

1 **Table S1.** Dietary intakes and MedDiet score of patients with UC and of HC.

	UC patients Mean ± SD	HC Mean ± SD	P
Energy (kcal)	1868.5±760.4	2164.3±1279.1	0.488
Protein (g)	91.0 ±48.7	81.5±34.7	0.652
Carbohydrates (g)	223.0 ±135.8	238.5±98.5	0.313
Fats (g)	76.0± 42.6	96.7±113.8	0.971
Saturated FA (g)	22.8±13.3	27.0±2.6	0.354
Monounsaturated FA (g)	33.4±21.4	43.0±81.2	0.603
Polyunsaturated FA (g)	12.7±9.9	13.3±14.7	0.846
Fiber (g)	12.3±11.4	18.9±14.2	0.051
MedDiet score	30.0±5.7	32.3±5.8	0.133

2 Values are presented as mean±SD. Differences between groups were analysed by Mann-

3 Whitney U test or Student's test. Difference was considered significant at $P<0.05$.