

Appendix 1: Postoperative nutrition management, patient education, and follow-up

Nasoduodenal nutrition tube was routinely indwelled for all patients during the operation. Enteral nutrition was started within 24 h after the operation. After discharge, the patients continued to receive enteral nutrition support until 1 month postoperatively. Under the guidance of doctors and nutrition specialists, the discharged patients began to be fed orally 2 weeks after the operation, starting from solid soft food, and gradually transitioning to regular food intake. Subsequently, the frequency of food intake was gradually increased to more than six times/day. Within 1 month after discharge, the patients were given eating guidance by a specialized nurse every week. The first doctor's follow-up was generally arranged within 1–2 weeks after discharge, and specific suggestions were provided for the possible changes in diet and lifestyle after esophagectomy. Then, the patients received regular outpatient and telephone nutritional follow-ups. The follow-up nurses were uniformly trained and used standardized terms. Follow-up was conducted 1, 3, 6, 12, and 30 months after the operation.

Table S1 Food types and the corresponding energy

Common food	Energy (kcal/100 g)
Rice	116
Steamed bun	233
Meat pie	210
Sten	223
Baked roll	326
Soft food	–
Noodles	109
Rice noodles	97
Rice flour	346
Rice cake	194
Semi-liquid food	–
Jellied bean curd	10
Rice porridge	46
Liquid food	–
Rice soup	49
Lotus root starch	373
Vegetable juice	29
Soybean milk	13
Soy milk	30