

Supplemental Table S1: Macronutrients (daily intake)

	PRIVATIVE DIET	BALANCED DIET
CARBOHYDRATES	56%	56%
TOTAL PROTEINS	16%	17%
Fish proteins	50,1 %	---
Meat proteins	---	28,8%
Milk product proteins	---	7,1%
Animal proteins & Flour products	16,1%	31,1%
Legumes proteins	19,3%	15,7%
Fruit & Vegetable proteins	14,5%	17,3%
LIPIDS	28%	27%

Supplemental Table S2: Privative diet (deprived of meat, gluten and lactose) (1500 Kcalories)

Breakfast:
Thé 200 g
Biscuits - (Bi-Aglut) 40 g
Morning snack:
Bananas 150 g
Dark chocolate 10 g
Lunch:
Paste - (Glutafin) 70 g
Dried legumes 40 g
Vegetables 200 g
Extra virgin olive oil 10 g
Snack:
Pears 200 g
Dinner:
Fresh cod or hake 180 g (or Sea bream fillets 110 g) (or Plaice or flounder 160 g) (or Fresh salmon 70 g) (or Sole 150 g) (or Sea bass 160 g)
Mixed salad 100 g
Carrots 100 g
Gluten-free bread 100 g
Extra virgin olive oil 20 g

Supplemental Table S3 – Balanced diet (1500 Kcalories)

Breakfast:

Partially skimmed pasteurized cow's milk 150 g
Wholemeal biscuits 40 g

Morning snack:

Oranges 150 g

Lunch:

Semolina pasta 80 g
Canned borlotti beans 120 g
Vegetables 100 g
Extra virgin olive oil 10 g

Snack:

Apples 150 g
Dark chocolate 10 g

Dinner:

Whole skinless chicken 120g (or chicken breast 130g) (or turkey breast 120g) (or turkey leg 110g)
Vegetables 200 g
Wholemeal bread 100 g
Extra virgin olive oil 15 g
