

Supplementary files

Figure S1

The food ingredients list frequency survey sheet used in this study (original seize).

ID:													
date		Day 1 : / ()			Day 2 : / ()			Day 3 : / ()			Day 4 : / ()		
Self-evaluation of today's meal <input checked="" type="checkbox"/>													
★Target weight after 2 weeks kg		BW kg	Muscle mass kg	Body fat kg	BW kg	Muscle mass kg	Body fat kg	BW kg	Muscle mass kg	Body fat kg	BW kg	Muscle mass kg	Body fat kg
		Daily steps _____ exercise :			Daily steps _____ exercise :			Daily steps _____ exercise :			Daily steps _____ exercise :		
mealtime (A) eating out · (B) eating at house · (C) cooking for oneself <input checked="" type="checkbox"/>		Breakfast (:) A · B · C	lunch (:) A · B · C	dinner (:) A · B · C	breakfast (:) A · B · C	lunch (:) A · B · C	dinner (:) A · B · C	breakfast (:) A · B · C	lunch (:) A · B · C	dinner (:) A · B · C	breakfast (:) A · B · C	lunch (:) A · B · C	dinner (:) A · B · C
protein	carbohydrate												
	Soybeans												
	fish												
	chicken												
	egg												
	crustacean												
	shellfish												
	lean pork												
	lean beef												
	Ribs, fatty meat, offal												
Processed meat													
cheese													
yogurt													
vitamins/minerals	red, orange and yellow vegetables												
	green leafy vegetables												
	root crops												
	seaweed												
	mushrooms												
	Seeds (sesame, pine nuts)												
fruit													
fat	Olive oil												
	Egoma oil, amani-oil												
	Butter, margarine												
	others												
sugar		time	(:)	(:)	(:)	(:)	(:)	(:)	(:)	(:)	(:)	(:)	(:)
beverage	vegetable juice												
	100% fruit juice												
	sweetened beverage												
	ordinary milk												
	Non (low) fat milk												
	Soy milk												
	Alcohol drink												
		time	(:)	(:)	(:)	(:)	(:)	(:)	(:)	(:)	(:)	(:)	(:)
snack	nuts												
	Low-calorie snacks												
	Wagashi, Arare, Jelly												
	Confectionery, breads, chocolates												
	icecream												
	Snacks and fried snacks												
	Fat-food												
others													

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

Parameter	Control (n=17)	NAFLD (n=17)	P 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 ($\times 10^4/\text{mm}^3$)	467 ± 51.7	506 ± 64.2	0.0246
Plt ($\times 10^4/\text{mm}^3$)	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-Chol (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)	P 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 ($\times 10^4/\text{mm}^3$)	433 ± 39.3	458 ± 30.3	0.002
Plt ($\times 10^4/\text{mm}^3$)	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-Chol (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)	P 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

Total dietary fiber (g/day)	19.9 ± 7.36	19.7 ± 5.45	n.s.
Salt (g/day)	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)

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

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

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