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[illegible]

**Table S1.** (a) Comparison of clinical data (male NAFLD group, male control group).

Parameter	Control (n=17)	NAFLD (n=17)	<i>P</i> value
Age (y.o.)	52.2 ± 10.6	52.2 ± 10.6	n.s.
BMI	23.9 ± 3.6	32.4 ± 6.70	0.0001
SBP (mmHg)	132 ± 17.7	130 ± 12.6	n.s.
RBC (×10 <sup>4</sup> /mm <sup>3</sup> )	467 ± 51.7	506 ± 64.2	0.0246
Plt (×10 <sup>4</sup> /mm <sup>3</sup> )	23.1 ± 5.6	20.7 ± 8.91	0.2755
TP (g/dL)	7.3 ± 0.4	7.32 ± 0.452	n.s.
Alb (g/dL)	4.4 ± 0.3	4.34 ± 0.294	n.s.
HbA1c (%)	5.8 ± 0.7	6.81 ± 0.933	0.0004
T-Cho (mg/dL)	200 ± 37.0	188 ± 43.6	n.s.
TG (mg/dL)	159 ± 110	169 ± 66.7	n.s.
AST (U/L)	26.4 ± 10.9	54.5 ± 31.6	0.0021
ALT (U/L)	26.3 ± 17.6	70.8 ± 40.8	0.0004
GGT (U/L)	47.7 ± 53.3	114 ± 82.0	0.0055
Cre (mg/dL)	0.9 ± 0.5	0.938 ± 0.183	n.s.
Fe (μg/dL)	93.8 ± 34.9	125 ± 49.4	0.0231

(b) Comparison of clinical data (female NAFLD group, female control group)

Parameter	Control (n=20)	NAFLD (n=20)	<i>P</i> value
Age (y.o.)	57.8 ± 10.6	57.8 ± 10.6	n.s.
BMI	22.5 ± 3.7	31.0 ± 5.8	0
SBP (mmHg)	127 ± 19.1	129 ± 13.2	n.s.
RBC (×10 <sup>4</sup> /mm <sup>3</sup> )	433 ± 39.3	458 ± 30.3	0.002
Plt (×10 <sup>4</sup> /mm <sup>3</sup> )	25.1 ± 6.1	21.0 ± 8.23	0.0388
TP (g/dL)	7.3 ± 0.4	7.36 ± 0.477	n.s.
Alb (g/dL)	4.3 ± 0.3	4.29 ± 0.34	n.s.
HbA1c (%)	5.7 ± 0.6	6.68 ± 0.91	0.0004
T-Cho (mg/dL)	214 ± 36.0	190 ± 35.5	0.002
TG (mg/dL)	132 ± 94.8	188 ± 130	n.s.
AST (U/L)	23.0 ± 9.5	51.4 ± 29.1	0.0005
ALT (U/L)	19.2 ± 12.2	61.9 ± 38.6	0.0
GGT (U/L)	26.3 ± 34.2	112 ± 99.9	0.0037
Cre (mg/dL)	0.7 ± 0.3	0.77 ± 0.23	n.s.

Fe (μg/dL)	74.2 ± 30.3	113 ± 40.4	0.0007
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**Table S2.** (a) Comparison of nutrient intake data (male NAFLD group, male control group).

Parameter	Control (male)	NAFLD (male)	<i>P</i> value
Total calorie (kcal)	2141 ± 588.7	2191 ± 464.8	n.s.
Carbohydrate (g/day)	275 ± 82.9	277 ± 66.6	n.s.
Fat (g/day)	66.3 ± 28.9	80.4 ± 19.6	0.0095
Protein (g/day)	78.8 ± 26.2	83.1 ± 18.9	n.s.
SFA (g/day)	19.1 ± 9.72	19.2 ± 7.56	n.s.
mono USFA (g/day)	24.7 ± 12.1	27.4 ± 8.33	n.s.
poly USFA (g/day)	14.3	15.9 ± 49.4	Incalculable*
Cholesterol (mg/day)	366 ± 209	360 ± 97.6	n.s.
Na (mg/day)	4309 ± 1625	4419 ± 1577	n.s.
K (mg/day)	2439 ± 953.9	2196 ± 609.2	n.s.
Ca (mg/day)	503 ± 271	460 ± 200	n.s.
Mg (mg/day)	270 ± 102	251 ± 78.3	n.s.
Phosphorus (mg/day)	1084 ± 372.2	1026 ± 238.9	n.s.
Fe (mg/day)	8.30 ± 3.30	9.11 ± 4.24	n.s.
Zn (mg/day)	9.20 ± 3.47	8.52 ± 1.93	n.s.
Cu (mg/day)	1.23 ± 0.44	1.11 ± 0.251	n.s.
Vitamin A (μgRAE/day)	564 ± 1297	416 ± 130	0.0008
Vitamin B1 (mg/day)	1.03 ± 0.500	1.19 ± 0.305	n.s.
Vitamin B2 (mg/day)	1.25 ± 0.55	1.33 ± 0.677	n.s.
Vitamin B6 (mg/day)	1.30 ± 0.55	1.34 ± 0.46	n.s.
Vitamin B12 (μg/day)	7.25 ± 8.70	7.25 ± 3.36	n.s.
Vitamin C (mg/day)	95.9 ± 71.5	79.5 ± 52.7	n.s.
Vitamin D (μg/day)	7.85 ± 9.93	7.05 ± 3.40	n.s.
Vitamin E (mg/day)	7.18 ± 3.52	8.69 ± 3.11	n.s.
Vitamin K2 (μg/day)	258 ± 192	224 ± 144	n.s.
Niacin (mgNE/day)	34.5 ± 13.1	29.2 ± 8.67	0.023
Folate acid (μg/day)	310 ± 179	270 ± 113	n.s.
Pantothenic acid (mg/day)	6.05 ± 2.27	5.72 ± 1.55	n.s.
Water-soluble dietary fiber (g/day)	3.70 ± 1.80	4.65 ± 2.28	n.s.
Insoluble dietary fiber (g/day)	12.2 ± 5.17	10.3 ± 3.50	0.0398

