

Supplementary Table S1. Demographic, anthropometric, clinical, and nutritional data of 227 RTRs ^{1,2}

	ALL	T1 stage	T2 stage		ALL	T1 stage	T2 stage	
Numbers	227	85	142	<i>P</i> value	227	85	142	<i>P</i> value
Demographics								
Male/female	127/100	45/40	81/61					
Age, year	49.97 ± 12.30	49.72 ± 12.60	50.12 ± 12.16	0.812				
Renal transplant time, year	9.22 ± 7.91	8.83 ± 5.97	9.45 ± 8.88	0.532				
Tacrolimus/cyclosporine used	164/41	69/16	95/25 ^s					
Deceased/living donors	156/71	69/16	87/55					
Anthropometry								
Height, cm	162.26 ± 8.92	161.39 ± 8.61	162.79 ± 9.09	0.254				
Body weight, kg	63.26 ± 13.91	62.88 ± 13.26	63.49 ± 14.33	0.750				
Body mass index, kg/m ²	23.87 ± 4.04	24.00 ± 3.83	23.79 ± 4.18	0.707				
Laboratory								
Albumin, g/dL	4.27 ± 0.31	4.34 ± 0.30	4.23 ± 0.31	0.017				
Blood urea nitrogen, mg/dL	25.56 ± 11.75	24.05 ± 11.59	26.52 ± 11.79	0.129				
Creatinine, mg/dL	1.47 ± 0.90	1.43 ± 0.76	1.49 ± 0.98	0.587				
Total cholesterol, mg/dL	206.41 ± 49.05	208.20 ± 45.34	205.30 ± 51.35	0.669				
Triglycerides, mg/dL	152.93 ± 112.04	157.92 ± 122.19	149.77 ± 105.46	0.601				
HDL-C, mg/dL	55.78 ± 17.91	52.25 ± 17.79	58.08 ± 17.69	0.019				
HbA1c, %	6.05 ± 1.01	6.06 ± 1.01	6.04 ± 1.01	0.863				
Insulin, U/mL	12.57 ± 41.01	8.56 ± 13.04	15.43 ± 52.47	0.173				

Uric acid, mg/dL	5.92 ± 1.35	6.20 ± 1.33	5.74 ± 1.34	0.013	Phosphorous, mg/day	829.34 ± 286.24	726.98 ± 227.99	890.61 ± 300.44	<.0001
hs-CRP, mg/dL	4.94 ± 12.12	5.16 ± 12.20	4.79 ± 12.11	0.830	Potassium, mg/day	1998.93 ± 741.40	1791.88 ± 634.45	2122.86 ± 774.54	0.001
Six primary food categories					Iron, mg/day	9.56 ± 5.15	8.86 ± 2.57	9.98 ± 6.17	0.058
Whole grains and cereals, servings/day	9.52 ± 3.18	10.56 ± 2.69	8.89 ± 3.30	<.0001	Zinc, mg/day	8.74 ± 2.89	8.66 ± 2.59	8.79 ± 3.07	0.748
Soybeans, fish, eggs, and meat, servings/day	6.28 ± 2.23	5.78 ± 1.62	6.58 ± 2.48	0.004	Vitamin B1, mg/day	1.00 ± 0.45	1.04 ± 0.35	0.98 ± 0.51	0.309
Dairy products, servings/day	0.30 ± 0.54	0.19 ± 0.34	0.36 ± 0.63	0.010	Vitamin B2, mg/day	0.97 ± 0.39	0.87 ± 0.27	1.02 ± 0.43	0.001
Vegetables, servings/day	2.54 ± 1.47	2.50 ± 1.05	2.57 ± 1.68	0.683	Niacin, mg/day	14.04 ± 5.53	12.16 ± 4.00	15.17 ± 6.00	<.0001
Fruits, servings/day	1.07 ± 1.16	1.21 ± 1.02	0.99 ± 1.24	0.143	Vitamin B6, mg/day	1.47 ± 0.57	1.26 ± 0.37	1.59 ± 0.63	<.0001
Oils, fats, nuts and seeds, servings/day	9.89 ± 3.72	10.01 ± 3.18	9.82 ± 4.02	0.689	Vitamin B12, ug/day	3.17 ± 2.66	2.94 ± 1.88	3.30 ± 3.03	0.274
Others					Folic acid, ug/day	248.16 ± 109.76	207.81 ± 101.34	272.31 ± 107.81	<.0001
eGFR, ml/min/1.73 m ²	55.70 ± 21.77	54.71 ± 21.48	56.29 ± 22.00	0.598	Vitamin C, mg/day	119.75 ± 92.35	101.79 ± 61.89	130.50 ± 105.25	0.010
SBP, mmHg	136.50 ± 17.99	133.37 ± 15.98	138.45 ± 18.92	0.033	Vitamin A, ug RE/day	812.07 ± 744.74	787.49 ± 379.67	826.79 ± 895.85	0.064
DBP, mmHg	80.14 ± 12.91	77.90 ± 11.89	81.53 ± 13.36	0.042	Vitamin E, mg α-TE/day	12.55 ± 13.76	9.92 ± 3.83	14.12 ± 16.97	0.005
HOMA-IR	2.98 ± 11.03	2.35 ± 4.96	3.44 ± 13.93	0.449					

Abbreviations: RTRs, renal transplant recipients; HDL-C, high-density lipoprotein cholesterol; HbA1c, glycated hemoglobin A1c; hs-CRP, high-sensitivity C-reactive protein; eGFR, estimated glomerular filtration rate; SBP, systolic blood pressure; DBP, diastolic blood pressure; HOMA-IR, homeostasis model assessment–estimated insulin resistance; SFA, saturated fatty acid; MUFA, monounsaturated fatty acid; PUFA, polyunsaturated fatty acid; RE, retinol equivalent; TE, tocopherol equivalent.

¹ This two-stage cross-sectional study was conducted from September 2016 to June 2018, referred to as the T1 stage, followed by the T2 stage, spanning from July 2022 to August 2023. Data are presented as the mean ± standard deviation or number, as appropriate.

² Statistical analyses were conducted using Student's t test or Wilcoxon rank sum test, as appropriate.

[§]No records of 22 patients.