

Supplementary Table 1. Comparison of demographic and clinical data according to functional outcomes dichotomized into poor and good (scores on the mRS of ≥ 3 and < 3 , respectively)

Variables	mRS score < 3 (n=223)	mRS score ≥ 3 (n=40)	p
Demographic data			
Sex, male	130 (58.3)	23 (57.5)	0.925
Age, years	64.6 \pm 11.9	70.1 \pm 9.2	0.002
Marital status, married	151 (67.7)	21 (52.5)	0.063
Education, >7 years	45 (20.2)	4 (10.0)	0.128
Prestroke mRS score	0 [0–1]	1 [0–1]	0.019
Risk factors			
Hypertension	105 (47.1)	16 (40.0)	0.408
Diabetes mellitus	77 (34.5)	17 (42.5)	0.333
Hyperlipidemia	52 (23.3)	2 (5.0)	0.008
Alcohol intake	51 (22.9)	6 (15.0)	0.266
Smoking	92 (41.2)	11 (27.5)	0.163
Body mass index, kg/m ²	23.0 \pm 2.7	24.2 \pm 3.3	0.032
Regular exercise	139 (62.3)	29 (72.5)	0.218
Laboratory findings			
White blood cell count, $\times 10^3/\mu\text{L}$	7.3 \pm 2.9	7.9 \pm 2.2	0.248
Hemoglobin, mg/dL	13.3 \pm 1.7	13.5 \pm 1.6	0.622
Fasting glucose, mg/dL	119.4 \pm 39.8	121.2 \pm 38.8	0.801
Triglycerides, mg/dL	124.3 \pm 63.9	125.8 \pm 83.2	0.896
Low-density lipoprotein, mg/dL	116.5 \pm 32.9	115.8 \pm 29.1	0.888
HbA1c, %	6.4 \pm 1.4	6.8 \pm 1.5	0.075
Insulin, $\mu\text{IU/mL}$	6.2 \pm 4.8	7.2 \pm 7.0	0.383
C-reactive protein, mg/dL	0.6 \pm 1.7	1.1 \pm 2.5	0.279
Stroke classification			0.003
Large-artery atherosclerosis	81 (36.3)	10 (25.0)	
Lacune	81 (36.3)	8 (20.0)	
Cardioembolism	31 (13.9)	14 (35.0)	
Multiple causes	15 (6.7)	2 (5.0)	
Negative evaluation	15 (6.7)	6 (15.0)	
NIHSS score	2 [1–4]	8 [6–11]	0.001
Early neurological deterioration	9 (4.0)	11 (27.5)	0.001
High-grade WMHs	48 (21.5)	20 (50.0)	0.001
Symptomatic cerebral atherosclerosis	68 (30.5)	14 (35.0)	0.571
SQFFQ data			
GL	155.12 \pm 65.7	181.2 \pm 103.7	0.042
GI	59.3 \pm 4.8	61.0 \pm 4.9	0.067
Total carbohydrates, g/day	261.7 \pm 110.1	292.7 \pm 121.4	0.041
Total energy, kcal	1,931.6 \pm 788.8	2,139.8 \pm 1,057.7	0.252
Fat, g/day	53.8 \pm 30.6	60.5 \pm 37.7	0.286
Protein, g/day	78.7 \pm 35.3	85.0 \pm 43.4	0.333
Dietary fiber, g/day	25.9 \pm 12.6	26.6 \pm 15.0	0.763
Grains, g/day	334.7 \pm 367.3	406.3 \pm 331.6	0.261
Starch, g/day	58.6 \pm 104.1	39.4 \pm 48.8	0.265
Sugar, g/day	33.4 \pm 43.2	38.8 \pm 46.3	0.481

Data are median [interquartile range], n(%), or mean \pm standard-deviation values.

GI: glycemic index, GL: glycemic load, HbA1c: hemoglobin A1c, mRS: modified Rankin Scale, NIHSS: National Institutes of Health Stroke Scale, SQFFQ: semiquantitative food-frequency questionnaire, WMHs: white-matter hyperintensities.