

Table S1. Water and sugary-sweetened beverages consumption among case-control groups.

		Control Group		MASLD	
		N	(%)	N	(%)
Water Frequency	< 1 per /week	1	(1.7)	2	(3.3)
	1 /week	2	(3.3)	0	(0.0)
	2 to 3 /week	3	(5.0)	4	(6.7)
	4 to 6 /week	3	(5.0)	2	(3.3)
	1 /day	3	(5.0)	2	(3.3)
	At least 2 /day	5	(8.3)	2	(3.3)
	At least 3 /day	43	(71.7)	48	(80.0)
Water Quantity (based on dietary guidelines)	Insufficient	26	(43.3)	25	(41.7)
	Sufficient	34	(56.7)	35	(58.3)
100% Fruit juice Frequency	< 1 per /week	39	(65.0)	38	(63.3)
	1 /week	4	(6.7)	3	(5.0)
	2 to 3 /week	11	(18.3)	14	(23.3)
	4 to 6 /week	4	(6.7)	1	(1.7)
	1 /day	1	(1.7)	3	(5.0)
	At least 2 /day	1	(1.7)	0	(0.0)
	At least 3 /day	0	(0.0)	1	(1.7)
100% Fruit juice Quantity	0	30	(50.0)	29	(48.3)
	3/4 cup	0	(0.0)	0	(0.0)
	1 cup	27	(45.0)	26	(43.3)
	1/2 cup	0	(0.0)	3	(5.0)
	2 cups	1	(1.7)	1	(1.7)
	2 1/2 cup	2	(3.3)	1	(1.7)
	3 cups	0	(0.0)	0	(0.0)
Sweet Juice Frequency	< 1 per /week	48	(80.0)	47	(78.3)
	1 /week	5	(8.3)	5	(8.3)
	2 to 3 /week	3	(5.0)	5	(8.3)
	4 to 6 /week	0	(0.0)	3	(5.0)
	1 /day	2	(3.3)	0	(0.0)
	At least 2 /day	0	(0.0)	0	(0.0)
	At least 3 /day	2	(3.3)	0	(0.0)
Sweet Juice Quantity	0	53	(88.3)	52	(86.7)
	1 cup	4	(6.7)	5	(8.3)

	2 cups	1 (1.7)	1 (1.7)
	4 cups	0 (0.0)	2 (3.3)
	6 cups	2 (3.3)	0 (0.0)
Whole fat Milk Frequency	< 1 per /week	48 (80.0)	50 (83.3)
	1 /week	0 (0.0)	3 (5.0)
	2 to 3 /week	6 (10.0)	2 (3.3)
	4 to 6 /week	2 (3.3)	2 (3.3)
	1 /day	0 (0.0)	2 (3.3)
	At least 2 /day	0 (0.0)	0 (0.0)
	At least 3 /day	4 (6.7)	1 (1.7)
Whole fat Milk Quantity	0	38 (63.3)	38 (63.3)
	3/4 cup	1 (1.7)	2 (3.3)
	1 cup	20 (33.3)	17 (28.3)
	1/2 cup	0 (0.0)	1 (1.7)
	2 cups	1 (1.7)	2 (3.3)
	2 1/2 cup	0 (0.0)	0 (0.0)
Reduced Milk Frequency	< 1 per /week	56 (93.3)	57 (95.0)
	1 /week	1 (1.7)	1 (1.7)
	2 to 3 /week	2 (3.3)	0 (0.0)
	4 to 6 /week	0 (0.0)	0 (0.0)
	1 /day	1 (1.7)	2 (3.3)
	At least 2 /day	0 (0.0)	0 (0.0)
	At least 3 /day	0 (0.0)	0 (0.0)
Reduced Milk Quantity	0	56 (93.3)	56 (93.3)
	3/4 cup	0 (0.0)	2 (3.3)
	1 cup	4 (6.7)	2 (3.3)
	1/2 cup	0 (0.0)	0 (0.0)
	2 cups	0 (0.0)	0 (0.0)
	2 1/2 cup	0 (0.0)	0 (0.0)
Low fat-free fat Milk Frequency	< 1 per /week	56 (93.3)	58 (96.7)
	1 /week	1 (1.7)	0 (0.0)
	2 to 3 /week	2 (3.3)	1 (1.7)
	4 to 6 /week	0 (0.0)	0 (0.0)
	1 /day	0 (0.0)	1 (1.7)
	At least 2 /day	0 (0.0)	0 (0.0)
	At least 3 /day	1 (1.7)	0 (0.0)
Low fat-free fat Milk Quantity	0	54 (90.0)	56 (93.3)
	3/4 cup	0 (0.0)	2 (3.3)
	1 cup	5 (8.3)	2 (3.3)

