Table S1. Dietary beliefs and lifestyle patterns of patients with CD per study groups at baseline level.

| | | Study Group | | | | |
|---|---|---|---|---|---|---|
| | | Control | | Intervention | | p-value |
| | | N | % | N | % | |
| Is your feeding mode convenient for you? | No | 4 | 40.0% | 3 | 27.3% | 0.5 |
| | Yes | 6 | 60.0% | 8 | 72.7% | |
| To what degree does it influence your quality of life? (on a scale of 1 to 10, 1 = not at all, 10 = completely) | 1 | 0 | 0.0% | 1 | 9.1% | 0.6 |
| | 3 | 2 | 20.0% | 0 | 0.0% | |
| | 4 | 2 | 20.0% | 2 | 18.2% | |
| | 5 | 4 | 40.0% | 6 | 54.5% | |
| | 7 | 1 | 10.0% | 1 | 9.1% | |
| | 8 | 1 | 10.0% | 1 | 9.1% | |
| Do you believe that certain foods increase the risk of developing CD? | No | 1 | 10.0% | 2 | 18.2% | 0.5 |
| | Yes | 9 | 90.0% | 9 | 81.8% | |
| Do you consider that diet is a trigger of CD flares? | No | 1 | 10.0% | 1 | 9.1% | 0.9 |
| | Yes | 9 | 90.0% | 10 | 90.9% | |
| Do you avoid some food groups to prevent a disease relapse? | No | 1 | 10.0% | 3 | 27.3% | 0.3 |
| | Yes | 9 | 90.0% | 8 | 72.7% | |
| Do you avoid some food groups for fear of worsening the disease flare? | No | 2 | 20.0% | 2 | 18.2% | 0.9 |
| | Yes | 8 | 80.0% | 9 | 81.8% | |
| Do you believe that it would be useful to receive nutritional advice provided by qualified personnel? | No | 4 | 40.0% | 1 | 9.1% | 0.9 |
| | Yes | 6 | 60.0% | 10 | 90.9% | |
| Is your appetite affected during disease remission? | No | 2 | 20.0% | 2 | 18.2% | 0.3 |
| | Yes | 8 | 80.0% | 9 | 81.8% | |
| Is your appetite affected during disease flare? | No | 1 | 10.0% | 2 | 18.2% | 0.9 |
| | Yes | 9 | 90.0% | 9 | 81.8% | |
| Have you modified your dietary habits since CD diagnosis? | No | 3 | 30.0% | 2 | 18.2% | 0.5 |
| | Yes | 7 | 70.0% | 9 | 81.8% | |
| Do you refuse to dine out because of fear that food could worsen your symptoms? | No | 3 | 30.0% | 8 | 72.7% | 0.05 |
| | Yes | 7 | 70.0% | 3 | 27.3% | |
| Are your daily meals regular? | No | 4 | 40.0% | 7 | 63.6% | 0.2 |
| | Yes | 6 | 60.0% | 4 | 36.4% | |
| Number of meals per day | 1 | 3 | 30.0% | 1 | 9.1% | 0.1 |
| | 2 | 2 | 20.0% | 5 | 45.5% | |
| | 3 | 2 | 20.0% | 5 | 45.5% | |
| | 4 | 2 | 20.0% | 0 | 0.0% | |
| | 5 | 1 | 10.0% | 0 | 0.0% | |
| Place of taking lunch | At Work | 1 | 10.0% | 1 | 9.1% | 0.5 |
| | House | 7 | 70.0% | 9 | 81.8% | |
| | House, at Work | 1 | 10.0% | 0 | 0.0% | |
| | House, Restaurants | 1 | 10.0% | 0 | 0.0% | |
| | Restaurant | 0 | 0.0% | 1 | 9.1% | |
| Do you engage in regular exercise or physical activity? | No | 6 | 60.0% | 4 | 36.4% | 0.2 |
| | Yes | 4 | 40.0% | 7 | 63.6% | |
| Physical activity, how much per week? | 2-3 times a week | 1 | 10.0% | 1 | 9.1% | 0.4 |
| | Daily | 0 | 0.0% | 2 | 18.2% | |
| | None | 6 | 60.0% | 4 | 36.4% | |
| | Once a week | 1 | 10.0% | 0 | 0.0% | |

| | | | | | | |
|---|---|---|---|---|---|---|
| | Once or twice a week | 0 | 0.0% | 1 | 9.1% | |
| | Several times a week | 2 | 20.0% | 3 | 27.3% | |
| Do you follow a special diet during the flare of the disease? | No | 4 | 40.0% | 5 | 45.5% | 0.8 |
| | Yes | 6 | 60.0% | 6 | 54.5% | |
| If yes, which of the following do you follow? | By avoiding fried food and foods with sauce | 2 | 20.0% | 0 | 0.0% | 0.3 |
| | By avoiding raw meat, etc. | 1 | 10.0% | 0 | 0.0% | |
| | Excluding fruits and vegetables | 0 | 0.0% | 1 | 9.1% | |
| | Excluding whole fruits and vegetables, by avoiding fried foods and foods with sauce | 0 | 0.0% | 1 | 9.1% | |
| | Excluding whole fruits and vegetables, by avoiding fried foods and foods with sauce, no fat, no added Sugar | 0 | 0.0% | 1 | 9.1% | |
| | Excluding whole fruit and vegetables, by eating vegetables and fruit cooked and peeled only, by avoiding fried foods and foods with sauce | 0 | 0.0% | 1 | 9.1% | |
| | Excluding garlic, onions, beans | 1 | 10.0% | 0 | 0.0% | |
| | Excluding green leafy veggies (spinach, etc.), apples, pulses | 1 | 10.0% | 0 | 0.0% | |
| | Excluding green onion, spices, tomato paste | 1 | 10.0% | 0 | 0.0% | |
| | Excluding only chili pepper | 0 | 0.0% | 1 | 9.1% | |
| | Excluding pulses | 0 | 0.0% | 1 | 9.1% | |
| | No specific diet followed | 4 | 40.0% | 5 | 45.5% | |
| If yes, duration of this diet | 2 weeks | 0 | 0.0% | 2 | 18.2% | 0.3 |
| | 24 hours | 1 | 10.0% | 0 | 0.0% | |
| | 3 days | 1 | 10.0% | 0 | 0.0% | |
| | No specific diet | 4 | 40.0% | 5 | 45.5% | |
| | Since being diagnosed with CD | 4 | 40.0% | 3 | 27.3% | |
| | Weeks | 0 | 0.0% | 1 | 9.1% | |
| This diet advised by whom? | Dietitian | 0 | 0.0% | 1 | 9.1% | 0.6 |
| | Gastroenterologist | 2 | 20.0% | 1 | 9.1% | |
| | Media | 0 | 0.0% | 1 | 9.1% | |
| | No specific diet followed | 4 | 40.0% | 5 | 45.5% | |
| | Personal Belief | 4 | 40.0% | 3 | 27.3% | |
| Do you follow a diet out of the flare of the disease | No | 6 | 60.0% | 8 | 72.7% | 0.5 |
| | Yes | 4 | 40.0% | 3 | 27.3% | |
| If yes, which of the following do you follow? | By avoiding fried food and foods with sauce | 1 | 10.0% | 0 | 0.0% | 0.4 |
| | Excluding whole fruits and vegetables, by avoiding fried foods and foods with sauce | 0 | 0.0% | 1 | 9.1% | |
| | Excluding garlic, onions, beans | 1 | 10.0% | 0 | 0.0% | |
| | Excluding green leafy veggies (spinach, etc.), apples, pulses | 1 | 10.0% | 0 | 0.0% | |

