

Supplementary Information

Exosomal FZD-7 Expression Is Modulated by Different Lifestyle Interventions in Patients with NAFLD

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Table S1. Post-estimation analysis by using Bonferroni Test, show statistical significative decrease value for CAP

DIET	β	SE	95%CI
(Control#1)vs(Control#0)	-0.82	(1.27)	(-5.35;3.71)
(LGIMD#1) vs (LGIMD#0)	-9.35	(1.46)	(-14.57; -4.12)
(PA1#1) vs (PA1#0)	-9.16	(1.46)	(-14.39; -3.93)
(PA2#1) vs (PA2#0)	-10.05	(1.71)	(-16.16; -3.95)
(LGIMD+PA1#1)vs(LGIMD+PA1#0)	-8.59	(1.42)	(-13.65; -3.53)
(LGIMD+PA2#1)vs(LGIMD+PA2#0)	-12.62	(1.46)	(-17.85; -7.39)

Table S2: Adherence to physical activity programs by working arm, gender and week from enrollment. NutriAtt Trial, Castellana Grotte 2015-2016

		PA1 ^a		PA2 ^b		LGIMD+PA1 ^c		LGIMD+PA2 ^d	
		Male	Female	Male	Female	Male	Female	Male	Female
Weeks		Mean (SD)	Mean (SD)	Mean (SD)	Mean (SD)	Mean (SD)	Mean (SD)	Mean (SD)	Mean (SD)
3	Time	96.5 (9.70)	100 (0)	100 (0)	100 (0)	97.8 (8.60)	93.7 (12.40)	100 (0)	100 (0)
	Intensity	101.6 (3.81)	100.5 (1.54)	100.1 (0.61)	100 (0)	99.9 (1.22)	100 (0)	99.9 (0.45)	99.4 (2.41)
	Load	N/A*	N/A*	100 (0)	100 (0)	N/A*	N/A*	10 (0)	100 (0)
4	Time	92.4 (15.8)	89.6 (19.8)	100 (0)	100 (0)	100 (0)	100 (0)	100 (0)	97.4 (9.24)
	Intensity	101.5 (3.20)	100.5 (1.54)	100.1 (0.61)	100 (0)	100.3 (0.63)	100 (0)	99.9 (0.51)	99.4 (2.41)
	Load	N/A*	N/A*	100 (0)	100 (0)	N/A*	N/A*	100 (0)	100 (0)
5	Time	94.4 (12.9)	95.8 (11.8)	95.8 (11.4)	94.4 (13.6)	100 (0)	100 (0)	100 (0)	94.9 (12.5)
	Intensity	101.0 (2.32)	100.1 (0.28)	100.1 (0.61)	100 (0)	100.6 (1.56)	100 (0)	100.1 (0.40)	98.9 (2.81)
	Load	N/A*	N/A*	100 (0)	100 (0)	N/A*	N/A*	100 (0)	100 (0)
6	Time	94.2 (11.5)	100 (0)	93.7 (13.4)	94.4 (13.6)	100 (0)	100 (0)	100 (0)	97.4 (9.24)
	Intensity	100.5 (3.07)	100.1 (0.28)	99.9 (0.41)	100 (0)	100.9 (1.84)	100 (0)	100.1 (0.40)	98.9 (2.81)
	Load	N/A*	N/A*	100 (0)	100 (0)	N/A*	N/A*	100 (0)	100 (0)
7	Time	93.0 (13.2)	92.0 (22.6)	95.8 (11.4)	94.4 (13.6)	97.8 (8.60)	87.5 (24.8)	100.0 (0)	92.3 (20.0)
	Intensity	100.6 (1.53)	100.1 (0.28)	100 (0)	100 (0)	100.5 (1.03)	100.0 (0)	100.1 (0.40)	98.9 (2.81)
	Load	N/A*	N/A*	100 (0)	100 (0)	N/A*	N/A*	100 (0)	100 (0)
8	Time	88.2 (19.3)	91.7 (15.4)	95.8 (16.7)	100 (0)	100 (0)	83.3 (27.9)	100 (0)	97.4 (9.24)
	Intensity	100.5 (1.66)	100.1 (0.28)	100 (0)	100 (0)	100.6 (1.08)	100 (0)	100.1 (0.40)	98.9 (2.81)
	Load	N/A*	N/A*	100 (0)	100 (0)	N/A*	N/A*	100 (0)	100 (0)
9	Time	93.4 (16.1)	94.8 (11.7)	93.3 (13.8)	91.7 (16.7)	97.4 (9.24)	88.9 (17.2)	97.9 (8.33)	97.4 (9.24)
	Intensity	99.6 (1.26)	100 (0)	100.2 (0.73)	100 (0)	100.1 (1.07)	100 (0)	100.2 (0.79)	98.6 (3.43)
	Load	N/A*	N/A*	100 (0)	100 (0)	N/A*	N/A*	100 (0)	100 (0)
10	Time	98.4 (5.09)	84.5 (19.5)	93.3 (13.8)	91.7 (16.7)	97.4 (9.24)	94.4 (13.6)	97.9 (8.33)	94.8 (12.5)

