

Table S1. Total energy and daily macronutrients/micronutrients intake of GEP-NET patients and control group.

Parameters	NET patients <i>n</i> = 83	Control group <i>n</i> = 83	<i>p</i> -value
Total energy (kcal)	2258.96 ± 237.88	2296.31 ± 280.05	0.399
Protein (gr of total kcal)	97.62 ± 14.33	101.82 ± 16.34	0.102
Animal (gr of total kcal)	71.77 ± 11.08	70.86 ± 12.51	0.498
Plant (gr of total kcal)	25.86 ± 12.09	30.96 ± 11.78	0.003
Carbohydrate (gr of total kcal)	303.86 ± 35.58	309.20 ± 38.62	0.381
Complex (gr of total kcal)	189.34 ± 22.84	206.81 ± 27.74	<0.001
Simple (gr of total kcal)	114.52 ± 15.31	102.39 ± 13.38	<0.001
Fat (gr of total kcal)	72.56 ± 8.51	72.48 ± 10.13	0.832
SFA (gr of total kcal)	26.21 ± 7.71	23.29 ± 3.46	0.060
MUFA (gr of total kcal)	31.11 ± 3.57	33.03 ± 4.91	0.009
PUFA (gr of total kcal)	15.23 ± 4.80	15.35 ± 2.90	0.384
n-6 PUFA (gr/day)	8.14 ± 4.18	5.24 ± 2.89	<0.001
n-3 PUFA (gr/day)	7.09 ± 1.76	10.11 ± 1.91	<0.001

In spite of no differences in energy intake between the two groups, GEP-NET patients consumed a lower quantity of plant protein, complex carbohydrate, MUFA and n-3 PUFA, and higher quantity of simple carbohydrate and n-6 PUFA than control individuals. A *p* value in bold type denotes a significant difference (*p* < 0.05). Abbreviation: GEP-NET, Gastroenteropancreatic Neuroendocrine Tumor; SFA, Saturated Fatty Acids; MUFA, MonoUnsaturated Fatty Acids; PUFA, PolyUnsaturated Fatty Acids.

Table S2. Grading, disease stage and disease status in GEP-NET patients according to gender, gender, smoking, physical activity and PREDIMED categories.

Parameters	Grading		Disease Stage		Disease status		
	G1 n.48	G2 n.35	Stage I-III n.61	Stage IV n.22	Free of the disease n. 34	Stable disease n. 28	Progressive disease n. 21
Gender							
Males	21, 52.5	19, 47.5	26, 65.0	14, 35.0	14, 35.0	14, 35.0	14, 35.0
Females	27, 62.8	16, 37.2	35, 81.4	8, 18.6	20, 46.5	14, 32.6	9, 20.9
	$\chi^2=0.53, p=0.468$		$\chi^2=2.08, p=0.149$			$\chi^2=2.13, p=0.344$	
Smoking							
Yes	18, 56.3	14, 43.8	21, 65.6	11, 34.4	17, 53.1	5, 15.6	10, 31.3
No	30, 58.8	21, 41.2	40, 78.4	11, 21.6	17, 33.3	23, 45.1	11, 21.6
	$\chi^2=0.00, p=0.997$		$\chi^2=1.06, p=0.303$			$\chi^2=1.67, p=0.322$	
Physical activity							
Yes	27, 65.9	14, 34.1	33, 80.5	8, 19.5	18, 43.9	14, 34.1	9, 22.0
No	21, 50.0	21, 50.0	28, 66.7	14, 33.3	16, 38.1	14, 33.3	12, 28.6
	$\chi^2=1.54, p=0.215$		$\chi^2=1.39, p=0.239$			$\chi^2=0.54, p=0.766$	
PREDIMED categories							
Low adherence to the MD	2, 6.7	28, 93.3	17, 56.7	13, 43.3	8, 26.7	7, 23.3	15, 50.0
Average adherence to the MD	42, 85.7	7, 14.3	40, 81.6	9, 18.4	23, 46.9	20, 40.8	6, 12.2
High adherence to the MD	4, 100	0, 0	4, 100	0, 0	3, 75.0	1, 25.0	0, 0
	$\chi^2=50.74, p<0.001$		$\chi^2=7.47, p=0.024$			$\chi^2=16.38, p=0.003$	

When classified GEP-NET patients based on tumor grade G1/G2, stage and disease status, we observed that the majority of patients with aggressive disease (GEP-NET G2, stage IV and progressive disease) presented a low adherence to the MD according to PREDIMED categories. No significant differences were observed when classified these patients for gender, smoking and physical activity. A *p* value in bold type denotes a significant difference (*p* < 0.05). Abbreviation: GEP-NET, Gastroenteropancreatic Neuroendocrine Tumor; PREDIMED, PREvención con DietaMEDiterránea; MD, Mediterranean Diet.

Table S3. Correlations of ki67% index and tumor size with demographic, clinical, metabolic and bioelectrical parameters.