| | | | | | | |
|---|---|---|---|---|---|---|
| | Excluding green onion, spices, tomato paste | 1 | 10.0% | 0 | 0.0% | |
| | Excluding only chili pepper | 0 | 0.0% | 1 | 9.1% | |
| | Excluding pulses | 0 | 0.0% | 1 | 9.1% | |
| | No specific diet followed | 6 | 60.0% | 8 | 72.7% | |
| If yes, duration of this diet | No specific diet followed | 6 | 60.0% | 8 | 72.7% | 0.5 |
| | Since being diagnosed with CD | 4 | 40.0% | 3 | 27.3% | |
| Source of diet | No specific diet followed | 6 | 60.0% | 8 | 72.7% | 0.5 |
| | Personal Belief | 4 | 40.0% | 3 | 27.3% | |
| Do you follow-up with a nutrition specialist? | No | 10 | 100.0% | 11 | 100.0% | - |
| If yes, with whom do you do nutritional follow-up? | Not applicable | 10 | 100.0% | 11 | 100.0% | - |
| What type of water do you consume on a regular basis? | Filtered Gallons | 3 | 30.0% | 2 | 18.2% | 0.5 |
| | Water Bottle | 7 | 70.0% | 9 | 81.8% | |
| Do you consume soft drinks/soda? | No | 4 | 40.0% | 5 | 45.5% | 0.8 |
| | Yes | 6 | 60.0% | 6 | 54.5% | |
| Which type of soft drinks/soda do you drink? | No sugar / sweetened (Cola light, Cola Zero ....) | 2 | 20.0% | 0 | 0.0% | 0.2 |
| | Not applicable, I do not consume any soft drinks/soda | 4 | 40.0% | 5 | 45.5% | |
| | Sweetened | 3 | 30.0% | 6 | 54.5% | |
| | Sweetened, no sugar / sweetened (Cola light, Cola Zero ....) | 1 | 10.0% | 0 | 0.0% | |

Table S2. Dietary Supplements use by patients with CD per study groups at baseline level.

| | | Study Group | | | | |
|---|---|---|---|---|---|---|
| | | Control | | Intervention | | |
| | | Count | Column N % | Count | Column N % | p-value |
| Supplements | No | 6 | 60.0% | 4 | 36.4% | 0.2 |
| | Yes | 4 | 40.0% | 7 | 63.6% | |
| Type | Magnesium | 0 | 0.0% | 1 | 9.1% | 0.4 |
| | Magnesium, Vitamin B9 | 1 | 10.0% | 0 | 0.0% | |
| | Multi-vitamins | 1 | 10.0% | 0 | 0.0% | |
| | Multi-vitamins, B – Complex supplement | 0 | 0.0% | 1 | 9.1% | |
| | Multi-vitamins, Magnesium | 0 | 0.0% | 1 | 9.1% | |
| | Not applicable | 6 | 60.0% | 4 | 36.4% | |
| | Vitamin B9 | 1 | 10.0% | 0 | 0.0% | |
| | Vitamin C, Magnesium | 0 | 0.0% | 1 | 9.1% | |
| | Vitamin C, Vitamin D | 0 | 0.0% | 1 | 9.1% | |
| | Vitamin C, Vitamin D, Magnesium | 0 | 0.0% | 1 | 9.1% | |
| | Vitamin C, Vitamin D, Omega-3 | 0 | 0.0% | 1 | 9.1% | |
| | Vitamin D, Vitamin E, Vitamin B12 | 1 | 10.0% | 0 | 0.0% | |
| Multi-vitamins | Never | 9 | 90.0% | 9 | 81.8% | 0.2 |
| | Once a week | 0 | 0.0% | 2 | 18.2% | |
| | Several times a week | 1 | 10.0% | 0 | 0.0% | |
| Antioxidants | Never | 9 | 90.0% | 11 | 100.0% | 0.2 |

| | | | | | | |
|---|---|---|---|---|---|---|
| | Several times a week | 1 | 10.0% | 0 | 0.0% | |
| Vitamin A | Never | 9 | 90.0% | 11 | 100.0% | 0.2 |
| | Several times a week | 1 | 10.0% | 0 | 0.0% | |
| Vitamin C | Daily basis | 1 | 10.0% | 1 | 9.1% | 0.2 |
| | Never | 9 | 90.0% | 7 | 63.6% | |
| | Once a month | 0 | 0.0% | 3 | 27.3% | |
| Vitamin D | Daily basis | 1 | 10.0% | 0 | 0.0% | 0.3 |
| | Never | 8 | 80.0% | 8 | 72.7% | |
| | Once a week | 1 | 10.0% | 3 | 27.3% | |
| Vitamin E | Daily basis | 1 | 10.0% | 0 | 0.0% | 0.2 |
| | Never | 8 | 80.0% | 11 | 100.0% | |
| | Several times a week | 1 | 10.0% | 0 | 0.0% | |
| Beta- Carotene | Never | 10 | 100.0% | 11 | 100.0% | - |
| B – Complex | Never | 9 | 90.0% | 10 | 90.9% | 0.3 |
| | Once a week | 0 | 0.0% | 1 | 9.1% | |
| | Several times a week | 1 | 10.0% | 0 | 0.0% | |
| B2 Riboflavin | Never | 9 | 90.0% | 11 | 100.0% | 0.2 |
| | Several times a week | 1 | 10.0% | 0 | 0.0% | |
| B5 Pantothenic | Never | 9 | 90.0% | 11 | 100.0% | 0.2 |
| | Several times a week | 1 | 10.0% | 0 | 0.0% | |
| B6 Pyridoxine | Never | 9 | 90.0% | 11 | 100.0% | 0.2 |
| | Several times a week | 1 | 10.0% | 0 | 0.0% | |
| Vitamin B12 | Never | 8 | 80.0% | 11 | 100.0% | 0.2 |
| | Once a week | 1 | 10.0% | 0 | 0.0% | |
| | Several times a week | 1 | 10.0% | 0 | 0.0% | |
| Calcium | Never | 9 | 90.0% | 11 | 100.0% | 0.2 |
| | Several times a week | 1 | 10.0% | 0 | 0.0% | |
| Chromium | Never | 9 | 90.0% | 11 | 100.0% | 0.2 |
| | Several times a week | 1 | 10.0% | 0 | 0.0% | |
| Iron | Daily basis | 1 | 10.0% | 0 | 0.0% | 0.2 |
| | Never | 9 | 90.0% | 11 | 100.0% | |
| Zinc | Never | 9 | 90.0% | 11 | 100.0% | 0.3 |
| | Several times a week | 1 | 10.0% | 0 | 0.0% | |
| Magnesium | Daily basis | 0 | 0.0% | 1 | 9.1% | 0.2 |
| | Never | 9 | 90.0% | 7 | 63.6% | |
| | Once a week | 0 | 0.0% | 2 | 18.2% | |
| | Several times a week | 1 | 10.0% | 1 | 9.1% | |
| Potassium | Never | 9 | 90.0% | 11 | 100.0% | 0.2 |
| | Several times a week | 1 | 10.0% | 0 | 0.0% | |
| Phosphorus | Never | 9 | 90.0% | 11 | 100.0% | 0.1 |
| | Several times a week | 1 | 10.0% | 0 | 0.0% | |
| Vitamin B9 | Daily basis | 2 | 20.0% | 0 | 0.0% | 0.1 |
| | Never | 7 | 70.0% | 11 | 100.0% | |
| | Several times a week | 1 | 10.0% | 0 | 0.0% | |
| Selenium | Never | 9 | 90.0% | 11 | 100.0% | 0.2 |
| | Several times a week | 1 | 10.0% | 0 | 0.0% | |
| Omega-3 | Daily basis | 0 | 0.0% | 1 | 9.1% | 0.3 |
| | Never | 10 | 100.0% | 10 | 90.9% | |
| Copper | Never | 10 | 100.0% | 11 | 100.0% | - |
| Source of prescription | Gastroenterologist | 0 | 0.0% | 2 | 18.2% | 0.1 |
| | Medical doctor | 4 | 40.0% | 2 | 18.2% | |
| | Not applicable, I do not take any supplements | 6 | 60.0% | 4 | 36.4% | |
| | Personal Belief | 0 | 0.0% | 3 | 27.3% | |

Table S3. Comparison between nutrients profiles of both study groups at baseline.