^aPA1: Physical Activity 1 based on the Aerobic Activity Program; ^bPA2: Physical Activity 2 based on the combination of Aerobic Activity Program and Resistance Training; ^cPA1+LGIMD: Low Glycemic Index Mediterranean Diet; ^dPA2+LGIMD: Low Glycemic Index Mediterranean Diet; *N/A= Not Applicable

Table S3: Mediterranean adequacy Index by Gender, Age and week. NutriAtt trial. Castellana Grotte, 2015-2016

Age (yrs)	Diet	Male			Female		
		3rd week	6th week	9th week	3rd week	6th week	9th week
		Median (IQR)	Median (IQR)	Median (IQR)	Median (IQR)	Median (IQR)	Median (IQR)
<40	CD ^a	2.3 (0.9;12.5)	2.3 (0.9;12.5)	3.5 (0.9;12.5)	7.8 (0.9;8.5)	7.8 (0.9;8.5)	0.9 (0.9;8.5)
	LGMD ^b	4.6 (1.8;25.1)	4.6 (1.8;25.1)	6.9 (1.8;25.1)	15.7 (1.8;17.0)	15.7 (1.8;17.0)	1.9 (1.8;17.0)
40-49	CD ^a	4.7 (2.0;9.4)	4.7 (2.6;15.2)	4.9 (2.6;15.2)	2.1 (0.9;3.3)	2.1 (0.9;3.3)	2.1 (1.6;3.3)
	LGMD ^b	9.5 (4.0;18.8)	9.5 (5.7;30.5)	9.7 (5.7;30.5)	3.6 (1.9;6.5)	3.6 (1.9;6.5)	3.6 (3.2;6.5)
≥50	CD ^a	4.7 (3.4;12.3)	5.2 (3.4;12.4)	4.7 (3.7;12.4)	5.9 (3.6;9.6)	5.9 (3.6;9.6)	5.9 (3.6;9.0)
	LGMD ^b	9.4 (5.8;24.6)	10.5 (5.4;26.4)	9.4 (5.8;26.4)	11.8 (7.4;19.1)	11.8 (7.4;19.1)	11.8 (7.4; 7.9)

^aCD: Control Diet based on CREA-AN guidelines; ^bLGMD: Low Glycemic Index Mediterranean Diet

Table S4: Main characteristics of participants by intervention arm and time. NutriAtt trial, Castellana Grotte 2015-2016

