

Supplementary Table 1. ASPEN consensus criteria for identifying adult patients at risk for refeeding syndrome

| | Moderate risk: 2 risk criteria needed | Significant risk: 1 risk criteria needed |
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| BMI | 16~18.5 kg/m ² | <16 kg/m ² |
| Weight loss | 5% in 1 month | 7.5% in 3 months or >10% in 6 months |
| Caloric intake | None or negligible oral intake for 5–6 days | None or negligible oral intake for >7 days |
| | OR | OR |
| | <75% of estimated energy requirement for >7 days during an acute illness or injury | <50% of estimated energy requirement for >5 days during an acute illness or injury |
| | OR | OR |
| | <75% of estimated energy requirement for >1 month | <50% of estimated energy requirement for >1 month |
| Abnormal prefeeding potassium, phosphorus, or magnesium serum concentrations | Minimally low levels or normal current levels | Moderately/significantly low levels or |
| | and recent low levels necessitating minimal | minimally low or normal levels and recent |
| | or single-dose supplementation | low levels necessitating significant or multiple-dose supplementation |
| Loss of subcutaneous fat | Evidence of moderate loss | Evidence of severe loss |
| Loss of muscle mass | Evidence of mild or moderate loss | Evidence of severe loss |
| Higher-risk comorbidities | Moderate disease | Severe disease |

ASPEN = American Society for Parenteral and Enteral Nutrition; BMI = body mass index.

Supplementary Table 2. Diagnostic criteria for refeeding syndrome (ASPEN guideline)

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- A decrease in any 1, 2, or 3 of serum phosphorus, potassium, and/or magnesium levels by 10%~20% (mild RS), 20%~30% (moderate RS), or >30% and/or organ dysfunction resulting from a decrease in any of these and/or due to thiamin deficiency (severe RS)
 - And occurring within 5 days of reinitiating or substantially increasing energy provision
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ASPEN = American Society for Parenteral and Enteral Nutrition; RS = refeeding syndrome.

Supplementary Table 3. Criteria for determining people at high risk of developing refeeding problems (NICE guideline)

Patient has one or more of the following:

- BMI less than 16 kg/m²
 - Unintentional weight loss greater than 15% within the last 3~6 months
 - Little or no nutritional intake for more than 10 days
 - Low levels of potassium, phosphate or magnesium prior to feeding
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Or patient has two or more of the following:

- BMI less than 18.5 kg/m²
 - Unintentional weight loss greater than 10% within the last 3~6 months
 - Little or no nutritional intake for more than 5 days
 - A history of alcohol abuse or drugs including insulin, chemotherapy, antacids or diuretics
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NICE = National Institute for Clinical Excellence; BMI = body mass index.