| | Group | N | Mean | Std. Deviation | p-value |
|---|---|---|---|---|---|
| Energy | Control | 10 | 1914.56 | 1006.94 | 0.09 |
| | Intervention | 10 | 2643.91 | 1920.35 | |
| Protein | Control | 10 | 61.17 | 21.17 | 0.001* |
| | Intervention | 10 | 98.13 | 66.73 | |
| CHO | Control | 10 | 224.65 | 135.33 | 0.3 |
| | Intervention | 10 | 294.83 | 170.26 | |
| Fat | Control | 10 | 85.68 | 52.65 | 0.1 |
| | Intervention | 10 | 121.28 | 110.35 | |
| Cholesterol | Control | 10 | 203.51 | 217.58 | 0.2 |
| | Intervention | 10 | 347.20 | 357.80 | |
| Saturated Fatty Acid | Control | 10 | 16.53 | 7.705 | 0.09 |
| | Intervention | 10 | 26.92 | 26.72 | |
| Monounsaturated fatty acid | Control | 10 | 30.97 | 25.69 | 0.08 |
| | Intervention | 10 | 43.97 | 49.81 | |
| Poly Unsaturated Fatty Acid | Control | 10 | 19.03 | 17.13 | 0.1 |
| | Intervention | 10 | 24.70 | 25.62 | |
| Oleic acid | Control | 10 | 29.08 | 24.79 | 0.07 |
| | Intervention | 10 | 41.73 | 48.39 | |
| Linoleic acid | Control | 10 | 17.57 | 16.11 | 0.1 |
| | Intervention | 10 | 22.40 | 23.53 | |
| Linolenic acid | Control | 10 | 1.19 | 1.12 | 0.06 |
| | Intervention | 10 | 1.68 | 1.89 | |
| EPA | Control | 10 | .00 | .000 | 0.001* |
| | Intervention | 10 | .02 | .04 | |
| DHA | Control | 10 | .02 | .04 | 0.01* |
| | Intervention | 10 | .07 | .12 | |
| Trans fatty acid | Control | 9 | .41 | .54 | 0.7 |
| | Intervention | 10 | .75 | .51 | |
| Sodium | Control | 10 | 2479.51 | 1094.78 | 0.01* |
| | Intervention | 10 | 4599.67 | 3903.04 | |
| Potassium | Control | 10 | 2422.27 | 1720.74 | 0.1 |
| | Intervention | 10 | 3246.41 | 2752.77 | |
| Beta carotene | Control | 10 | 677.22 | 959.40 | 0.2 |
| | Intervention | 10 | 1662.23 | 1207.70 | |
| Alpha carotene | Control | 10 | 195.18 | 325.44 | 0.1 |
| | Intervention | 10 | 529.92 | 489.39 | |
| Lutein | Control | 10 | 559.59 | 509.40 | 0.3 |
| | Intervention | 10 | 1032.61 | 640.35 | |
| Lycopene | Control | 10 | 2691.00 | 6662.84 | 0.2 |
| | Intervention | 10 | 4679.20 | 8612.42 | |
| Vitamin C | Control | 10 | 40.29 | 36.18 | 0.6 |
| | Intervention | 10 | 55.70 | 39.74 | |
| Calcium | Control | 10 | 272.85 | 96.77 | 0.03* |
| | Intervention | 10 | 528.74 | 483.54 | |
| Iron | Control | 10 | 10.37 | 4.34 | 0.01* |
| | Intervention | 10 | 13.78 | 9.64 | |
| Vitamin D | Control | 10 | 28.11 | 52.84 | 0.008* |
| | Intervention | 10 | 1.38 | 2.51 | |
| Vitamin E | Control | 10 | 5.97 | 5.47 | 0.2 |
| | Intervention | 10 | 7.94 | 6.93 | |
| Thiamin | Control | 10 | 1.05 | .60 | 0.06 |
| | Intervention | 10 | 1.33 | .98 | |
| Riboflavin | Control | 10 | .92 | .43 | 0.04* |
| | Intervention | 10 | 1.17 | .78 | |
| Niacin | Control | 10 | 16.19 | 8.81 | 0.01* |

| | | | | | |
|---|---|---|---|---|---|
| | Intervention | 10 | 22.61 | 19.39 | |
| Pyridoxine | Control | 10 | 1.47 | 1.17 | 0.08 |
| | Intervention | 10 | 2.20 | 2.08 | |
| Folate | Control | 10 | 255.46 | 123.15 | 0.1 |
| | Intervention | 10 | 324.09 | 191.36 | |
| Vitamin B12 | Control | 10 | 2.05 | 1.77 | 0.5 |
| | Intervention | 10 | 2.31 | 2.37 | |
| Biotin | Control | 10 | 11.71 | 14.74 | 0.7 |
| | Intervention | 10 | 13.37 | 16.25 | |
| Vitamin B5 | Control | 10 | 3.74 | 2.32 | 0.1 |
| | Intervention | 10 | 4.56 | 4.06 | |
| Vitamin K | Control | 10 | 50.57 | 37.79 | 0.06 |
| | Intervention | 10 | 112.74 | 136.38 | |
| Phosphorus | Control | 10 | 879.07 | 486.30 | 0.06 |
| | Intervention | 10 | 1122.66 | 881.12 | |
| Magnesium | Control | 10 | 174.33 | 110.77 | 0.07 |
| | Intervention | 10 | 243.35 | 195.51 | |
| Zinc | Control | 10 | 7.59 | 3.59 | 0.02* |
| | Intervention | 10 | 9.12 | 6.97 | |
| Copper | Control | 10 | .93 | .55 | 0.06 |
| | Intervention | 10 | 1.19 | .91 | |
| Manganese | Control | 10 | 1.53 | .82 | 0.1 |
| | Intervention | 10 | 1.84 | 1.31 | |
| Selenium | Control | 10 | 64.13 | 32.32 | 0.01* |
| | Intervention | 10 | 82.41 | 68.94 | |
| Fluoride | Control | 10 | 437.46 | 660.20 | 0.1 |
| | Intervention | 10 | 280.40 | 519.62 | |
| Chromium | Control | 8 | .01 | .03 | 0.03* |
| | Intervention | 8 | .00 | .00 | |
| Dietary fiber | Control | 10 | 15.21 | 11.50 | 0.3 |
| | Intervention | 11 | 22.72 | 14.62 | |
| Soluble fiber | Control | 10 | .01 | .03 | 0.02* |
| | Intervention | 11 | .05 | .10 | |
| Insoluble fiber | Control | 10 | .05 | .10 | 0.01* |
| | Intervention | 11 | .27 | .46 | |
| Crude fiber | Control | 10 | 1.30 | 1.20 | 0.8 |
| | Intervention | 11 | 1.52 | 1.32 | |
| Sugar | Control | 10 | 35.36 | 34.46 | 0.9 |
| | Intervention | 11 | 40.33 | 29.18 | |
| Glucose | Control | 10 | 4.13 | 3.66 | 0.9 |
| | Intervention | 10 | 6.72 | 7.35 | |
| Galactose | Control | 10 | .26 | .34 | 0.8 |
| | Intervention | 11 | .23 | .33 | |
| Fructose | Control | 10 | 4.94 | 5.92 | 0.2 |
| | Intervention | 10 | 8.44 | 10.14 | |
| Sucrose | Control | 10 | 3.53 | 3.01 | 0.1 |
| | Intervention | 11 | 5.45 | 4.28 | |
| Lactose | Control | 10 | 1.48 | 1.59 | 0.3 |
| | Intervention | 11 | 1.95 | 4.65 | |
| Tryptophan | Control | 10 | 400.42 | 294.13 | 0.1 |
| | Intervention | 11 | 508.45 | 533.08 | |
| Threonine | Control | 10 | 1329.42 | 1083.14 | 0.2 |
| | Intervention | 11 | 1707.01 | 1892.12 | |
| Isoleucine | Control | 10 | 1506.46 | 1280.37 | 0.1 |
| | Intervention | 11 | 1959.77 | 2204.52 | |
| Leucine | Control | 10 | 2541.94 | 2114.44 | 0.2 |