	Control	^a CD	^b LGIMD	^c PA1	^d PA2	^e LGIMD+PA1	^f LGIMD+PA2	<i>p-value</i>
N	20	16	17	16	14	16	16	
Age at Enrollment (yrs) ^g	45.35 (16.38)	53.63 (8.81)	56.82 (9.58)	53.44 (9.56)	45.79 (9.82)	49.31 (9.49)	50.25 (11.00)	0.029
Age (categorical, yrs) ^g								
<40	8 (40%)	0 (0%)	0 (0%)	2 (13%)	4 (29%)	2 (13%)	3 (19%)	0.003
40-49	4 (20%)	7 (44%)	3 (18%)	2 (13%)	6 (43%)	9 (56%)	5 (31%)	
≥50	8 (40%)	9 (56%)	14 (82%)	12 (75%)	4 (29%)	5 (31%)	8 (50%)	
Sex ^h								
Male	10 (50%)	7 (44%)	10 (59%)	9 (56%)	9 (64%)	9 (56%)	11 (69%)	0.84
Female	10 (50%)	9 (56%)	7 (41%)	7 (44%)	5 (36%)	7 (44%)	5 (31%)	
Smoke ^h								
Never/Former	16 (80%)	12 (92%)	12 (80%)	11 (79%)	7 (64%)	11 (85%)	10 (83%)	0.76
Current	4 (20%)	1 (8%)	3 (20%)	3 (21%)	4 (36%)	2 (15%)	2 (17%)	
Education ^h								
Primary School	4 (20%)	0 (0%)	2 (13%)	3 (21%)	5 (45%)	5 (38%)	3 (23%)	0.15
Secondary School	3 (15%)	0 (0%)	1 (7%)	0 (0%)	0 (0%)	1 (8%)	0 (0%)	
High School	4 (20%)	7 (54%)	6 (40%)	4 (29%)	1 (9%)	1 (8%)	2 (15%)	
Graduate	9 (45%)	6 (46%)	6 (40%)	7 (50%)	5 (45%)	6 (46%)	8 (62%)	
Marital Status ^h								
Single	7 (35%)	1 (8%)	0 (0%)	1 (7%)	2 (20%)	2 (15%)	1 (8%)	0.11
Married/Coupled	12 (60%)	12 (92%)	14 (100%)	13 (93%)	8 (80%)	9 (69%)	10 (83%)	
Separated/Divorced	1 (5%)	0 (0%)	0 (0%)	0 (0%)	0 (0%)	2 (15%)	1 (8%)	
Diabetes ^h								
No	17 (89%)	14 (100%)	12 (80%)	15 (94%)	13 (100%)	9 (69%)	11 (92%)	0.11
Yes	2 (11%)	0 (0%)	3 (20%)	1 (6%)	0 (0%)	4 (31%)	1 (8%)	
Dyslipidemia ^h								
No	17 (89%)	10 (71%)	8 (53%)	12 (75%)	10 (77%)	12 (86%)	9 (75%)	0.32
Yes	2 (11%)	4 (29%)	7 (47%)	4 (25%)	3 (23%)	2 (14%)	3 (25%)	
Hypertension ^h								
No	16 (84%)	10 (71%)	6 (40%)	10 (63%)	10 (77%)	10 (71%)	7 (58%)	0.18
Yes	3 (16%)	4 (29%)	9 (60%)	6 (38%)	3 (23%)	4 (29%)	5 (42%)	
^g Ratiofzd7 ^g								
Baseline	11.58 (2.51)	24.48 (7.71)	23.73 (5.87)	23.53 (5.74)	24.70 (6.45)	20.63 (6.48)	25.04 (7.69)	<0.001
Three months	10.76 (2.97)	14.22 (7.10)	14.19 (5.66)	14.51 (5.80)	14.45 (7.44)	12.04 (5.66)	12.40 (3.70)	0.30
^h DBP (mmHg) ^g								
Baseline	116.50 (17.25)	124.69 (12.58)	131.56 (21.27)	122.50 (10.00)	116.15 (10.44)	124.06 (14.52)	129.38 (17.31)	0.038
Three months	114.00 (14.65)	119.55 (6.50)	123.08 (13.16)	120.00 (7.56)	113.00 (9.49)	117.50 (10.87)	123.00 (14.37)	0.19
^h SBP (mmHg) ^g								
Baseline	76.75 (7.66)	80.63 (9.46)	84.06 (11.14)	79.06 (5.23)	78.46 (4.27)	80.63 (6.02)	84.38 (7.27)	0.041
Three months	77.65 (5.80)	79.09 (7.01)	77.69 (10.92)	81.25 (6.41)	77.00 (6.75)	79.00 (6.15)	80.67 (6.78)	0.77
Weight (Kg) ^g								
Baseline	66.89 (15.44)	91.46 (14.00)	89.35 (13.55)	87.00 (14.16)	90.15 (8.60)	91.00 (14.31)	102.64 (20.05)	<0.001
Three months	66.55 (14.92)	88.67 (15.32)	85.88 (13.55)	84.76 (13.85)	88.55 (8.38)	85.94 (12.85)	95.69 (19.10)	<0.001
^h BMI (kg/m ²) ^g								
Baseline	23.86 (4.56)	33.47 (4.52)	32.49 (4.00)	31.28 (3.24)	31.36 (3.49)	33.96 (4.53)	35.80 (5.66)	<0.001
Three months	23.86 (4.56)	31.88 (4.84)	30.28 (4.22)	30.02 (3.38)	30.75 (3.68)	32.45 (4.00)	33.38 (5.31)	<0.001
Triglycerides (mmol/L) ^g								
Baseline	0.73 (0.44)	1.04 (0.45)	1.62 (1.11)	1.65 (1.10)	1.27 (0.69)	1.74 (1.21)	1.53 (0.73)	0.005
Three months	0.69 (0.36)	0.93 (0.28)	1.42 (0.81)	1.58 (0.55)	1.23 (0.65)	1.18 (0.57)	1.01 (0.42)	<0.001
Total Cholesterol (mmol/L) ^g								
Baseline	4.36 (0.51)	5.17 (1.14)	5.19 (1.34)	4.93 (0.98)	5.18 (1.05)	5.35 (1.02)	5.01 (0.90)	0.085
Three months	4.16 (0.52)	5.16 (0.78)	4.73 (1.12)	5.31 (0.78)	5.39 (1.08)	4.94 (1.13)	4.68 (1.01)	0.008