	1/2 cup	0 (0.0)	0 (0.0)
	2 cups	0 (0.0)	0 (0.0)
	2 1/2 cup	1 (1.7)	0 (0.0)
Regular soft Drink Frequency	< 1 per /week	46 (76.7)	41 (68.3)
	1 /week	4 (6.7)	6 (10.0)
	2 to 3 /week	2 (3.3)	4 (6.7)
	4 to 6 /week	2 (3.3)	6 (10.0)
	1 /day	1 (1.7)	1 (1.7)
	At least 2 /day	1 (1.7)	0 (0.0)
	At least 3 /day	4 (6.7)	2 (3.3)
Regular soft Drink Quantity	0	38 (63.3)	28 (46.7)
	3/4 cup	1 (1.7)	2 (3.3)
	1 cup	14 (23.3)	21 (35.0)
	1 1/2 cup	1 (1.7)	2 (3.3)
	2 cups	5 (8.3)	6 (10.0)
	2 1/2 cup	1 (1.7)	1 (1.7)
Soft drink- Artificially Sweetened (Diet) Frequency	< 1 per /week	55 (91.7)	57 (95.0)
	1 /week	2 (3.3)	1 (1.7)
	2 to 3 /week	1 (1.7)	1 (1.7)
	4 to 6 /week	0 (0.0)	0 (0.0)
	1 /day	1 (1.7)	0 (0.0)
	At least 2 /day	0 (0.0)	0 (0.0)
	At least 3 /day	1 (1.7)	1 (1.7)
Soft drink- Artificially Sweetened (Diet) Quantity	0	53 (88.3)	56 (93.3)
	3/4 cup	1 (1.7)	1 (1.7)
	1 cup	5 (8.3)	2 (3.3)
	1 1/2 cup	0 (0.0)	1 (1.7)
	2 cups	0 (0.0)	0 (0.0)
	2 1/2 cup	1 (1.7)	0 (0.0)
Sweetened Tea Frequency	< 1 per /week	22 (36.7)	16 (26.7)
	1 /week	2 (3.3)	2 (3.3)
	2 to 3 /week	2 (3.3)	0 (0.0)
	4 to 6 /week	3 (5.0)	2 (3.3)
	1 /day	5 (8.3)	4 (6.7)
	At least 2 /day	4 (6.7)	1 (1.7)
	At least 3 /day	22 (36.7)	35 (58.3)
Sweetened Tea Quantity	0	16 (26.7)	14 (23.3)
	3/4 cup	0 (0.0)	0 (0.0)
	1 cup	29 (48.3)	17 (28.3)

	1/2 cup	1 (1.7)	0 (0.0)
	2 cups	8 (13.3)	21 (35.0)
	2 1/2 cup	6 (10.0)	8 (13.3)
Tea or Coffee with cream and/or sugar Frequency	< 1 per /week	40 (66.7)	37 (61.7)
	1 /week	0 (0.0)	2 (3.3)
	2 to 3 /week	1 (1.7)	2 (3.3)
	4 to 6 /week	1 (1.7)	1 (1.7)
	1 /day	1 (1.7)	0 (0.0)
	At least 2 /day	2 (3.3)	1 (1.7)
	At least 3 /day	15 (25.0)	17 (28.3)
Tea or Coffee with cream and/or sugar Quantity	0	36 (60.0)	33 (55.0)
	3/4 cup	2 (3.3)	1 (1.7)
	1 cup	16 (26.7)	18 (30.0)
	1/2 cup	0 (0.0)	0 (0.0)
	2 cups	5 (8.3)	3 (5.0)
	2 1/2 cup	1 (1.7)	5 (8.3)
Tea or Coffee black with or without artificial sweetener Frequency	< 1 per /week	35 (58.3)	22 (36.7)
	1 /week	0 (0.0)	3 (5.0)
	2 to 3 /week	1 (1.7)	6 (10.0)
	4 to 6 /week	1 (1.7)	5 (8.3)
	1 /day	0 (0.0)	1 (1.7)
	At least 2 /day	2 (3.3)	0 (0.0)
	At least 3 /day	21 (35.0)	23 (38.3)
Tea or Coffee black with or without artificial sweetener Quantity	0	30 (50.0)	17 (28.3)
	3/4 cup	1 (1.7)	1 (1.7)
	1 cup	12 (20.0)	18 (30.0)
	1/2 cup	1 (1.7)	0 (0.0)
	2 cups	2 (3.3)	12 (20.0)
	2 1/2 cup	14 (23.3)	12 (20.0)

