

**Table 2:** Clinical and demographic data for the adherent group [AG, n =24, dietary protein intake (DPI) of  $0.75 \pm 0.25$  gr/kg/bw] and non-adherent group (NAG, n= 23, DPI of  $1.3 \pm 0.31$  gr/kg/bw) that the total cohort was divided according to the adherence to the recommended protein consumption.

Parameters	AG group		p
	DPI <0.8 gr/kg/day	DPI >0.8 gr/kg/day	
Age	52.5	55.8	ns
Christians/Muslims (28/19)	8 /16	20/3	0.04
M/F	11/13	12/11	ns
Underlying kidney diseases			
NAS	5	6	ns
DM	2	2	ns
Pyelonephritis	3	4	ns
Glomerulonephrits	2	1	ns
ADPKD	2	0	ns
Uric Nephropathy	2	1	ns
BMI (kg/m <sup>2</sup> )	$28.59 \pm 4.98$	$25.97 \pm 4.33$	ns
ALB (g/L)	$43.607 \pm 2.62$	$43.98 \pm 3.27$	ns
HB (g/L)	$134.93 \pm 3.14$	$134.25 \pm 4.6$	ns
CKD stage	G3a	G3a	ns
CHOL (mmol/L)	$5.43 \pm 0.9$	$5.56 \pm 1.1$	ns
UUN (Ngr/24h)	$6.14 \pm 4.88$	$10.12 \pm 3.93$	0.008
PCR (gr/24h)	$49.87 \pm 42$	$90.8 \pm 38.45$	0.007
DPI gr/kg/bw (range in brackets)	$0.75 \pm 0.25$ (0.54-0.8)	$1.3 \pm 0.31$ (0.8-2.3)	0.03
Proteinuria mgr/24 h	$655 \pm 355.4$	$800.8 \pm 399.7$	ns
Blood pressure (mmHg)			
Normal ( $\leq 130/80$ )	6	5	ns
Hypertension stage 1 ( $>135/80$ )	7	9	ns
Hypertension stage 2 ( $>180/90$ )	2	1	ns

AG: adherent group, NAG: non-adherent group, M: male, F: female, ns: not significant, NAS: nephroangiosclerosis, DM: diabetes mellitus, ADPKD: autosomal dominant polycystic kidney disease, BMI: body mass index, ALB: serum albumin, HB: hemoglobin, CKD: chronic kidney disease, UUN: urinary urea nitrogen, PCR: protein catabolic rate, DPI: dietary protein intake, CHOL: cholesterol.