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Brochure of prescribed diets



Introduction

Your health is in your hands; you build it each day when you go to the supermarket and choose one food rather than another one, when you cook a lunch or a dinner. In these moments you do dietary choices which influence your health. A wrong diet can determine the appearance of risk factors for cardiovascular diseases and cancer. One of the steps of these diseases is the Non-alcoholic Fatty Liver Disease (NAFLD) (fat liver).

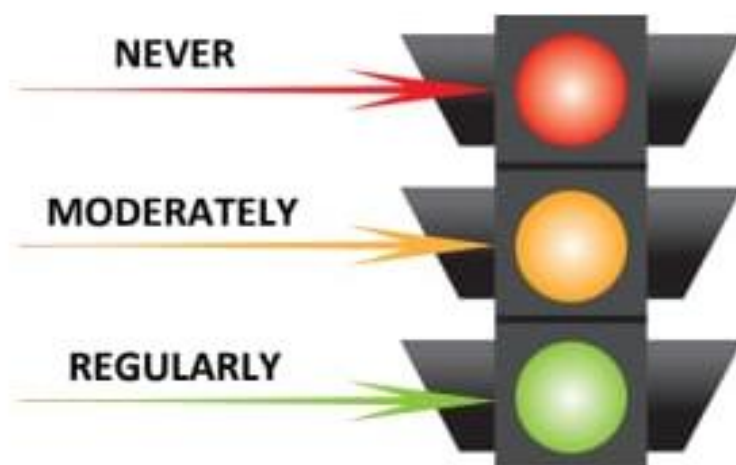
We found that your clinical, laboratory and instrumental data, which came from the NutriEP study you participate in, evidenced that you have NAFLD and then you are at a greater risk to develop cardiovascular disease or tumors (the principal causes of death in Western World).