Parameters	ki67% index				Tumor size (mm)			
	Simple correlation		After adjusting for BMI and WC		Simple correlation		After adjusting for BMI and WC	
	<i>r</i>	<i>p</i> -value	<i>r</i>	<i>p</i> -value	<i>r</i>	<i>p</i> -value	<i>r</i>	<i>p</i> -value
Age (years)	0.212	0.055	0.116	0.301	0.157	0.175	0.104	0.377
Anthropometric measurement								
BMI (kg/m ²)	0.338	0.002	-	-	0.178	0.124	-	-
WC (cm)	0.394	<0.001	-	-	0.197	0.089	-	-
Blood pressure								
SBP (mmHg)	0.325	0.003	0.044	0.699	0.236	0.040	0.198	0.091
DBP (mmHg)	0.183	0.098	-0.043	0.700	0.044	0.705	-0.085	0.474
Metabolic profile								
Fasting Glucose (mg/dL)	0.456	<0.001	0.365	0.001	0.198	0.087	0.125	0.291
Total cholesterol (mg/dL)	0.522	<0.001	0.492	<0.001	0.168	0.147	0.130	0.268
HDL cholesterol (mg/dL)	-0.386	<0.001	-0.313	0.004	-0.271	0.018	-0.239	0.040
LDL cholesterol (mg/dL)	0.499	<0.001	0.470	<0.001	0.190	0.101	0.159	0.177
Triglycerides (mg/dL)	0.370	<0.001	0.258	0.020	0.145	0.213	0.090	0.447
Bioelectrical variables								
R (Ω)	0.036	0.745	0.036	0.753	0.030	0.798	0.024	0.839
Xc (Ω)	-0.676	<0.001	-0.666	<0.001	-0.288	0.012	-0.254	0.029
PhA (°)	-0.867	<0.001	-0.864	<0.001	-0.359	0.001	-0.320	0.005
Nutritional assessment								
PREDIMED score	-0.861	<0.001	-0.849	<0.001	-0.430	<0.001	-0.396	<0.001
Total energy (kcal)	0.115	0.302	0.138	0.220	0.102	0.379	0.116	0.323
Protein (gr of total kcal)	0.152	0.170	0.143	0.201	0.241	0.036	0.246	0.035
Animal (gr of total kcal)	0.112	0.312	0.178	0.112	0.149	0.197	0.188	0.109
Plant (gr of total kcal)	0.115	0.303	0.035	0.757	0.071	0.542	0.054	0.648
Carbohydrate (gr of total kcal)	0.069	0.534	0.081	0.470	0.078	0.502	0.126	0.283
Complex (gr of total kcal)	0.008	0.942	-0.010	0.928	0.096	0.409	0.094	0.428
Simple (gr of total kcal)	0.150	0.177	0.207	0.063	0.127	0.275	0.156	0.183
Fat (gr of total kcal)	0.108	0.332	0.166	0.137	-0.079	0.495	-0.059	0.619
SFA (gr of total kcal)	0.007	0.947	0.062	0.583	-0.181	0.118	-0.159	0.175
MUFA (gr of total kcal)	0.077	0.486	0.076	0.499	-0.007	0.954	-0.010	0.931
PUFA (gr of total kcal)	0.050	0.653	0.046	0.684	0.079	0.498	0.077	0.514
n-6 PUFA (gr/day)	0.121	0.275	0.104	0.353	-0.038	0.743	0.046	0.697
n-3 PUFA (gr/day)	-0.055	0.619	-0.081	0.471	0.061	0.600	-0.044	0.708

Ki-67% showed significant correlations with all anthropometric measurements and metabolic profile, SBP, PhA and PREDIMED score. After adjusting for BMI and WC, all correlations were maintained, except for SBP. Tumor size significant correlated with SBP, HDL cholesterol, PhA, PREDIMED score, and protein consumption. After adjusting for BMI and WC, all correlations were maintained, except for SBP. A *p* value in bold type denotes a significant difference (*p* < 0.05). Abbreviation: BMI, Body Mass Index; WC, Waist Circumference; SBP, Systolic Blood Pressure; DBP, Diastolic Blood Pressure; HDL, High-Density Lipoprotein; LDL, Low-Density Lipoprotein; R, Resistance; Xc, Reactance; PhA, Phase angle; PREDIMED, PREvención con Dieta MEDiterránea; SFA, Saturated Fatty Acids; MUFA, MonoUnsaturated Fatty Acids; PUFA, PolyUnsaturated Fatty Acids.

Table S4. Multiple regression analysis models (stepwise method) with the tumor aggressiveness and nutritional parameters.

Parameters	Multiple Regression analysis			
<i>Model 1 –ki67%–</i>	R ²	β	t	<i>p</i> value
PhA (°)	0.306	–0.560	–6.09	<0.001
Variable excluded: fasting Glucose, total cholesterol, HDL cholesterol, LDL cholesterol, triglycerides, Xc, PREDIMED score				
<i>Model 2 –Tumor size–</i>	R ²	β	t	<i>p</i> value
PREDIMED score	0.153	–0.405	–3.81	<0.001
Variable excluded: HDL cholesterol, Xc, PhA, protein (gr of total kcal)				

Among the parameters correlated with ki67% (model 1), and tumor size (model 2), ki67% and tumor size were well predicted by PhA and PREDIMED score, respectively. A *p* value in bold type denotes a significant difference ($p < 0.05$). Abbreviation: PhA, Phase angle; HDL, High-Density Lipoprotein; LDL, Low-Density Lipoprotein; Xc, Reactance; PREDIMED, PREvención con DIeta MEDiterránea.