| | | | | | |
|---|---|---|---|---|---|
| | Intervention | 11 | 3200.97 | 3506.20 | |
| Lysine | Control | 10 | 2346.52 | 2135.15 | 0.2 |
| | Intervention | 11 | 3033.20 | 3687.39 | |
| Methionine | Control | 10 | 768.63 | 698.39 | 0.1 |
| | Intervention | 11 | 998.97 | 1202.54 | |
| Cystine | Control | 10 | 479.60 | 394.99 | 0.2 |
| | Intervention | 11 | 626.05 | 642.75 | |
| Phenyl alanine | Control | 10 | 1637.86 | 1122.00 | 0.1 |
| | Intervention | 11 | 2138.35 | 2161.85 | |
| Tyrosine | Control | 10 | 1099.60 | 893.01 | 0.1 |
| | Intervention | 11 | 1390.65 | 1554.22 | |
| Valine | Control | 10 | 1818.68 | 1380.51 | 0.1 |
| | Intervention | 11 | 2323.43 | 2491.02 | |
| Arginine | Control | 10 | 2089.01 | 1632.49 | 0.1 |
| | Intervention | 11 | 2595.11 | 2733.25 | 0.2 |
| Histidine | Control | 10 | 896.72 | 788.28 | |
| | Intervention | 11 | 1119.36 | 1253.71 | 0.3 |
| Alanine | Control | 10 | 1716.04 | 1585.23 | |
| | Intervention | 11 | 2099.22 | 2444.05 | 0.1 |
| Aspartic acid | Control | 10 | 4141.55 | 2793.65 | |
| | Intervention | 11 | 5450.93 | 5730.99 | |
| Glutamic acid | Control | 10 | 6412.77 | 4275.60 | 0.1 |
| | Intervention | 11 | 8049.67 | 7350.20 | |
| Glycine | Control | 10 | 1657.19 | 1592.03 | 0.5 |
| | Intervention | 11 | 1848.10 | 2074.34 | |
| Proline | Control | 10 | 1931.51 | 1415.16 | 0.2 |
| | Intervention | 11 | 2279.19 | 2085.84 | |
| Serine | Control | 10 | 1552.13 | 1191.47 | 0.2 |
| | Intervention | 11 | 1964.01 | 1999.89 | |
| Caffeine | Control | 10 | 68.09 | 114.33 | 0.04* |
| | Intervention | 11 | 34.52 | 39.25 | |

Table S4. QALYS between the two study groups after 2 months supplementations by probiotics.

| | Group | N | Mean | Std. Deviation | p-value |
|---|---|---|---|---|---|
| Raw Score for Physical Health | 1 | 10 | 24.10 | 3.84274 | 0.7 |
| | 2 | 11 | 25.81 | 3.06001 | |
| Transformed Physical health (0-100) | 1 | 10 | 61.40 | 12.929 | 0.8 |
| | 2 | 11 | 67.82 | 11.116 | |
| Raw score for Psychology | 1 | 10 | 22.90 | 3.281 | 0.2 |
| | 2 | 11 | 22.00 | 2.720 | |
| Transformed Psychology (0-100) | 1 | 10 | 70.50 | 12.774 | 0.2 |
| | 2 | 11 | 66.55 | 10.885 | |
| Raw Score for social relationships | 1 | 10 | 11.20 | 2.044 | 0.7 |
| | 2 | 11 | 11.55 | 2.067 | |
| Transformed social relationships (0-100) | 1 | 10 | 68.80 | 17.492 | 0.6 |
| | 2 | 11 | 70.36 | 17.761 | |
| Raw environment | 1 | 10 | 25.00 | 3.018 | 0.6 |
| | 2 | 11 | 27.36 | 3.529 | |
| Transformed score (0-100) for Environment | 1 | 10 | 54.40 | 9.732 | 0.8 |
| | 2 | 11 | 62.18 | 11.161 | |

Table S5. The nutrition status and dietary patterns of the two study groups after two months supplementation.

| | | Group | | | | |
|---|---|---|---|---|---|---|
| | | control | | intervention | | p-value |
| | | N | N % | N | N % | |
| SGA | Moderately malnourished | 2 | 20.0% | 3 | 27.3% | 0.9 |
| | Well nourished | 8 | 80.0% | 8 | 72.7% | |
| Are your daily meals regular? | No | 5 | 50.0% | 3 | 27.3% | 0.6 |
| | Yes | 5 | 50.0% | 8 | 72.7% | |
| Did your food intake change in the past 2 months? | Food intake remained the same | 1 | 10.0% | 4 | 36.4% | 0.4 |
| | Intake decreased | 5 | 50.0% | 1 | 9.1% | |
| | Intake increased | 4 | 40.0% | 6 | 54.5% | |
| Nb meals day | 2 | 5 | 50.0% | 5 | 45.5% | 0.2 |
| | 3 | 3 | 30.0% | 5 | 45.5% | |
| | 4 | 2 | 20.0% | 1 | 9.1% | |
| Do you engage in regular exercise or physical activity? | No | 5 | 50.0% | 6 | 54.5% | 0.4 |
| | Yes | 5 | 50.0% | 5 | 45.5% | |
| If he/she performs sports, how much per week? | 2-3 times a week | 2 | 20.0% | 2 | 18.2% | 0.1 |
| | Not applicable, I do not perform any physical activity | 5 | 50.0% | 6 | 54.5% | |
| | Once a week | 1 | 10.0% | 1 | 9.1% | |
| | Several times a week | 2 | 20.0% | 2 | 18.2% | |
| Do you follow a special diet during the "flare" of the disease? | No | 2 | 20.0% | 2 | 18.2% | 0.9 |
| | Yes | 8 | 80.0% | 9 | 81.8% | |
| Type diet during flares | Avoiding spices and sauces | 1 | 10.0% | 0 | 0.0% | 0.8 |
| | By avoiding fried food and foods with sauce | 2 | 20.0% | 1 | 9.1% | |
| | By avoiding fried foods and foods with sauce, by consuming oral nutritional supplements, No added salt, No added sugar | 1 | 10.0% | 0 | 0.0% | |
| | By avoiding fried foods and foods with sauce, Elimination of spices, garlic, etc. | 0 | 0.0% | 1 | 9.1% | |
| | By avoiding fried foods and foods with sauce, excluding pulses, excluding fruits and vegetables | 1 | 10.0% | 0 | 0.0% | |
| | Elimination of green onions, spices, garlic, tomato paste | 0 | 0.0% | 1 | 9.1% | |
| | Elimination of raw meat and raw foods | 0 | 0.0% | 1 | 9.1% | |
| | Exclude green leafy vegetables, excluding pulses | 1 | 10.0% | 0 | 0.0% | |
| | Excluding whole fruits and vegetables, by avoiding fried foods and foods with sauce | 0 | 0.0% | 1 | 9.1% | |
| | Excluding fruits and vegetables, by avoiding fried foods and foods with sauce, Excluding caffeinated beverages | 0 | 0.0% | 1 | 9.1% | |
| | Excluding fruits and vegetables, by eating vegetables and fruits cooked and peeled only, by avoiding fried foods and foods with sauce | 1 | 10.0% | 1 | 9.1% | |