The Laboratory of Epidemiology and Biostatistics of the IRCCS Saverio de Bellis from Castellana Grotte (Bari) has started up the research project "NutriEpa: EFFECT OF A LOW GLYCEMIC INDEX MEDITERRANEAN DIET ON NON ALCOHOLIC FATTY LIVER DISEASE. A RANDOMIZED CONTROLLED CLINICAL TRIAL" to evaluate the efficacy of the best diet to treat NAFLD.

So, we invite you to participate in this project which will help us to understand the efficacy of the diet to treat NAFLD. Dietary advices described in the following pages are those of Low Glycemic Index Mediterranean Diet and we ask you to follow them. Furthermore we ask you to record your daily diet in this dietary record as long as the duration of the study. This will permit us to measure adherence level to the diet we gave you.

WATCH THE SEMAPHORE!

CHECK YOUR DIETARY CHOICES



Foods choice and the frequency of their consumption is fundamental to set a correct dietary program, which day after day should be followed by everyone to keep a satisfying state of health. To direct foods choice towards those which best represent the **LOW GLYCAEMIC INDEX MEDITERRANEAN DIET**, we marked with **GREEN** colour the foods to consume regularly, with **YELLOW** those to consume moderately and with **RED** those to avoid completely.

REGULARLY	MODERATELY	max	NEVER
1- Raw vegetables (lettuce, tomatoes, cucumbers, celery, carrots, radishes, etc.) 2- Steamed or boiled vegetables (beets, turnips, chicory, cauliflower, broccoli, etc.) 45- Dried pulses without something else (lentils, chickpeas, beans, broad beans, soybeans) 46- Own fresh vegetables without something else (peas, beans, green beans) 12- Whole wheat pasta with pulses 13- Whole wheat pasta with vegetables 18- Brown rice with pulses 19- Brown rice with vegetables 42- Fish (anchovies, sardines, mackerel, etc.) 40- Molluscs and crustaceans 43- Cod, swordfish, fresh tuna 66- Bass bream salmon 44- Canned tuna 28- Extra virgin olive oil (raw) 5- Unsweetened fresh fruit (apples, pears, oranges, grapefruit, kiwi, peaches, etc.) 8- Unsweetened nuts (walnuts, almonds) 65- Coffee (without sugar or with artificial sweetener) 52- Natural water	30- Milk and yogurt 56- Whole wheat biscuits 31- Cheese (parmesano, cheese, etc.) 32- Dairy products (cheese, smoked cheese, cottage cheese) 33- Eggs 34- White meat (chicken, turkey, rabbit) 25- Potatoes (boiled only) 22- Whole wheat bread 15- Whole wheat pasta with simple sauce 4- Sugary fruit (bananas, persimmons, grapes) 62- Dense pure honey 49- wine	1 time/daily 1 time/daily (3 biscuits) 2 times/weekly 2 times/weekly 2 times/weekly (1 egg) 2 times/weekly 1 time/weekly 2 times/daily (a slice) 2 times/weekly (max 80 gr) 1 time/daily (max 1 piece) 1 time/daily (a teaspoon) 2 times/daily (a glass)	11- Not whole wheat pasta 17- Not whole wheat rice 21- White bread 53- Crackers, pretzels, bread sticks, bread and breakfast cereals 47- Pizza 35- Red meat (beef, veal, pork, horse, etc.) 36- Canned meat 37- Stew 38- Sausages (raw or cooked ham, dried beef, bacon, salami, mortadella, etc.) 41- Farmed fish 26- French fries or baked 67- Fry 29- Butter, margarine, mayonnaise, cream 9- Fruit in syrup and candied fruit 7- Sweet dried fruit (dried figs, dried dates, prunes, raisins) 63- Sugar 60- Candies and chocolates 61- Jams 57- Cakes, sweets, pastries 58- Croissants, pastries and snacks 54- Dry biscuits, toasts 55- Biscuits, shortbread 59- Ice-cream and water ice 51- Alcoholic beverages and spirits (brandy, grappa, liqueurs, whiskey) 50- Carbonated/Non carbonated soft drinks (orange juice, coca-cola, fruit juice, etc.) 48- Beer

Your Dietary Record

Instructions

- It's fundamental to complete the Dietary Record each day immediately after the meal or as soon as possible.
- The Dietary Record is composed of a series of pages, one for each week. In each weekly page, days from Monday to Sunday are divided in breakfast, lunch, dinner and snack.
- Record all the foods you eat and what you drink during the day (Sunday and holidays included).
- Registration consists in taking note, in correspondence to the meal, the identification number of the food/drink or of the food group consumed belonging to the list we enclosed. If the food you ate isn't included in the list, just write its name in the place reserved to the corresponding meal.

