

**Table S1.** Comparison of dietary intakes stratified on the aetiology of cirrhosis (N = 522).

|  | ALICIR<br>Alcoholic<br>cirrhosis<br>(N = 77) | NutriNet<br>(N = 154) | p*                | ALICIR<br>Viral<br>cirrhosis<br>(N = 97) | NutriNet<br>(N = 194) | p*                |
|--|--|-----------------------|-------------------|--|-----------------------|-------------------|
| Fruits (g/day)                             | 228.9 (39.7)                                 | 256.7 (44.8)          | 0.90              | 190.6 (32.9)                             | 253.5 (35.6)          | 0.06              |
| Vegetables (g/day)                         | 284.7 (29.7)                                 | 326.7 (33.5)          | 0.18              | 277.1 (33.8)                             | 320.7 (36.5)          | 0.22              |
| Cereal bread (g/day)                       | 133.2 (11.1)                                 | 118.7 (12.5)          | 0.54              | 154.3 (12.2)                             | 136.3 (13.1)          | 0.11              |
| Potatoes (g/day)                           | 33.0 (4.1)                                   | 26.0 (4.7)            | 0.02              | 36.5 (4.2)                               | 32.0 (4.5)            | 0.47              |
| Pasta, rice, semolina (g/day)              | 83.3 (11.7)                                  | 84.3 (13.3)           | 0.76              | 143.9 (15.6)                             | 118.5 (16.8)          | <b>0.02</b>       |
| <b>Legumes (g/day)</b>                     | 15.5 (3.6)                                   | 27.5 (4.1)            | <0.01             | <b>13.0 (3.9)</b>                        | <b>24.5 (4.2)</b>     | <b>&lt;0.0001</b> |
| Milk (g/day)                               | 110.3 (27.0)                                 | 129.9 (30.4)          | 0.24              | 160.0 (33.2)                             | 113.69 (35.9)         | 0.03              |
| Dairy products (g/day)                     | 172.1 (30.9)                                 | 199.3 (34.9)          | 0.36              | 145.3 (20.9)                             | 183.5 (22.6)          | 0.01              |
| Cheese (g/day)                             | 39.9 (9.4)                                   | 50.3 (10.6)           | 0.71              | 36.7 (5.7)                               | 53.8 (6.1)            | <0.01             |
| Fish and seafood (g/day)                   | 38.5 (6.6)                                   | 51.0 (7.5)            | 0.05              | 43.5 (8.6)                               | 53.4 (9.2)            | 0.35              |
| Meat (g/day)                               | 115.5 (12.4)                                 | 105.9 (14.0)          | 0.48              | 88.6 (10.5)                              | 93.3 (11.4)           | 0.54              |
| Poultry (g/day)                            | 30.4 (3.8)                                   | 25.8 (4.3)            | 0.05              | 25.4 (4.4)                               | 17.3 (4.8)            | 0.08              |
| Organ meat (g/day)                         | 6.5 (1.6)                                    | 8.5 (1.8)             | 0.13              | 5.4 (1.3)                                | 6.8 (1.4)             | 0.06              |
| Eggs (g/day)                               | 17.3 (2.3)                                   | 13.4 (2.6)            | 0.13              | 15.0 (1.8)                               | 12.5 (2.0)            | 0.20              |