| | | | | | | |
|---|---|---|---|---|---|---|
| | Excluding garlic, onions, oat, humus, beans, lentils, chili pepper | 0 | 0.0% | 1 | 9.1% | |
| | Excluding only chili pepper | 1 | 10.0% | 0 | 0.0% | |
| | Excluding pulses | 0 | 0.0% | 1 | 9.1% | |
| | No specific diet followed | 2 | 20.0% | 2 | 18.2% | |
| Duration of diet during flare | 1 day | 2 | 20.0% | 1 | 9.1% | 0.7 |
| | 1-2 days | 1 | 10.0% | 0 | 0.0% | |
| | 2-3 days | 1 | 10.0% | 2 | 18.2% | |
| | 4-5 days | 0 | 0.0% | 2 | 18.2% | |
| | Depending on the length of flare | 1 | 10.0% | 1 | 9.1% | |
| | No specific diet followed | 2 | 20.0% | 2 | 18.2% | |
| | Since I was diagnosed with IBD | 3 | 30.0% | 3 | 27.3% | |
| Source of diet during flare | Dietitian | 0 | 0.0% | 1 | 9.1% | 0.4 |
| | Gastroenterologist | 3 | 30.0% | 1 | 9.1% | |
| | No specific diet followed | 2 | 20.0% | 2 | 18.2% | |
| | Personal Belief | 5 | 50.0% | 7 | 63.6% | |
| Diet out of flare | No | 5 | 50.0% | 7 | 63.6% | 0.09 |
| | Yes | 5 | 50.0% | 4 | 36.4% | |
| Type diet out of flare | By avoiding fried food and foods with sauce | 1 | 10.0% | 0 | 0.0% | |
| | By avoiding fried foods and foods with sauce, by consuming oral nutritional supplements, no added salt, no added sugar | 1 | 10.0% | 0 | 0.0% | |
| | Elimination of green onions, spices, garlic, tomato paste | 0 | 0.0% | 1 | 9.1% | |
| | Elimination of raw meat and raw foods | 0 | 0.0% | 1 | 9.1% | |
| | Exclude green leafy vegetables, excluding pulses | 1 | 10.0% | 0 | 0.0% | |
| | Excluding garlic, onions, oat, humus, beans, lentils, chili pepper | 0 | 0.0% | 1 | 9.1% | |
| | Excluding only chili pepper | 1 | 10.0% | 0 | 0.0% | |
| | Excluding tomatoes (fresh and cooked), excluding pulses | 0 | 0.0% | 1 | 9.1% | |
| | No added sugar, by avoiding fried foods and foods with sauce, excluding fruits and vegetables | 1 | 10.0% | 0 | 0.0% | |
| | No specific diet followed | 5 | 50.0% | 7 | 63.6% | |
| Duration of diet out of flare | 2 months | 0 | 0.0% | 1 | 9.1% | 0.7 |
| | 2 years | 1 | 10.0% | 0 | 0.0% | |
| | 4 years | 1 | 10.0% | 0 | 0.0% | |
| | No specific diet followed | 5 | 50.0% | 7 | 63.6% | |
| | Since I was diagnosed with IBD | 3 | 30.0% | 3 | 27.3% | |
| Source of diet out of flare | Gastroenterologist | 1 | 10.0% | 1 | 9.1% | 0.2 |
| | No specific diet followed | 5 | 50.0% | 7 | 63.6% | |
| | Personal Belief | 4 | 40.0% | 3 | 27.3% | |
| Current supplement | No | 6 | 60.0% | 3 | 27.3% | 0.7 |
| | Yes | 4 | 40.0% | 8 | 72.7% | |
| Type of supplement | Magnesium | 0 | 0.0% | 2 | 18.2% | 0.5 |
| | Magnesium, Vitamin B9 | 0 | 0.0% | 1 | 9.1% | |
| | Multi-vitamins | 0 | 0.0% | 1 | 9.1% | |
| | Not applicable | 6 | 60.0% | 3 | 27.3% | |
| | Vitamin A | 0 | 0.0% | 1 | 9.1% | |

| | | | | | | |
|---|---|---|---|---|---|---|
| | Vitamin B12 | 1 | 10.0% | 0 | 0.0% | |
| | Vitamin B9 | 0 | 0.0% | 1 | 9.1% | |
| | Vitamin C, B2 Riboflavin, B6 Pyridoxine, Vitamin B12, Iron, Vitamin B9, Copper | 1 | 10.0% | 0 | 0.0% | |
| | Vitamin C, Vitamin D, Magnesium | 1 | 10.0% | 0 | 0.0% | |
| | Vitamin C, Vitamin D, Zinc, Omega-3 | 0 | 0.0% | 1 | 9.1% | |
| | Vitamin D, B – Complex supplement, Vitamin B9 | 0 | 0.0% | 1 | 9.1% | |
| | Vitamin D, Iron, Magnesium | 1 | 10.0% | 0 | 0.0% | |

Table S6. Anthropometric variation among each group after two months supplementation.

| | Group | N | Mean | Std. Deviation | p-value |
|---|---|---|---|---|---|
| Waist circumference | Control | 10 | 90.30 | 17.651 | 0.8 |
| | Intervention | 11 | 84.27 | 15.533 | |
| Weight | Control | 10 | 65.91 | 13.498 | 0.6 |
| | Intervention | 11 | 78.06 | 11.998 | |
| Body mass index | Control | 10 | 23.52 | 3.384 | 0.3 |
| | Intervention | 11 | 28.08 | 3.331 | |
| Total body water | Control | 10 | 35.28 | 8.216 | 0.1 |
| | Intervention | 11 | 38.48 | 8.643 | |
| Intracellular water | Control | 10 | 21.78 | 5.212 | 0.7 |
| | Intervention | 11 | 23.85 | 5.575 | |
| Extra cellular water | Control | 10 | 13.50 | 3.013 | 0.6 |
| | Intervention | 11 | 14.63 | 3.084 | |
| Protein | Control | 10 | 9.40 | 2.244 | 0.8 |
| | Intervention | 11 | 10.33 | 2.405 | |
| Minerals | Control | 10 | 3.41 | .716 | 0.7 |
| | Intervention | 11 | 3.65 | .799 | |
| Body Fat Mass | Control | 10 | 17.83 | 8.570 | 0.6 |
| | Intervention | 11 | 25.61 | 8.508 | |
| Soft Lean Mass | Control | 10 | 45.28 | 10.605 | 0.4 |
| | Intervention | 11 | 49.44 | 11.187 | |
| Free Fat Mass | Control | 10 | 48.08 | 11.156 | 0.1 |
| | Intervention | 11 | 52.45 | 11.825 | |
| Skeletal Muscle Mass | Control | 10 | 26.41 | 6.835 | 0.7 |
| | Intervention | 11 | 29.13 | 7.270 | |
| Percent Body Fat | Control | 10 | 26.83 | 11.117 | 0.6 |
| | Intervention | 11 | 32.87 | 10.875 | |
| Basal Metabolic Rate | Control | 10 | 1407.90 | 241.224 | 0.2 |
| | Intervention | 11 | 1502.91 | 255.381 | |
| Waist Hip Ratio | Control | 10 | .89 | .073 | 0.4 |
| | Intervention | 11 | .97 | .083 | |
| AMC | Control | 10 | 26.20 | 2.930 | 0.1 |
| | Intervention | 11 | 29.36 | 2.609 | |

Table S7. Anthropometric variation between groups after two months supplementation.

| ANOVA | | | | | | |
|---|---|---|---|---|---|---|
| | | Sum of Squares | df | Mean Square | F | Sig. |
| WC_T1 | Between Groups | 190.290 | 1 | 190.290 | .693 | .415 |
| | Within Groups | 5216.782 | 19 | 274.567 | | |
| | Total | 5407.071 | 20 | | | |
| H | Between Groups | .260 | 1 | .260 | .002 | .961 |
| | Within Groups | 2047.407 | 19 | 107.758 | | |
| | Total | 2047.667 | 20 | | | |
| Weight_T1 | Between Groups | 773.724 | 1 | 773.724 | 4.774 | .042 |
| | Within Groups | 3079.274 | 19 | 162.067 | | |
| | Total | 3852.998 | 20 | | | |
| BMI_T1 | Between Groups | 109.006 | 1 | 109.006 | 9.678 | .006 |
| | Within Groups | 213.992 | 19 | 11.263 | | |
| | Total | 322.998 | 20 | | | |
| TBW_T1 | Between Groups | 53.699 | 1 | 53.699 | .753 | .396 |
| | Within Groups | 1354.472 | 19 | 71.288 | | |
| | Total | 1408.171 | 20 | | | |
| ICW_T1 | Between Groups | 22.543 | 1 | 22.543 | .771 | .391 |
| | Within Groups | 555.303 | 19 | 29.226 | | |
| | Total | 577.847 | 20 | | | |
| ECW_T1 | Between Groups | 6.656 | 1 | 6.656 | .715 | .408 |
| | Within Groups | 176.762 | 19 | 9.303 | | |
| | Total | 183.418 | 20 | | | |
| Protein_T1 | Between Groups | 4.504 | 1 | 4.504 | .830 | .374 |
| | Within Groups | 103.162 | 19 | 5.430 | | |
| | Total | 107.666 | 20 | | | |
| minerals_T1 | Between Groups | .305 | 1 | .305 | .527 | .477 |
| | Within Groups | 11.000 | 19 | .579 | | |
| | Total | 11.305 | 20 | | | |
| BFM_T1 | Between Groups | 316.979 | 1 | 316.979 | 4.348 | .049 |
| | Within Groups | 1384.990 | 19 | 72.894 | | |
| | Total | 1701.970 | 20 | | | |
| SLM_T1 | Between Groups | 90.490 | 1 | 90.490 | .760 | .394 |