Example:

Here below it is shown an hypothetical day of Mr Rossi's Dietary Record.

After each meal Mr Rossi registered what he ate and drank, so he wrote in the box of the specific meal the corresponding number of the food he consumed (by checking the foods list).

At breakfast he drank a cup of milk and coffee without sugar and he ate an apple.

	BREAKFAST	Snack	LUNCH	Snack	DINNER	Snack	PHYSICAL ACTIVITY
MONDAY	30+65 5						<input type="checkbox"/> None <input type="checkbox"/> Walk <input type="checkbox"/> Housework <input type="checkbox"/> Training <input type="checkbox"/> Other (specify what) _____

At lunch he had a plate of lentils (without pasta) seasoned with raw extra-virgin olive oil, a cod, a plate of raw unseasoned vegetables and he drank two glasses of wine and a glass of natural water.

	BREAKFAST	Snack	LUNCH	Snack	DINNER	Snack	PHYSICAL ACTIVITY
MONDAY			45 + 28 43, 1 49 + 49 52				<input type="checkbox"/> None <input type="checkbox"/> Walk <input type="checkbox"/> Housework <input type="checkbox"/> Training <input type="checkbox"/> Other (specify what) _____

In the afternoon he had an apple and drank a coffee without sugar.

	BREAKFAST	Snack	LUNCH	Snack	DINNER	Snack	PHYSICAL ACTIVITY
MONDAY				5 65			<input type="checkbox"/> None <input type="checkbox"/> Walk <input type="checkbox"/> Housework <input type="checkbox"/> Training <input type="checkbox"/> Other (specify what) _____

At dinner he had a plate of minestrone soup with pasta and seasoned with raw extra-virgin olive oil, a slice of whole bread, a pear and drank two glasses of natural water.

	BREAKFAST	Snack	LUNCH	Snack	DINNER	Snack	PHYSICAL ACTIVITY
MONDAY	30 + 65 5		45 + 28 43, 1 49 + 49 52	5 65	Minestrone soup + 28 22 52 + 52		<input type="checkbox"/> None <input checked="" type="checkbox"/> Walk <input type="checkbox"/> Housework <input type="checkbox"/> Training <input type="checkbox"/> Other (specify what) _____

In the last column, referred to the physical activity carried out during the day, he put a cross in correspondence to the entry "walk".

SURNAME _____ LAST NAME _____ CODE _____
 MONTH _____ WEEK from _____ to _____

	BREAKFAST	Snack	LUNCH	Snack	DINNER	Snack	PHYSICAL ACTIVITY
Monday							<input type="checkbox"/> None <input type="checkbox"/> Walk <input type="checkbox"/> Housework <input type="checkbox"/> Training <input type="checkbox"/> Other (specify what) _____
Tuesday							<input type="checkbox"/> None <input type="checkbox"/> Walk <input type="checkbox"/> Housework <input type="checkbox"/> Training <input type="checkbox"/> Other (specify what) _____
Wednesday							<input type="checkbox"/> None <input type="checkbox"/> Walk <input type="checkbox"/> Housework <input type="checkbox"/> Training <input type="checkbox"/> Other (specify what) _____
Thursday							<input type="checkbox"/> None <input type="checkbox"/> Walk <input type="checkbox"/> Housework <input type="checkbox"/> Training <input type="checkbox"/> Other (specify what) _____
Friday							<input type="checkbox"/> None <input type="checkbox"/> Walk <input type="checkbox"/> Housework <input type="checkbox"/> Training <input type="checkbox"/> Other (specify what) _____
Saturday							<input type="checkbox"/> None <input type="checkbox"/> Walk <input type="checkbox"/> Housework <input type="checkbox"/> Training <input type="checkbox"/> Other (specify what) _____
Sunday							<input type="checkbox"/> None <input type="checkbox"/> Walk <input type="checkbox"/> Housework <input type="checkbox"/> Training <input type="checkbox"/> Other (specify what) _____