| <b>Processed meat (g/day)</b>              | 12.2 (2.3)                                   | 7.0 (2.5)             | 0.41              | <b>6.3 (2.9)</b>                         | <b>10.0 (3.1)</b>     | <b>&lt;0.001</b>  |
| <b>Desserts (g/day)</b>                    | 33.7 (8.1)                                   | 5.5 (9.2)             | 0.05              | <b>15.4 (5.7)</b>                        | <b>23.0 (6.1)</b>     | <b>&lt;0.001</b>  |
| Marmelade, confectionery and honey (g/day) | 32.1 (3.3)                                   | 22.9 (3.8)            | <0.01             | 27.8 (3.2)                               | 23.7 (3.4)            | 0.26              |
| Cakes and cookies (g/day)                  | 27.7 (4.3)                                   | 21.0 (4.9)            | 0.77              | 29.6 (5.1)                               | 35.9 (5.5)            | <0.01             |
| <b>Salty snacks (g/day)</b>                | 3.9 (1.8)                                    | 7.6 (2.0)             | 0.01              | <b>4.3 (2.2)</b>                         | <b>10.1 (2.4)</b>     | <b>&lt;0.001</b>  |
| <b>Sauces (g/day)</b>                      | <b>16.8 (1.4)</b>                            | <b>8.3 (1.6)</b>      | <b>&lt;0.0001</b> | <b>19.5 (1.8)</b>                        | <b>10.8 (1.9)</b>     | <b>&lt;0.0001</b> |
| Animal fat (g/day)                         | 4.6 (1.1)                                    | 6.9 (1.2)             | 0.90              | 3.9 (1.1)                                | 5.4 (1.2)             | 0.44              |
| <b>Vegetable fat (g/day)</b>               | <b>15.4 (3.4)</b>                            | <b>22.7 (3.9)</b>     | <b>0.0001</b>     | 12.6 (2.7)                               | 18.1 (2.9)            | 0.09              |
| <b>Water (g/day)</b>                       | <b>1763.3 (120.5)</b>                        | <b>900.8 (129.0)</b>  | <b>&lt;0.0001</b> | <b>1892.3 (110.0)</b>                    | <b>1032.5 (115.4)</b> | <b>&lt;0.0001</b> |
| Soft beer (g/day)                          | 20.7 (13.8)                                  | 25.4 (15.6)           | 0.35              | 0.9 (1.1)                                | 0.2 (1.1)             | 0.72              |
| <b>Sodas (g/day)</b>                       | <b>315.1 (49.3)</b>                          | <b>46.3 (55.6)</b>    | <b>&lt;0.0001</b> | 170.4 (35.2)                             | 98.0 (38.1)           | 0.28              |
| <b>Alcoholic beverages (g/day)</b>         | <b>102.9 (40.5)</b>                          | <b>134.3 (45.8)</b>   | <b>&lt;0.0001</b> | <b>49.3 (26.2)</b>                       | <b>153.9 (28.3)</b>   | <b>&lt;0.0001</b> |
| Coffee (g/day)                             | 114.6 (21.6)                                 | 169.3 (24.4)          | 0.01              | 149.4 (29.9)                             | 194.3 (32.3)          | 0.04              |
| Tea (g/day)                                | 104.8 (42.2)                                 | 180.6 (47.7)          | 0.04              | 102.5 (34.8)                             | 103.2 (37.7)          | 0.36              |
| Soft and non-sugared beverages (g/day)     | 74.7 (24.2)                                  | 77.4 (27.3)           | 0.02              | 37.4 (21.9)                              | 81.9 (23.6)           | 0.047             |

