**Supplementary Table 1.** Kidney magnetic resonance imaging-proton density fat fraction values evolution during the follow-up across the three groups.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Baseline, (%)** | **6 Months, (%)** | **p\*** | **p†** |
| **Kidney upper, (%)** |  |  |  |  |
| Omnivore (N=18) | 1.9 (1.6-2.2) | 1.8 (1.5-2.1) | 0.06 | 0.17 |
| Vegetarian (N=21) | 1.7 (1.4-1.9) | 1.8 (1.5-2.0) |
| Vegan (N=14) | 1.9 (1.6-2.3) | 1.6 (1.3-1.9) |
| p‡ | - | 0.16 |
| **Kidney middle, (%)** |  |  |  |  |
| Omnivore (N=18) | 1.8 (1.5-2.1) | 1.9 (1.7-2.2) | 0.25 | 0.09 |
| Vegetarian (N=21) | 1.7 (1.4-1.9) | 1.8 (1.5-2.0) |
| Vegan (N=14) | 1.9 (1.6-2.2) | 1.6 (1.3-1.9) |
| p‡ | - | **0.02** |
| **Kidney lower, (%)** |  |  |  |  |
| Omnivore (N=18) | 1.7 (1.5-1.9) | 1.9 (1.8-2.2) | 0.28 | **<0.001** |
| Vegetarian (N=21) | 1.7 (1.4-1.9) | 1.7 (1.5-1.9) |
| Vegan (N=14) | 1.9 (1.6-2.1) | 1.4 (1.2-1.7) |
| p‡ | - | **<0.001** |
| **Kidney total, (%)** |  |  |  |  |
| Omnivore (N=18) | 1.9 (1.6-2.2) | 2.0 (1.7-2.3) | 0.56 | 0.88 |
| Vegetarian (N=21) | 1.7 (1.4-1.9) | 1.8 (1.5-2.0) |
| Vegan (N=14) | 1.7 (1.4-2.) | 1.8 (1.5-2.1) |
| p‡ | - | 0.70 |

Data are presented as mean (95%CI) at baseline, and least-squares mean (95%CI) at 6 months. Analysis was conducted using a mixed model for repeated measures, adjusting for baseline values and for baseline and 6 months daily average calories, daily average proteins and daily steps.

\*P value for time effect – trend over time in all arms

†P value for treatment x time interaction – evaluates if changes in one group are different from the changes in other groups

‡P value for comparison between groups at each moment