0.001	<0.05
% low	<18.5	8	0	0			<P3	8	13.6						
% normal	18.5-24.9	74	77	100			P3-P85	7.4	77.3						
% overweight	25.0-29.9	11	23	0			P85-P95	85.2	4.5						
% obese	>30.0	7	0	0			>P95	3.7	4.5						
								3.7	6.7						
WHR		0.8±0.1	0.8±0.1	0.8±0.1	NS	NS	0.7±0.1	0.7±0.1	0.7±0.1	NS	NS		<0.001	<0.001	<0.001
very low risk	<0.95	69	42	75			<P5	77	76						
low risk	0.96-0.99	16	50	25			P5-P95	19	19						
high risk	>1.00	15	8	0			>P95	4	5						
									13						
Fat mass (kg)		27.5±8.6	26.6±5.3	27.2±3.6	NS	NS	17.1±6.2	18.0±7.0	16.3±3.4	NS	NS		<0.001	<0.001	<0.01
% low	<8.9/12.9%	19	8	0			<P5	20	20						
% normal	of BW	48	59	100			P5-P95	60	60						
% high	40% of BW	33	33	0			>P95	20	20						
	>40.1% of BW								66.7						
									13.3						
Muscle mass (kg)		24.8±5.6	25.9±7.9	22.3±3.4	NS	NS	12.1±4.8	12.4±4.9	12.4±4.8	NS	NS		<0.001	<0.001	<0.05
% low	<39.9% of BW	15	0	0			<41.9% of BW	38.5	23.8						
% normal	BW	78	92	100			42-47% of BW	61.5	76.2						
% high	40% of BW	7	8	0			>47.1% of BW	0	0						
	>40.1% of BW								0						
Protein content (kg)		8.8±1.8	9.3±2.6	6.8±2.7	NS	NS	4.8±1.7	6.8±8.5	5.2±1.6	NS	NS		<0.001	NS	NS
% low	Personalized	0	0	0			Personalized	24	10						
% normal	calculation of	100	100	100			calculation of	76	90						
% high	InBody 120	0	0	0			InBody 120	0	0						
Mineral content (kg)		3.2±0.6	3.3±0.9	2.9±0.4	NS	NS	1.7±0.6	1.7±0.3	1.9±0.6	NS	NS		<0.001	<0.001	<0.05

% low % normal % high	Personalized calculation of InBody 120	0 100 0	0 100 0	0 100 0			Personalized calculation of InBody 120	8 92 0	5 95 0	0 100 0					
Water content (L)		33.0±6.7	34.4±9.6	30.1±4.1	NS	NS		17.9±6.2		19.5±6.0	NS	NS	<0.001	<0.001	<0.001
% low % normal % high	Personalized calculation of InBody 120	0 100 0	0 100 0	0 100 0			Personalized calculation of InBody 120	23 77 0	25.5±31 .7 10 90 0	27 73 0					
Basal Metabolic Rate (kcal)		1339.7± 194.6	1386.8± 270.5	1260.0± 145.1	NS	NS		901.2±184.2	932.5±1 96.3	944.1±17 8.4	0.058	0.0 01	<0.001	<0.001	<0.05
Energy expenditure (kcal)		2182.9± 335.1	2226.2± 405.9	2025.0± 168.4	NS	NS		1677.7±346.6	1740.9± 754.3	1862.6±2 97.6	0.093	0.0 01	<0.001	<0.05	NS
Biochemical data	Reference values*	Reference values*													
Glucose (mg/dl)	76-110	89.8±10.5	83.1±7.1	87.0±2.0	NS	NS	76-110	80.3±7.1	86.1±6. 4	81.3±9.6	0.027	0.0 43	<0.05	NS	NS
Total cholesterol (mg/dl)	<200	173.9± 35.2	168.7± 19.2	154.0	NS	NS	<200	155.6±21.7	155.8±2 2.8	160.7±46 .4	NS	NS	NS	NS	NS
HDL (mg/dl)	>40	49.6±9.9	59.4±16.0	DNC	NS	NS	>40	50.0±10.3	57.7±18 .5	63.2±17. 5	NS	NS	NS	NS	NS
LDL (mg/dl)	<130	95±2.8	95±2.8	95	NS	NS	<130	98.1±22.0	101.0±2 0.4	85.3±37. 9	NS	NS	NS	NS	NS
TG (mg/dl)	<150	136.6±248. 8	70.0± 29.9	57.0	NS	NS	<150	68.1±31.8	52.8± 19.2	56.0± 23.5	NS	NS	NS	NS	NS
Ferritin (ng/ml)	20-200	30.6±30.1	18.8±14.3	15.0	NS	NS	20-200	28.7± 14.6	36.1± 22.4	29.1± 12.5	NS	NS	NS	NS	NS
Transferrin (mg/dl)	200-374	273.7±21.0	310.5±159	239.0	NS	NS	200-374	249.5± 110.9	273.4± 73.5	302.3± 68.7	NS	NS	NS	NS	NS

Abbreviations: Vt0= visit at time 0, at diagnosis; vt3= visit after 3 months on a gluten-free diet; vt12= visit after 12 months on a gluten-free diet; DNC= Data Not Collected; NS: Not significant; BMI: Body Mass Index; WHR: Waist to Hip Ratio; HDL-c: High Density Lipoprotein –cholesterol; LDL-c: Low Density Lipoprotein-cholesterol; TG: Triglycerides.

\*Reference values for adults: For adults: BMI, WHR and Fat Mass for adults: World Health Organization established limits[41]. For children and adolescents: BMI: Sobradillo *et al.*, 2004 [33] established limits; WHR and Fat Mass: Moreno *et al.* 1998 [36]and Moreno *et al.* 1999 [37] established limits. For all participants: Muscle Mass: Heymsfield et al. 1990 [38]and Ito et al. 2001 [39] established limits; Protein, mineral and water content: limits established by InBody 120 for each participant; Biochemical data: Basque Health System established values.

**Supplementary Table S2.** Percentage of consumption of each ultra-processed food-group (G4) among celiac adults and children.

	Adults			Children and adolescents		
	Vt0	Vt3	Vt12	Vt0	Vt3	Vt12
<b>n</b>	27	13	4	31	20	18
<b>GFP</b>	51.1	48.5	57.7	54.4	52.0	51.8
<b>Ultraprocessed dairy products</b>	5.9	10.7	7.7	10.9	10.5	13.4
<b>Snacks</b>	7.6	6.1	3	5.5	6.2	4.2
<b>Candy and chocolates</b>	8.6	12.6	18.7	12.6	14.1	8.4
<b>Ultraprocessed fish</b>	0.4	0.9	1.4	0.6	0.7	0
<b>Sausages</b>	7.6	4.5	4.7	11.5	7.6	14
<b>Fruit derivatives</b>	5.9	4	0	1.9	2.3	0.3
<b>Sauces</b>	4.1	5	1.4	1.5	2.3	4.9
<b>Soft drinks</b>	3.3	3.6	1.4	0.2	0.7	2.7
<b>Alcohol</b>	6.1	3.1	3	0	0	0

Abbreviations: GFP: Gluten-Free Products.