\* ANCOVA tests adjusted for: marital status, professional status, smoking status, physical activity, and total energy intake. Water intakes were also adjusted for diabetes and diuretic treatment. Numbers in bold are significant p values (less than 0.0001)

**Table S2.** Comparison of nutrient intakes stratified on the aetiology of cirrhosis (N = 522).

|   | ALICIR<br>Alcoholic<br>cirrhosis<br>(N = 74) | NutriNet                   | <i>p</i> *        | ALICIR<br>Viral cirrhosis<br>(N = 97) | NutriNet                | <i>p</i> *        |
|---|--|----------------------------|-------------------|---------------------------------------|-------------------------|-------------------|
| Total energy intake<br>(kcal/day)   | 2172.57<br>(127.97)                          | 2124.63<br>(144.49)        | 0.73              | 2066.85 (111.88)                      | 2306.06 (120.90)        | 0.02              |
| Proteins (%TEI)   | 18.20 (0.60)                                 | 19.39 (0.68)               | 0.07              | 17.29 (0.59)                          | 17.82 (0.63)            | 0.31              |
| Animal proteins (%TEI)  | 13.45 (0.68)                                 | 14.25 (0.77)               | 0.27              | 11.93 (0.67)                          | 12.51 (0.73)            | 0.34              |
| Vegetable proteins<br>(%TEI)  | 4.75 (0.23)                                  | 5.15 (0.26)                | 0.11              | 5.35 (0.24)                           | 5.32 (0.26)             | 0.87              |
| <b>Carbohydrates (%TEI)</b>   | <b>43.88 (1.36)</b>                          | <b>36.93 (1.53)</b>        | <b>&lt;0.0001</b> | <b>47.37 (1.27)</b>                   | <b>39.81 (1.37)</b>     | <b>&lt;0.0001</b> |
| <b>Simple carbohydrates<br/>(%TEI)</b>  | <b>22.54 (1.04)</b>                          | <b>17.00 (1.17)</b>        | <b>&lt;0.0001</b> | 20.83 (0.96)                          | 18.27 (1.04)            | <0.01             |
| <b>Lipids (%TEI)</b>  | 35.80 (1.14)                                 | 38.91 (1.29)               | 0.01              | <b>33.78 (1.16)</b>                   | <b>37.55 (1.25)</b>     | <b>&lt;0.001</b>  |
| <b>SFA (%TEI)</b>   | 13.98 (0.56)                                 | 14.52 (0.63)               | 0.36              | <b>12.71 (0.56)</b>                   | <b>14.47 (0.61)</b>     | <b>&lt;0.001</b>  |
| MUFA (%TEI)   | 13.80 (0.54)                                 | 14.93 (0.61)               | 0.05              | 13.05 (0.62)                          | 14.26 (0.67)            | 0.03              |
| PUFA (%TEI)   | 5.54 (0.39)                                  | 6.53 (0.44)                | <0.01             | 5.63 (0.35)                           | 5.99 (0.38)             | 0.17              |
| <b>Sodium (mg/day)</b>  | <b>3387.98<br/>(191.6)</b>                   | <b>2804.15<br/>(216.3)</b> | <b>&lt;0.0001</b> | <b>3265.79 (168.7)</b>                | <b>3011.68 (182.30)</b> | <b>&lt;0.0001</b> |
| <b>Alcohol (%TEI)†</b>  | <b>2.10 (0.85)</b>                           | <b>4.39 (0.96)</b>         | <b>&lt;0.0001</b> | <b>1.57 (0.61)</b>                    | <b>4.45 (0.65)</b>      | <b>&lt;0.0001</b> |
| <i>Prevalence of inadequacy regarding Estimated Average Requirements (EAR, N %)</i> |  |                            |                   |                                       |                         |                   |
| Vitamin A   | 39 (50.6 %)                                  | 74 (48 %)                  | 0.70              | 60 (61.9 %)                           | 102 (52.6 %)            | 0.13              |
| Beta-caroten  | 37 (48.0 %)                                  | 63 (40.9 %)                | 0.30              | 41 (42.3 %)                           | 66 (34 %)               | 0.17              |
| <b>Vitamin B1</b>   | <b>46 (59.7 %)</b>                           | <b>85 (55.2 %)</b>         | <b>0.51</b>       | <b>63 (64.9 %)</b>                    | <b>98 (50.5 %)</b>      | <b>0.02</b>       |
| <b>Vitamin B6</b>   | <b>35 (45.4 %)</b>                           | <b>51 (33.1 %)</b>         | <b>0.07</b>       | <b>44 (45.4 %)</b>                    | <b>57 (29.4 %)</b>      | <b>&lt;0.01</b>   |
| Vitamin B12   | 17 (22.1 %)                                  | 20 (13 %)                  | 0.07              | 24 (24.7 %)                           | 34 (17.5 %)             | 0.15              |
| Vitamin C   | 35 (45.5 %)                                  | 52 (33.8 %)                | 0.08              | 34 (35 %)                             | 51 (26.3 %)             | 0.12              |
| Vitamin E   | 37 (48 %)                                    | 55 (35.7 %)                | 0.07              | 40 (41.2 %)                           | 59 (30.4 %)             | 0.07              |

Abbreviations : EAR: Estimated Average Requirements; TEI: Total Energy Intake

\* ANCOVA tests adjusted for marital status, professional status, smoking status, physical activity. † for alcohol. ANCOVA tests were also adjusted for total energy intake.

† Chi-square tests were performed. EAR for adult men: Vitamin A: 570 µg/day; Vitamin B1: 1.50 mg/day; Vitamin B6: 1.80 mg/day; Vitamin B12: 4.00 µg/day; Vitamin C: 90.0 mg/day; Vitamin E: 10.50 mg/day. EAR for adult women: Vitamin A: 490 µg/day; Vitamin B1: 1.20 mg/day; Vitamin B6: 1.50 mg/day; Vitamin B12: 4.00 µg/day; Vitamin C: 90.0 mg/day; Vitamin E: 9.90 mg/day. For beta-carotene, usual intakes among the general population were used: 3228.80 µg/day for both men and women.