<b>Total dietary fiber (g/day)</b>	19.9 ± 7.36	19.7 ± 5.45	n.s.
<b>Salt (g/day)</b>	10.9 ± 4.13	11.5 ± 3.86	n.s.

\* *P* value was not calculable due to impaired data of control subjects

(b) Comparison of nutrient intake data (female NAFLD group, female control group)

<b>Parameter</b>	<b>Control (female)</b>	<b>NAFLD (female)</b>	<b><i>P</i> value</b>
<b>Total calorie (kcal)</b>	1717 ± 496.1	1587 ± 352.2	n.s.
<b>Carbohydrate (g/day)</b>	226 ± 69.7	203 ± 51.2	n.s.
<b>Fat (g/day)</b>	56.7 ± 25.7	56.5 ± 14.6	n.s.
<b>Protein (g/day)</b>	66.4 ± 22.4	61.6 ± 14.7	n.s.
<b>SFA (g/day)</b>	16.7 ± 8.86	14.4 ± 5.25	n.s.
<b>mono USFA (g/day)</b>	20.6 ± 10.4	18.7 ± 6.42	n.s.
<b>poly USFA (g/day)</b>	12.1	11.2 ± 4.57	Incalculable*
<b>Cholesterol (mg/day)</b>	317 ± 184	327 ± 131	n.s.
<b>Na (mg/day)</b>	3651 ± 1411	2981 ± 1076	0.0122
<b>K (mg/day)</b>	2273 ± 941.1	2070 ± 660.1	n.s.
<b>Ca (mg/day)</b>	494 ± 264	449 ± 133	n.s.
<b>Mg (mg/day)</b>	242 ± 94.8	220 ± 62.8	n.s.
<b>Phosphorus (mg/day)</b>	948 ± 339	884 ± 232	n.s.
<b>Fe (mg/day)</b>	7.53 ± 3.15	7.12 ± 2.10	n.s.
<b>Zn (mg/day)</b>	7.67 ± 2.97	6.54 ± 1.68	0.0079
<b>Cu (mg/day)</b>	1.07 ± 0.41	0.917 ± 0.261	0.0174
<b>Vitamin A (µgRAE/day)</b>	532 ± 906	448 ± 206	n.s.
<b>Vitamin B1 (mg/day)</b>	0.88 ± 0.42	0.918 ± 0.446	n.s.
<b>Vitamin B2 (mg/day)</b>	1.13 ± 0.50	0.991 ± 0.250	0.0234
<b>Vitamin B6 (mg/day)</b>	1.12 ± 0.49	1.14 ± 0.443	n.s.
<b>Vitamin B12 (µg/day)</b>	5.90 ± 7.01	5.51 ± 3.47	n.s.
<b>Vitamin C (mg/day)</b>	101 ± 75.0	91.7 ± 43.2	n.s.
<b>Vitamin D (µg/day)</b>	6.60 ± 7.91	6.27 ± 4.44	n.s.
<b>Vitamin E (mg/day)</b>	6.64 ± 3.38	7.46 ± 2.36	n.s.
<b>Vitamin K2 (µg/day)</b>	243 ± 185	169 ± 82.1	0.0007
<b>Niacin (mgNE/day)</b>	28.6 ± 10.9	22.9 ± 6.61	0.0013
<b>Folate acid (µg/day)</b>	295 ± 160	264 ± 101	n.s.
<b>Pantothenic acid (mg/day)</b>	5.30 ± 2.05	6.00 ± 4.36	n.s.
<b>Water-soluble dietary fiber (g/day)</b>	3.58 ± 1.76	4.01 ± 1.32	n.s.

<b>Insoluble dietary fiber (g/day)</b>	11.5 ± 5.24	9.04 ± 2.95	0.0015
<b>Total dietary fiber (g/day)</b>	18.0 ± 7.21	14.4 ± 5.03	0.0057
<b>Salt (g/day)</b>	9.27 ± 3.58	7.73 ± 2.65	0.0162

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