Table S2. Intake of alcoholic, non-alcoholic beverages, and energy drinks among case-control groups.

		Control Group		MASLD	
		N	(%)	N	(%)
Beer, Ales, Wine, Non-	< 1 per /week	60	(100.0)	57	(95.0)
	1 /week	0	(0.0)	2	(3.3)
	2 to 3 /week	0	(0.0)	0	(0.0)

alcoholic or light Beer Frequency	4 to 6 /week	0 (0.0)	0 (0.0)
	1 /day	0 (0.0)	0 (0.0)
	At least 2 /day	0 (0.0)	0 (0.0)
	At least 3 /day	0 (0.0)	1 (1.7)
Beer, Ales, Wine, Non- alcoholic or light Beer Quantity	0	60 (100.0)	56 (93.3)
	3/4 cup	0 (0.0)	2 (3.3)
	1 cup	0 (0.0)	1 (1.7)
	1/2 cup	0 (0.0)	1 (1.7)
	2 cups	0 (0.0)	0 (0.0)
	2 1/2 cup	0 (0.0)	0 (0.0)
Hard Liquor Frequency	< 1 per /week	60 (100.0)	60 (100.0)
	1 /week	0 (0.0)	0 (0.0)
	2 to 3 /week	0 (0.0)	0 (0.0)
	4 to 6 /week	0 (0.0)	0 (0.0)
	1 /day	0 (0.0)	0 (0.0)
	At least 2 /day	0 (0.0)	0 (0.0)
	At least 3 /day	0 (0.0)	0 (0.0)
Hard Liquor Quantity	0	60 (100.0)	57 (95.0)
	3/4 cup	0 (0.0)	3 (5.0)
	1 cup	0 (0.0)	0 (0.0)
	1/2 cup	0 (0.0)	0 (0.0)
	2 cups	0 (0.0)	0 (0.0)
	2 1/2 cup	0 (0.0)	0 (0.0)
Wine Red/White Frequency	< 1 per /week	60 (100.0)	60 (100.0)
	1 /week	0 (0.0)	0 (0.0)
	2 to 3 /week	0 (0.0)	0 (0.0)
	4 to 6 /week	0 (0.0)	0 (0.0)
	1 /day	0 (0.0)	0 (0.0)
	At least 2 /day	0 (0.0)	0 (0.0)
	At least 3 /day	0 (0.0)	0 (0.0)
Wine Red/White Quantity	0	58 (96.7)	57 (95.0)
	3/4 cup	2 (3.3)	3 (5.0)
	1 cup	0 (0.0)	0 (0.0)
	1/2 cup	0 (0.0)	0 (0.0)
	2 cups	0 (0.0)	0 (0.0)
	2 1/2 cup	0 (0.0)	0 (0.0)
Energy & Sports drinks Frequency	< 1 per /week	60 (100.0)	60 (100.0)
	1 /week	0 (0.0)	0 (0.0)
	2 to 3 /week	0 (0.0)	0 (0.0)

	4 to 6 /week	0 (0.0)	0 (0.0)
	1 /day	0 (0.0)	0 (0.0)
	At least 2 /day	0 (0.0)	0 (0.0)
	At least 3 /day	0 (0.0)	0 (0.0)
Energy & Sports drinks Quantity	0	58 (96.7)	57 (95.0)
	3/4 cup	1 (1.7)	3 (5.0)
	1 cup	0 (0.0)	0 (0.0)
	1/2 cup	0 (0.0)	0 (0.0)
	2 cups	1 (1.7)	0 (0.0)
	2 1/2 cup	0 (0.0)	0 (0.0)