| | | | | | | |
|---|---|---|---|---|---|---|
| | Within Groups | 2263.641 | 19 | 119.139 | | |
| | Total | 2354.131 | 20 | | | |
| FFM_T1 | Between Groups | 100.240 | 1 | 100.240 | .756 | .395 |
| | Within Groups | 2518.323 | 19 | 132.543 | | |
| | Total | 2618.563 | 20 | | | |
| SMM_T1 | Between Groups | 38.676 | 1 | 38.676 | .774 | .390 |
| | Within Groups | 949.051 | 19 | 49.950 | | |
| | Total | 987.727 | 20 | | | |
| PBF_T1 | Between Groups | 191.267 | 1 | 191.267 | 1.583 | .224 |
| | Within Groups | 2294.963 | 19 | 120.788 | | |
| | Total | 2486.230 | 20 | | | |
| BMR_T1 | Between Groups | 47282.858 | 1 | 47282.858 | .764 | .393 |
| | Within Groups | 1175893.809 | 19 | 61889.148 | | |
| | Total | 1223176.667 | 20 | | | |
| WHR_T1 | Between Groups | .026 | 1 | .026 | 4.254 | .053 |
| | Within Groups | .116 | 19 | .006 | | |
| | Total | .142 | 20 | | | |
| AMC_T1 | Between Groups | 52.426 | 1 | 52.426 | 6.852 | .017 |
| | Within Groups | 145.365 | 19 | 7.651 | | |
| | Total | 197.791 | 20 | | | |

Table S8. Dietary patterns, malnutrition and lifestyle assessment among both groups each one alone after two months of supplementation.

| | | Control | | | Intervention | | |
|---|---|---|---|---|---|---|---|
| | | Count | Column N % | p-value | Count | Column N % | p-value |
| SGA at T0 | Mild/moderate undernutrition | 2 | 20.0% | 0.7 | 5 | 45.5% | 0.2 |
| | Severe undernutrition | 1 | 10.0% | | 0 | 0.0% | |
| | Well nourished | 7 | 70.0% | | 6 | 54.5% | |
| SGA at T1 | Moderately malnourished | 2 | 20.0% | 0.1 | 3 | 27.3% | 0.3 |
| | Well nourished | 8 | 80.0% | | 8 | 72.7% | |
| Are your daily meals regular? | No | 4 | 40.0% | 0.9 | 7 | 63.6% | 0.8 |
| | Yes | 6 | 60.0% | | 4 | 36.4% | |
| Are your daily meals regular? | No | 5 | 50.0% | | 3 | 27.3% | |
| | Yes | 5 | 50.0% | | 8 | 72.7% | |
| | Food intake remained the same | 1 | 10.0% | 0.7 | 4 | 36.4% | 0.9 |

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Did your food intake change in the past 2 months? | Intake decreased | 5 | 50.0% | | 1 | 9.1% | |
| | Intake increased | 4 | 40.0% | | 6 | 54.5% | |
| Number of meals per day | 1 | 3 | 30.0% | 0.5 | 1 | 9.1% | 0.7 |
| | 2 | 2 | 20.0% | | 5 | 45.5% | |
| | 3 | 2 | 20.0% | | 5 | 45.5% | |
| | 4 | 2 | 20.0% | | 0 | 0.0% | |
| | 5 | 1 | 10.0% | | 0 | 0.0% | |
| Number of meals per day at T1 | 2 | 5 | 50.0% | 0.1 | 5 | 45.5% | 0.6 |
| | 3 | 3 | 30.0% | | 5 | 45.5% | |
| | 4 | 2 | 20.0% | | 1 | 9.1% | |
| Do you follow a special diet during the flare of the disease? | No | 4 | 40.0% | 0.4 | 5 | 45.5% | 0.1 |
| | Yes | 6 | 60.0% | | 6 | 54.5% | |
| If yes, which of the following do you follow? | By avoiding fried food and foods with sauce | 2 | 20.0% | 0.9 | 0 | 0.0% | 0.4 |
| | By avoiding raw meat, etc. | 1 | 10.0% | | 0 | 0.0% | |
| | Excluding whole fruits and vegetables | 0 | 0.0% | | 1 | 9.1% | |
| | Excluding whole fruits and vegetables, by avoiding fried foods and foods with sauce | 0 | 0.0% | | 1 | 9.1% | |
| | Excluding whole fruits and vegetables, by avoiding fried foods and foods with sauce, No fat, No added Sugar | 0 | 0.0% | | 1 | 9.1% | |
| | Excluding whole fruits and vegetables, by eating vegetables and fruits cooked and peeled only, by avoiding fried foods and foods with sauce | 0 | 0.0% | | 1 | 9.1% | |
| | Excluding garlic, onions, beans | 1 | 10.0% | | 0 | 0.0% | |
| | Excluding green leafy veggies (spinach, etc.), apples, pulses | 1 | 10.0% | | 0 | 0.0% | |
| | Excluding green onion, spices, tomato paste | 1 | 10.0% | | 0 | 0.0% | |
| | Excluding only chili pepper | 0 | 0.0% | | 1 | 9.1% | |
| | Excluding pulses | 0 | 0.0% | | 1 | 9.1% | |
| | No specific diet followed | 4 | 40.0% | | 5 | 45.5% | |
| If yes, duration of this diet | 2 weeks | 0 | 0.0% | 0.1 | 2 | 18.2% | 0.2 |

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| | 24 hours | 1 | 10.0% | | 0 | 0.0% | |
| | 3 days | 1 | 10.0% | | 0 | 0.0% | |
| | No specific diet followed | 4 | 40.0% | | 5 | 45.5% | |
| | Since I was diagnosed with IBD | 4 | 40.0% | | 3 | 27.3% | |
| | Weeks | 0 | 0.0% | | 1 | 9.1% | |
| This diet advised by whom? | Dietitian | 0 | 0.0% | 0.9 | 1 | 9.1% | 0.7 |
| | Gastroenterologist | 2 | 20.0% | | 1 | 9.1% | |
| | Media | 0 | 0.0% | | 1 | 9.1% | |
| | No specific diet followed | 4 | 40.0% | | 5 | 45.5% | |
| | Personal Belief | 4 | 40.0% | | 3 | 27.3% | |
| Do you follow a diet out of the flare of the disease | No | 6 | 60.0% | 0.2 | 8 | 72.7% | 0.6 |
| | Yes | 4 | 40.0% | | 3 | 27.3% | |
| If yes, which of the following do you follow? | By avoiding fried food and foods with sauce | 1 | 10.0% | 0.8 | 0 | 0.0% | 0.1 |
| | Excluding whole fruits and vegetables, by avoiding fried foods and foods with sauce | 0 | 0.0% | | 1 | 9.1% | |
| | Excluding garlic, onions, beans | 1 | 10.0% | | 0 | 0.0% | |
| | Excluding green leafy veggies (spinach, etc.), apples, pulses | 1 | 10.0% | | 0 | 0.0% | |
| | Excluding green onion, spices, tomato paste | 1 | 10.0% | | 0 | 0.0% | |
| | Excluding only chili pepper | 0 | 0.0% | | 1 | 9.1% | |
| | Excluding pulses | 0 | 0.0% | | 1 | 9.1% | |
| | No specific diet followed | 6 | 60.0% | | 8 | 72.7% | |
| If yes, duration of this diet | No specific diet followed | 6 | 60.0% | 0.9 | 8 | 72.7% | 0.6 |
| | Since I was diagnosed with IBD | 4 | 40.0% | | 3 | 27.3% | |
| This diet advised by whom? | No specific diet followed | 6 | 60.0% | | 8 | 72.7% | |
| | Personal Belief | 4 | 40.0% | | 3 | 27.3% | |
| Do you follow a special diet during the flare of the disease? | No | 2 | 20.0% | 0.5 | 2 | 18.2% | 0.1 |
| | Yes | 8 | 80.0% | | 9 | 81.8% | |
| Type of diet during flare at T1 | Avoiding spices and sauces | 1 | 10.0% | 0.6 | 0 | 0.0% | 0.8 |
| | By avoiding fried food and foods with sauce | 2 | 20.0% | | 1 | 9.1% | |
| | By avoiding fried foods and foods with sauce, by consuming oral nutritional supplements, No added salt, No added sugar | 1 | 10.0% | | 0 | 0.0% | |

