

Supplementary Table 1 Comparison of indicators of routine blood examination of children with HSP 3 months after admission

	Control group	Restricted diet group	Dietary guidance group
WBC($10^9/L$)	6.62±0.60	6.93±0.65	6.48±0.46
RBC($10^{12}/L$)	4.44±0.41	3.53±0.29 ^a	4.39±0.39 ^b
HB(g/L)	132.27±11.16	109.20±10.42 ^a	134.60±12.38 ^b
PLT($10^9/L$)	207.20±18.29	225.77±17.67	218.40±18.29

Note: ^a compared with control group, $P<0.05$; ^b compared with restricted diet group, $P<0.05$.

Supplementary Table 2 Comparison of detection rate of anemia between dietary guidance group and restricted diet group

	Restricted diet group	Dietary guidance group
Normal (HB: $>120g/L$)	9(30)	26(86.67) ^a
Mild anemia (HB: 90-120g/L)	14(46.47)	4(13.33) ^a
Moderate anemia (HB: 60-90g/L)	7(23.33)	0(0) ^a
Severe anemia (HB $<60g/L$)	0(0)	0(0)

Note: ^a compared with restricted diet group, $P<0.05$.

Supplementary Table 3 Comparison of indicators of blood biochemical test of children with HSP

	1 month after admission		2 months after admission		3 months after admission		Control group
	Restricted diet group	Dietary guidance group	Restricted diet group	Dietary guidance group	Restricted diet group	Dietary guidance group	
Triglyceride (mmol/L)	0.41±0.02 ^a	1.04±0.01 ^b	0.42±0.05 ^a	1.06±0.07 ^b	0.46±0.02 ^a	1.10±0.05 ^b	1.15±0.09
Cholesterol (mmol/L)	2.85±0.21 ^a	4.31±0.36 ^b	3.09±0.22 ^a	4.35±0.33 ^b	3.17±0.27 ^a	4.48±0.29 ^b	4.62±0.37

Prealbu min (mg/L)	86.83±6.09 ^a	311.20±20.1 9 ^b	104.20±9.33 a	304.53±23.1 9 ^b	126.53±12.2 1 ^a	304.60±24.3 3 ^b	289.00±15.6 2
Total protein (g/L)	43.83±3.91 ^a	67.59±5.20 ^b	39.08±3.35 ^a	71.30±4.96 ^b	47.94±3.16 ^a	68.89±5.55 ^b	69.96±5.45
Albumin (g/L)	21.51±1.97 ^a	43.98±3.84 ^b	22.49±1.82 ^a	46.68±3.93 ^b	23.26±2.04 ^a	43.11±3.93 ^b	45.50±4.10
Globulin (g/L)	17.88±1.02 ^a	24.73±2.09 ^b	19.72±1.49 ^a	24.99±2.12 ^b	22.93±2.25 ^a	26.17±2.65 ^b	25.94±2.04

Note: ^a compared with control group, $P<0.05$; ^b compared with restricted diet group, $P<0.05$.

Supplementary Table 4 Comparison of indicators of physical examination of children with HSP

	Restricted diet group		Dietary guidance group		Control group
	Before treatment	After treatment	Before treatment	After treatment	
Height (cm)	119.53±11.46	120.27±11.19	119.50±11.94	120.31±11.85	119.75±8.45
Weight (kg)	25.47±1.55	21.93±2.40 ^{a,b}	25.47±2.08	25.00±2.42 ^c	26.55±2.44
Upper arm circumference (cm)	16.54±1.39	13.88±1.17 ^{a,b}	16.90±1.53	17.17±1.74 ^c	17.52±1.66
Skinfold thickness of triceps brachii (mm)	12.64±1.16	9.83±0.18 ^{a,b}	12.32±1.19	12.87±0.54 ^c	13.11±0.65
Subscapular skinfold thickness (mm)	9.33±0.03	8.13±0.69 ^{a,b}	9.67±0.85	10.07±1.04 ^c	10.77±1.01
BMI(kg/m ²)	20.04±1.59	17.85±1.40 ^{a,b}	19.94±1.78	20.41±1.70 ^c	20.45±1.78

Note: ^a compared with control group, $P<0.05$; ^b compared with restricted diet group before treatment, $P<0.05$; ^c compared with restricted diet group after treatment, $P<0.05$.

Supplementary Table 5 Comparison of evaluation of BMI among three groups

	Control group	Restricted diet group	Dietary guidance group
Normal	21(70)	13(43.33) ^a	24(80.00) ^b
Chronic malnutrition	2(6.67)	17(56.67) ^a	2(6.67) ^b
Overweight	5(16.67)	0(0) ^a	3(10) ^b
Obesity	2(6.67)	0(0) ^a	1(3.33) ^b

Note: ^a compared with control group, $P<0.05$; ^b compared with restricted diet group, $P<0.05$.

Supplementary Table 6 Comparison of complications of children with HSP between dietary guidance group and restricted diet group

	Restricted diet group	Dietary guidance group
Time of complete skin rash disappearance (days)	18.5±1.75	11.25±1.05 ^a
Repeated rashes [n(%)]	14(46.67%)	6(20%) ^a
Rash recurrence [n(%)]	8(26.67%)	2(6.67%) ^a
Renal involvement [n(%)]	19(63.33%)	11(36.67%) ^a

Note: ^a compared with restricted diet group, $P<0.05$.