Ministry of
Health



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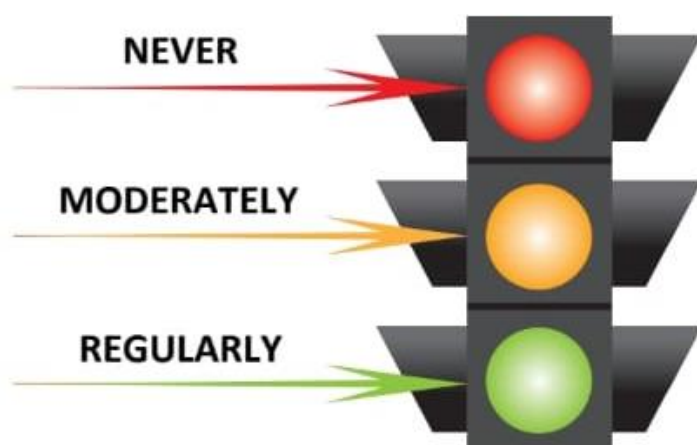
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1- Raw vegetables (lettuce, tomatoes, cucumbers, celery, carrots, radishes, etc)	30- Milk and yogurt	51- Alcoholic beverages and spirits (brandy, grappa, liqueurs, whiskey)
2- Steamed or boiled vegetables (beets, turnips, chicory, cauliflower, broccoli, etc.)	32- Dairy products (cheese, smoked cheese, cottage cheese)	24- French fries
45- Dried pulses (lentils, chickpeas, beans, broad beans, soybeans)	31- Cheese (parmigiano, cheese, etc.)	67- Fry
46- Own fresh vegetables (peas, beans, green beans)	33- Eggs	68- Sausages and bacon
10- Pasta	35- Red meat (beef, veal, pork, horse)	29- Butter, margarine, mayonnaise, cream
16- Rice	37- Stew	69- High-fat cheeses (mascarpone, gorgonzola, cream cheese)
23- Potatoes	38- Sausages (raw or cooked ham, dried beef, bacon, salami, mortadella, etc.)	9- Fruit in syrup and candied sugar
27- Tomato sauce	47- Pizza	58- Croissants, pastries and snacks
28- Extra virgin olive oil (raw)	6- Sweet dried fruit (dried figs, dried dates, prunes, raisins)	60- Candies and chocolates
20- White bread	50- Non carbonated soft drinks (orange juice, coca-cola, fruit juice, etc.)	
53- Crackers, pretzels, bread sticks, bread and breakfast cereals	48- Beer	
34- White meat (chicken, turkey, rabbit)	49- Wine	
39- Fish	61- Jams	
40- Molluscs and crustaceans	59- Ice-cream and water ice	
44- Canned tuna	57- Cakes, sweets, pastries	
3- Fresh fruit (apples, pears, oranges, grapefruit, kiwi, peaches, etc.)		
54- Dry biscuits, toast		
64- Coffee		
52- Natural water		

Your Dietary Record

Instructions

- It's fundamental to complete the Dietary Record each day immediately after the meal or as soon as possible.
- The Dietary Record is composed of a series of pages, one for each week. In each weekly page, days from Monday to Sunday are divided in breakfast, lunch, dinner and snack.
- Record all the foods you eat and what you drink during the day (Sunday and holidays included).
- Registration consists in taking note, in correspondence to the meal, the identification number of the food/drink or of the food group consumed belonging to the list we enclosed. If the food you ate isn't included in the list, just write its name in the place reserved to the corresponding meal.