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| | By avoiding fried foods and foods with sauce, Elimination of spices, garlic, etc. | 0 | 0.0% | | 1 | 9.1% | |
| | By avoiding fried foods and foods with sauce, excluding pulses, excluding whole fruits and vegetables | 1 | 10.0% | | 0 | 0.0% | |
| | Elimination of green onions, spices, garlic, tomato paste | 0 | 0.0% | | 1 | 9.1% | |
| | Elimination of raw meat and raw foods | 0 | 0.0% | | 1 | 9.1% | |
| | Exclude green leafy vegetables, Excluding pulses | 1 | 10.0% | | 0 | 0.0% | |
| | Excluding whole fruits and vegetables, by avoiding fried foods and foods with sauce | 0 | 0.0% | | 1 | 9.1% | |
| | Excluding whole fruits and vegetables, by avoiding fried foods and foods with sauce, excluding caffeinated beverages | 0 | 0.0% | | 1 | 9.1% | |
| | Excluding whole fruits and vegetables, by eating vegetables and fruits cooked and peeled only, by avoiding fried foods and foods with sauce | 1 | 10.0% | | 1 | 9.1% | |
| | Excluding garlic, onions, oat, humus, beans, lentils, chili pepper | 0 | 0.0% | | 1 | 9.1% | |
| | Excluding only chili pepper | 1 | 10.0% | | 0 | 0.0% | |
| | Excluding pulses | 0 | 0.0% | | 1 | 9.1% | |
| | No specific diet followed | 2 | 20.0% | | 2 | 18.2% | |
| Duration of diet during flare at T1 | 1 day | 2 | 20.0% | 0.6 | 1 | 9.1% | 0.7 |
| | 1-2 days | 1 | 10.0% | | 0 | 0.0% | |
| | 2-3 days | 1 | 10.0% | | 2 | 18.2% | |
| | 4-5 days | 0 | 0.0% | | 2 | 18.2% | |
| | Depending on the length of flare | 1 | 10.0% | | 1 | 9.1% | |
| | No specific diet followed | 2 | 20.0% | | 2 | 18.2% | |
| | Since I was diagnosed with IBD | 3 | 30.0% | | 3 | 27.3% | |
| | Dietitian | 0 | 0.0% | 0.9 | 1 | 9.1% | 0.1 |

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Source of diet during flare at T1 | Gastroenterologist | 3 | 30.0% | | 1 | 9.1% | |
| | No specific diet followed | 2 | 20.0% | | 2 | 18.2% | |
| | Personal Belief | 5 | 50.0% | | 7 | 63.6% | |
| Diet out of flare at T1 | No | 5 | 50.0% | 0.4 | 7 | 63.6% | 0.6 |
| | Yes | 5 | 50.0% | | 4 | 36.4% | |
| Type of diet out of flareT1 | By avoiding fried food and foods with sauce | 1 | 10.0% | 0.1 | 0 | 0.0% | 0.4 |
| | By avoiding fried foods and foods with sauce, by consuming oral nutritional supplements, No added salt, No added sugar | 1 | 10.0% | | 0 | 0.0% | |
| | Elimination of green onions, spices, garlic, tomato paste | 0 | 0.0% | | 1 | 9.1% | |
| | Elimination of raw meat and raw foods | 0 | 0.0% | | 1 | 9.1% | |
| | Exclude green leafy vegetables, excluding pulses | 1 | 10.0% | | 0 | 0.0% | |
| | Excluding garlic, onions, oat, humus, beans, lentils, chili pepper | 0 | 0.0% | | 1 | 9.1% | |
| | Excluding only chili pepper | 1 | 10.0% | | 0 | 0.0% | |
| | Excluding tomatoes (fresh and cooked), excluding pulses | 0 | 0.0% | | 1 | 9.1% | |
| | No added sugar, by avoiding fried foods and foods with sauce, excluding whole fruits and vegetables | 1 | 10.0% | | 0 | 0.0% | |
| | No specific diet followed | 5 | 50.0% | | 7 | 63.6% | |
| Duration of diet out of flare T1 | 2 months | 0 | 0.0% | 0.9 | 1 | 9.1% | 0.7 |
| | 2 years | 1 | 10.0% | | 0 | 0.0% | |
| | 4 years | 1 | 10.0% | | 0 | 0.0% | |
| | No specific diet followed | 5 | 50.0% | | 7 | 63.6% | |
| | Since I was diagnosed with IBD | 3 | 30.0% | | 3 | 27.3% | |
| Source of diet at T1 | Gastroenterologist | 1 | 10.0% | 0.2 | 1 | 9.1% | 0.4 |
| | No specific diet followed | 5 | 50.0% | | 7 | 63.6% | |
| | Personal belief | 4 | 40.0% | | 3 | 27.3% | |

Table S9. Comparisons between study groups regarding nutrients intake after two months of the study.

| | Group | N | Mean | Std. Deviation | p-value |
|---|---|---|---|---|---|

| | | | | | |
|---|---|---|---|---|---|
| Energy | Control | 10 | 3583.20 | 2711.510 | 0.9 |
| | Intervention | 11 | 3999.84 | 2554.270 | |
| Protein | Control | 10 | 106.24 | 83.701 | 0.3 |
| | Intervention | 11 | 151.70 | 131.751 | |
| CHO | Control | 10 | 428.81 | 334.805 | 0.3 |
| | Intervention | 11 | 444.45 | 235.470 | |
| Fat | Control | 10 | 165.29 | 143.726 | 0.9 |
| | Intervention | 11 | 182.12 | 135.748 | |
| Cholesterol | Control | 10 | 260.87 | 272.914 | 0.1 |
| | Intervention | 11 | 474.52 | 466.494 | |
| Saturated fatty acid | Control | 10 | 33.80 | 27.722 | 0.8 |
| | Intervention | 11 | 38.44 | 24.725 | |
| Monounsaturated fatty acid | Control | 10 | 67.55 | 67.535 | 0.8 |
| | Intervention | 11 | 69.89 | 61.486 | |
| Polyunsaturated fatty acid | Control | 10 | 33.44 | 40.844 | 0.8 |
| | Intervention | 11 | 38.31 | 35.608 | |
| Oleic | Control | 10 | 63.86 | 64.716 | 0.9 |
| | Intervention | 11 | 65.96 | 59.006 | |
| Linoleic | Control | 10 | 30.63 | 37.577 | 0.5 |
| | Intervention | 11 | 34.69 | 32.896 | |
| Linolenic | Control | 10 | 2.35 | 2.884 | 0.6 |
| | Intervention | 11 | 2.50 | 2.458 | |
| EPA | Control | 10 | .03 | .047 | 0.3 |
| | Intervention | 11 | .03 | .041 | |
| DHA | Control | 10 | .07 | .107 | 02 |
| | Intervention | 11 | .10 | .135 | |
| Trans fatty acid | Control | 10 | 2.26 | 4.175 | 0.6 |
| | Intervention | 11 | 1.43 | 1.631 | |
| Sodium | Control | 10 | 3205.93 | 2564.807 | 0.8 |
| | Intervention | 11 | 4465.27 | 2735.368 | |
| Potassium | Control | 10 | 5265.98 | 4575.630 | 0.2 |
| | Intervention | 11 | 5243.18 | 3891.483 | |
| Lycopene | Control | 10 | 4939.29 | 9871.182 | 0.2 |
| | Intervention | 11 | 3932.75 | 3802.365 | |
| Vitamin C | Control | 10 | 74.89 | 58.400 | 0.8 |
| | Intervention | 11 | 79.48 | 42.479 | |
| Calcium | Control | 10 | 567.13 | 200.172 | 0.01* |
| | Intervention | 11 | 1028.76 | 645.704 | |
| Iron | Control | 10 | 17.60 | 12.491 | 0.6 |
| | Intervention | 11 | 21.24 | 12.458 | |
| Vitamin D | Control | 10 | 1.41 | 1.379 | 0.3 |
| | Intervention | 11 | 2.03 | 3.197 | |
| Vitamin E | Control | 9 | 2.11 | 2.628 | 0.5 |

