

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

	<b>UC patients Mean ± SD</b>	<b>HC Mean ± SD</b>	<b>P</b>
<b>Energy (kcal)</b>	1868.5±760.4	2164.3±1279.1	0.488
<b>Protein (g)</b>	91.0 ±48.7	81.5±34.7	0.652
<b>Carbohydrates (g)</b>	223.0 ±135.8	238.5±98.5	0.313
<b>Fats (g)</b>	76.0± 42.6	96.7±113.8	0.971
<b>Saturated FA (g)</b>	22.8±13.3	27.0±2.6	0.354
<b>Monounsaturated FA (g)</b>	33.4±21.4	43.0±81.2	0.603
<b>Polyunsaturated FA (g)</b>	12.7±9.9	13.3±14.7	0.846
<b>Fiber (g)</b>	12.3±11.4	18.9±14.2	0.051
<b>MedDiet score</b>	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  $P<0.05$ .