Example:

Here below it is shown an hypothetical day of Mr Rossi's Dietary Record.

After each meal Mr Rossi registered what he ate and drank, so he wrote in the box of the specific meal the corresponding number of the food he consumed (by checking the foods list).

At breakfast he drank a cup of milk and coffee with a teaspoon of sugar and he ate an apple.

	BREAKFAST	Snack	LUNCH	Snack	DINNER	Snack	PHYSICAL ACTIVITY
MONDAY	30 + 64 + 63 3						<input type="checkbox"/> None <input type="checkbox"/> Walk <input type="checkbox"/> Housework <input type="checkbox"/> Training <input type="checkbox"/> Other (specify what) _____

At lunch he had a plate of lentils (without pasta) seasoned with raw extra-virgin olive oil, a cod, a plate of raw unseasoned vegetables and he drank two glasses of wine and a glass of natural water.

	BREAKFAST	Snack	LUNCH	Snack	DINNER	Snack	PHYSICAL ACTIVITY
MONDAY			45 + 28 39, 1 49 + 49 52				<input type="checkbox"/> None <input type="checkbox"/> Walk <input type="checkbox"/> Housework <input type="checkbox"/> Training <input type="checkbox"/> Other (specify what) _____

In the afternoon he had an apple and drank a coffee with a teaspoon of sugar.

	BREAKFAST	Snack	LUNCH	Snack	DINNER	Snack	PHYSICAL ACTIVITY
MONDAY				3 64 + 63			<input type="checkbox"/> None <input type="checkbox"/> Walk <input type="checkbox"/> Housework <input type="checkbox"/> Training <input type="checkbox"/> Other (specify what) _____

At dinner he had a plate of minestrone soup (without pasta) seasoned with raw extra-virgin olive oil, a slice of whole bread, a pear and drank two glasses of natural water.

	BREAKFAST	Snack	LUNCH	Snack	DINNER	Snack	PHYSICAL ACTIVITY
MONDAY	30+64+63 3		45 + 28 39, 1 49 + 49 52	3 64 + 63	Minestrone soup+28 Whole bread 3 52 + 52		<input type="checkbox"/> None <input checked="" type="checkbox"/> Walk <input type="checkbox"/> Housework <input type="checkbox"/> Training <input type="checkbox"/> Other (specify what) _____

In the last column, referred to the physical activity carried out during the day, he put a cross in correspondence to the entry "walk".

SURNAME _____ LAST NAME _____ CODE _____
 MONTH _____ WEEK from _____ to _____

	BREAKFAST	Snack	LUNCH	Snack	DINNER	Snack	PHYSICAL ACTIVITY
Monday							<input type="checkbox"/> None <input type="checkbox"/> Walk <input type="checkbox"/> Housework <input type="checkbox"/> Training <input type="checkbox"/> Other (specify what) _____
Tuesday							<input type="checkbox"/> None <input type="checkbox"/> Walk <input type="checkbox"/> Housework <input type="checkbox"/> Training <input type="checkbox"/> Other (specify what) _____
Wednesday							<input type="checkbox"/> None <input type="checkbox"/> Walk <input type="checkbox"/> Housework <input type="checkbox"/> Training <input type="checkbox"/> Other (specify what) _____
Thursday							<input type="checkbox"/> None <input type="checkbox"/> Walk <input type="checkbox"/> Housework <input type="checkbox"/> Training <input type="checkbox"/> Other (specify what) _____
Friday							<input type="checkbox"/> None <input type="checkbox"/> Walk <input type="checkbox"/> Housework <input type="checkbox"/> Training <input type="checkbox"/> Other (specify what) _____
Saturday							<input type="checkbox"/> None <input type="checkbox"/> Walk <input type="checkbox"/> Housework <input type="checkbox"/> Training <input type="checkbox"/> Other (specify what) _____
Sunday							<input type="checkbox"/> None <input type="checkbox"/> Walk <input type="checkbox"/> Housework <input type="checkbox"/> Training <input type="checkbox"/> Other (specify what) _____



Ministry of
Health



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