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| | Intervention | 11 | 2.41 | 1.684 | |
| Alpha tocopherol | Control | 10 | 10.00 | 7.757 | 0.5 |
| | Intervention | 11 | 12.96 | 9.257 | |
| Thiamin | Control | 10 | 1.75 | 1.368 | 0.6 |
| | Intervention | 11 | 1.96 | 1.153 | |
| Riboflavin | Control | 10 | 1.45 | .603 | 0.04* |
| | Intervention | 11 | 2.03 | 1.229 | |
| Niacin | Control | 10 | 29.57 | 21.950 | 0.2 |
| | Intervention | 11 | 44.00 | 53.262 | |
| Pyridoxine | Control | 10 | 3.50 | 3.096 | 0.7 |
| | Intervention | 11 | 3.81 | 3.606 | |
| Folate | Control | 10 | 459.90 | 313.347 | 0.013* |
| | Intervention | 11 | 564.73 | 186.683 | |
| Cobalamin | Control | 10 | 5.16 | 9.575 | 0.5 |
| | Intervention | 11 | 8.39 | 16.404 | |
| Biotin | Control | 10 | 12.93 | 12.346 | 0.1 |
| | Intervention | 11 | 22.50 | 26.373 | |
| Pantothenic acid | Control | 10 | 7.40 | 5.444 | 0.4 |
| | Intervention | 11 | 8.76 | 6.618 | |
| Vitamin K | Control | 10 | 106.74 | 97.499 | 0.2 |
| | Intervention | 11 | 191.48 | 259.023 | |
| Phosphorus | Control | 10 | 1606.08 | 1093.803 | 0.4 |
| | Intervention | 11 | 2109.34 | 1453.846 | |
| Magnesium | Control | 10 | 380.27 | 274.785 | 0.7 |
| | Intervention | 11 | 461.91 | 298.362 | |
| Zinc | Control | 10 | 18.27 | 26.200 | 0.1 |
| | Intervention | 11 | 14.86 | 8.338 | |
| Copper | Control | 10 | 1.81 | 1.165 | 0.1 |
| | Intervention | 11 | 2.81 | 3.068 | |
| Manganese | Control | 10 | 3.35 | 2.216 | 0.05 |
| | Intervention | 11 | 3.51 | 1.361 | |
| Selenium | Control | 10 | 90.30 | 76.397 | 0.4 |
| | Intervention | 11 | 125.42 | 91.977 | |
| Fluoride | Control | 10 | 727.60 | 671.907 | 0.7 |
| | Intervention | 11 | 837.30 | 567.026 | |
| Chromium | Control | 9 | .03 | .020 | 0.2 |
| | Intervention | 11 | .05 | .078 | |
| Molybdenum | Control | 4 | 2.93 | 3.343 | 0.9 |
| | Intervention | 4 | 2.90 | 3.190 | |
| Dietary fiber | Control | 10 | 35.51 | 29.493 | 0.3 |
| | Intervention | 11 | 34.86 | 21.360 | |
| Soluble fiber | Control | 10 | .52 | 1.012 | 0.01* |
| | Intervention | 11 | .14 | .142 | |

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| Insoluble fiber | Control | 10 | 3.33 | 5.762 | 0.07 |
| | Intervention | 11 | 1.34 | 2.158 | |
| Crude fiber | Control | 10 | 2.51 | 1.774 | 0.2 |
| | Intervention | 11 | 1.85 | 1.363 | |
| Total sugar | Control | 10 | 96.85 | 50.206 | 0.5 |
| | Intervention | 11 | 96.86 | 71.418 | |
| Glucose | Control | 10 | 17.23 | 18.386 | 0.2 |
| | Intervention | 11 | 10.89 | 10.046 | |
| Galactose | Control | 10 | .81 | .923 | 0.3 |
| | Intervention | 11 | 1.21 | 1.676 | |
| Fructose | Control | 10 | 18.42 | 19.614 | 0.3 |
| | Intervention | 11 | 13.66 | 11.845 | |
| Sucrose | Control | 10 | 22.50 | 18.777 | 0.7 |
| | Intervention | 11 | 24.93 | 31.602 | |
| Lactose | Control | 10 | 2.47 | 2.126 | 0.2 |
| | Intervention | 11 | 3.50 | 4.309 | |
| Maltose | Control | 10 | .23 | .188 | 0.09 |
| | Intervention | 11 | .08 | .098 | |
| sugar alcohol | Control | 10 | .00 | .000 | 0.04* |
| | Intervention | 11 | .30 | 1.005 | |
| Tryptophan | Control | 10 | 847.60 | 809.637 | 0.4 |
| | Intervention | 11 | 1131.53 | 1401.870 | |
| Threonine | Control | 10 | 3026.18 | 3216.522 | 0.5 |
| | Intervention | 11 | 3971.84 | 5051.638 | |
| Isoleucine | Control | 10 | 3244.18 | 3073.000 | 0.3 |
| | Intervention | 11 | 4713.47 | 6138.726 | |
| Leucine | Control | 10 | 5603.22 | 5851.354 | 0.5 |
| | Intervention | 11 | 7398.50 | 8809.482 | |
| Lysine | Control | 10 | 5594.73 | 6489.483 | 0.5 |
| | Intervention | 11 | 7423.97 | 9923.634 | |
| Methionine | Control | 10 | 1756.99 | 2105.217 | 0.5 |
| | Intervention | 11 | 2386.96 | 3184.656 | |
| Cystine | Control | 10 | 925.10 | 742.371 | 0.3 |
| | Intervention | 11 | 1319.47 | 1565.093 | |
| PHE | Control | 10 | 3548.66 | 2887.511 | 0.4 |
| | Intervention | 11 | 4618.42 | 5126.195 | |
| Valine | Control | 10 | 3860.94 | 3320.176 | 0.3 |
| | Intervention | 11 | 5290.73 | 6085.727 | |
| Arginine | Control | 10 | 4569.11 | 4709.669 | 0.4 |
| | Intervention | 11 | 6021.29 | 7504.469 | |
| Histidine | Control | 10 | 2085.88 | 2359.308 | 0.5 |
| | Intervention | 11 | 2747.61 | 3533.487 | |
| Alanine | Control | 10 | 3702.11 | 4156.223 | 0.4 |

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| | Intervention | 11 | 4983.45 | 6648.952 | |
| Aspartic acid | Control | 10 | 9485.97 | 8035.352 | 0.5 |
| | Intervention | 11 | 11086.60 | 12865.479 | |
| Glutamic acid | Control | 10 | 13699.60 | 11527.765 | 0.5 |
| | Intervention | 11 | 17158.47 | 18052.648 | |
| Glycine | Control | 10 | 3174.65 | 3272.895 | 0.5 |
| | Intervention | 11 | 4753.96 | 6718.563 | |
| Proline | Control | 10 | 3777.32 | 3001.916 | 0.5 |
| | Intervention | 11 | 5239.86 | 5317.484 | |
| Serine | Control | 10 | 3214.62 | 2762.344 | 0.3 |
| | Intervention | 11 | 4147.82 | 4325.512 | |
| Caffeine | Control | 10 | 109.30 | 78.745 | 0.3 |
| | Intervention | 11 | 79.23 | 65.732 | |