

**Table S3.** Dietary characteristics of participants by gender.

	Crude intake			Intake of Energy-adjusted by the density method		
	Unit	Male	Female	Unit	Male	Female
Energy	kcal/day	1556 (1227–1898)	1299 (1039–1590)	–	–	–
	kJ/day	6509 (5136–7941)	5434 (4349–6653)	–	–	–
Protein	g/kgBW/day	0.9 (0.7–1.3)	1.1 (0.8–1.4)	% energy	17.8 (15.2–20.7)	19.6 (17.4–22.1)
Animal protein	g/kgBW/day	0.6 (0.5–0.9)	0.7 (0.5–1.0)	% energy	11.4 (9.1–15.1)	12.9 (10.7–15.5)
Plant protein	g/kgBW/day	0.3 (0.2–0.4)	0.4 (0.3–0.5)	% energy	6.1 (5.1–6.9)	6.7 (5.9–7.6)
Fat	g/day	61.7 (48.9–78.1)	52.8 (42.2–67.9)	% energy	36.2 (30.9–42.8)	38.3 (32.1–43.5)
Saturated fatty acid	g/day	15.5 (11.9–20.6)	13.5 (10.9–18.0)	% energy	9.4 (8.0–11.0)	9.9 (8.3–11.7)
Monounsaturated fatty acid	g/day	22.3 (17.6–29.1)	19.4 (15.0–24.1)	% energy	13.2 (11.0–15.7)	13.6 (11.5–15.8)
Polyunsaturated fatty acid	g/day	14.8 (12.0–19.1)	13.1 (9.9–15.7)	% energy	8.9 (7.3–10.6)	9.2 (7.5–10.6)
Cholesterol	mg/day	454 (290–597)	419 (288–567)	mg/1000 kcal	287 (219–373)	311 (250–387)
Available carbohydrate	g/day	125.4 (85.5–173.3)	114.6 (85.7–150.2)	% energy	33.9 (25.4–41.5)	35.3 (28.9–43.4)
Total dietary fibre	g/day	9.5 (7.7–12.7)	10.5 (8.2–13.6)	g/1000 kcal	6.5 (5.6–7.5)	8.0 (6.8–9.7)
Salt	g/day	9.8 (7.8–12.2)	8.0 (6.8–10.8)	g/1000 kcal	6.4 (5.6–7.4)	6.5 (5.7–7.5)
Alcohol	g/day	8.3 (0.0–33.2)	0.0 (0.0–3.8)	g/1000 kcal	4.7 (0.0–20.5)	0.0 (0.0–2.4)

The data are expressed as medians (first–third quartile).

Energy-adjusted values were also calculated using the density method. Protein, fat, and available carbohydrates were calculated as a percentage of daily energy intake. Non-energy nutrients and alcohol were calculated per 1000 kcal of daily energy intake.

BW, body weight

**Table S4** Age-adjusted eGFR for each available carbohydrate interquartile range.

	Q1	Q2	Q3	Q4	
<b>Age ≤ 68 years</b>					
Available carbohydrate (%E)	20.7 (17.1–23.9)	30.2 (28.1–32.0)	38.5 (36.2–39.8)	47.7 (45.2–53.1)	
(g/1000kcal)	68.6 (43.2–84.6)	112.3 (89.9–143.7)	139.8 (10.9–181.8)	177.9 (146.2–246.7)	
n (male)	46 (30)	48 (34)	45 (35)	33 (24)	
Age (years)	58 (52–62)	59 (53–65)	61 (54–66)	63 (55–67)	0.070
eGFR (mL/min/1.73m <sup>2</sup> )	80.47 (69.14–91.27)	74.35 (65.29–84.60)	69.05 (59.74–80.04)	70.64 (57.49–77.64)	0.003†‡
<b>Age &gt; 68 years</b>					
Available carbohydrate (%E)	22.3 (16.2–24.6)	30.4 (29.2–33.6)	38.3 (36.6–40.3)	46.1 (43.4–49.9)	
(g/1000kcal)	79.8 (55.7–96.7)	99.8 (85.8–120.3)	139.4 (112.8–174.5)	170.8 (132.8–205.4)	
n (male)	37 (7)	36 (22)	39 (21)	51 (26)	
Age (years)	74 (71–77)	74 (71–78)	74 (72–83)	76 (73–81)	0.092
eGFR (mL/min/1.73m <sup>2</sup> )	60.38 (50.42–73.41)	68.52 (58.34–79.40)	66.53 (53.22–76.76)	61.11 (54.11–68.63)	0.144

The data are expressed as medians (first–third quartiles).

Q1, first quartile; Q2, second quartile; Q3, third quartile; Q4, fourth quartile; eGFR, estimated glomerular filtration rate

Significance level:  $p < 0.05$

The  $p$  value indicates the result of the Kruskal-Wallis test.

\*, Q1vsQ2; †, Q1vsQ3; ‡, Q1vsQ4; §, Q2vsQ3; ||, Q2vsQ4; ¶, Q3vsQ4, Correction by Tukey-Kramer or Steel-Dwass