Supplementary Table 1. Basal sociodemographic and clinical characteristics of each cohort

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| **Sociodemographic and clinical characteristics** | **Complete cohort** (N = 57) | **Follow-up cohort** (N = 36) |
| **Age**, years (mean [SD]) | 57.2 (16.3) | 53.8 (17.2) |
| **Sex** (n [%])  Women  Men | 24 (47.2)  33 (57.8) | 17 (47.2)  19 (57.8) |
| **Usual weight**, kg (mean [SD]) | 70.4 (16.9) | 67.7 (16.4) |
| **Basal weight**, kg (mean [SD]) | 63.4 (15.2) | 61.6 (14.2) |
| **BMI**, kg/m2 (mean [SD]) | 22.6 (4.4) | 22.2 (4.3) |
| **Nutritional status according to SGA** (n [%])  Normal nutrition  Risk or moderate malnutrition  Severe malnutrition | 4 (7.0)  37 (64.9)  16 (28.1) | 4 (11.1)  22 (61.1)  10 (27.8) |
| **Nutritional status according to GLIM** (n [%])  Moderate malnutrition (grade 1)  Severe malnutrition (grade 2) | 31 (54.4)  21 (36.8) | 21 (67.7)  10 (32.3) |
| **Degree of dependency according to Barthel** (n [%])  Independence  Low dependency  Moderate dependency  Severe dependency  Full dependency | 36 (63.2)  9 (15.8)  7 (12.3)  2 (3.5)  3 (5.3) | 23 (63.9)  6 (16.7)  3 (8.3)  2 (5.6)  2 (5.6) |
| **Comorbidities according to Charlson’s index** (n [%])  Tumour (in the last 5 years)  Diabetes  Metastatic solid tumour  Peripheral vascular disease  Mild liver pathology  Moderate or severe kidney disease  Dementia  Chronic obstructive pulmonary disease  Cerebrovascular disease  Hemiplegia  Diabetes with organ damage  AIDS  Heart attack  Congestive heart failure  Leukaemia  Lymphoma  None | 32 (56.1)  10 (17.5)  10 (17.5)  7 (12.3)  3 (5.3)  3 (5.3)  2 (3.5)  2 (3.5)  1 (1.8)  1 (1.8)  1 (1.8)  1 (1.8)  1 (1.8)  1 (1.8)  1 (1.8)  1 (1.8)  10 (17.5) | 18 (50.0)  6 (16.7)  2 (5.6)  2 (5.6)  1 (2.8)  1 (2.8)  1 (2.8)  1 (2.8)  1 (2.8)  1 (2.8)  1 (2.8)  1 (2.8)  -  -  -  -  10 (27.8) |
| **Charlson’s index** (mean [SD]) | 4.2 (3.3) | 3.0 (2.6) |
| **Motive for HEN prescription** (n [%])  Swallow or transit mechanic alterations  Clinical situations involving severe malnutrition  Neuromotor disorders that prevent swallowing or transit  Special energy and/or nutrient requirements  Others | 24 (42.1)  20 (35.1)  7 (12.3)  5 (8.8)  1 (1.8) | 16 (44.4)  10 (27.8)  5 (13.9)  4 (11.1)  1 (2.8) |
| **Route of HEN administration**  Oral  Nasojejunal tube  Nasogastric tube  Gastrostomy  Jejunostomy | 34 (59.7)  3 (5.3)  8 (14.0)  11 (19.3)  1 (1.8) | 19 (52.8)  3 (8.3)  5 (13.9)  8 (22.2)  1 (2.8) |

BMI: body mass index; GLIM: Global Leadership Initiative on Malnutrition; SD: standard deviation; SGA: subjective global assessment

Supplementary Table 2. Distribution of patients in the complete cohort according to their health-related quality of life (HRQoL) at the basal and each follow-up visit

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|  | **Complete cohort**  (N = 57) |
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| **NutriQoL® score**, mean (SD) | 70.9 (12.4) |
| **HRQoL category** (n [%])  Very deficient  Deficient  Acceptable  Good  Excellent | 0 (0.0)  0 (0.0)  8 (14.0)  33 (57.9)  16 (28.1) |

HRQoL: health-related quality of life