Supplementary Materials: Sociodemographic, Lifestyle, Environmental and Pregnancy-Related Determinants of Dietary Patterns during Pregnancy

Table S1. Characteristics of the study population (N = 1306).

Variables	Category	N (%)
Sociodemographic		
Maternal age (years)		
	17-30	837 (64.1)
	>30	446 (34.2)
	No data	23 (1.8)
Marital status		
	Married	1045 (80.0)
	Unmarried	250 (19.1)
	No data	11 (0.8)
Maternal education (years of education)		
	≤9	30 (2.3)
	10-12	361 (27.6)
	>12	904 (69.2)
	No data	11 (0.8)
Occupational activity between 8th-12th weeks of pregnancy	No	511 (39.1)
	Yes	724 (55.4)
	No data	71 (5.4)
Socio-economic status		
	Low	95 (7.3)
	Medium	867 (66.4)
	High	315 (24.1)
	No data	29 (2.2)
Lifestyle/health behavior		
Pre-pregnancy BMI (kg/m^2)		
	<18.5	114 (8.7)
	18.5-24.99	933 (71.4)
	≥25	239 (18.3)
	No data	20 (1.5)
Cotinine level		
	≤10ng/ml	1158 (88.7)
	>10ng/ml	145 (11.1)
	No data	3 (0.2)
Alcohol consumption		
	No	1207 (92.4)
	Yes	83 (6.4)
	No data	16 (1.2)
Physical activity		
	No	406 (31.1)
	Yes	897 (68.7)
	No data	3 (0.2)
Perceived Stress Scale (range 0-38 points)		
	<17 points	615 (47.1)
	≥ 17 points	682 (52.2)
	No data	9 (0.7)
Environmental		
Place of residence (thousands of inhabitants)		
	<10	268 (20.5)

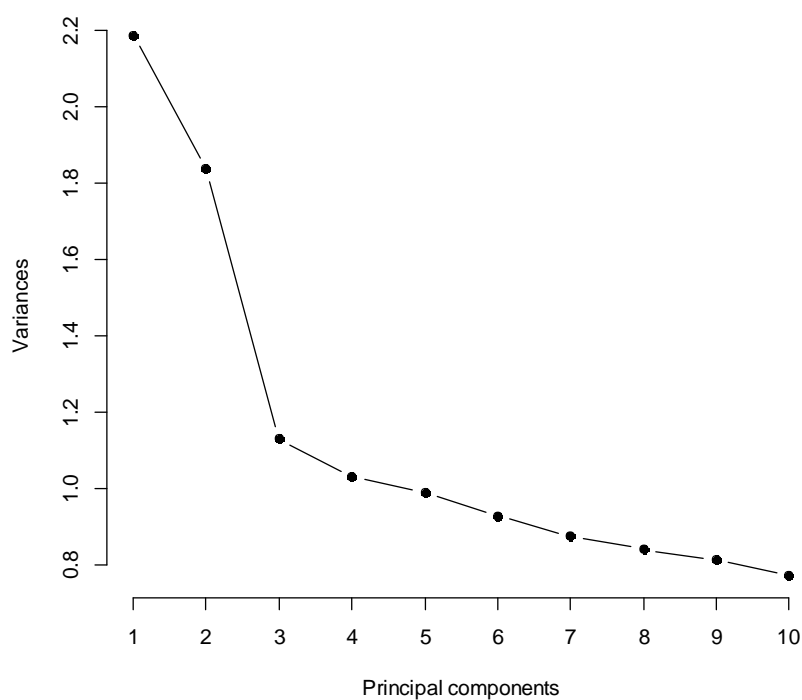|		
	10-100	194 (14.9)
	100-500	352 (27.0)
	>500	490 (37.5)
	No data	2 (0.2)
Season		
	December-February	312 (23.9)
	March-May	326 (25.0)
	June-August	269 (20.6)
	September-November	256 (19.6)
	No data	143 (10.9)
Pregnancy-related		
Parity		
	0	675 (51.7)
	≥1	624 (47.8)
	No data	7 (0.5)
Pregnancy symptoms and complications		
	No	1261 (96.6)
	Yes	45 (3.4)
Week of pregnancy for the 1st medical-care visit		
	≤6	779 (59.6)
	>6	506 (38.7)
	No data	21 (1.6)
Sex of the child		
	Male	582 (44.6)
	Female	568 (43.5)
	No data	156 (11.9)

Figure S1. Scree plot of 10 largest principal components for grouped FFQ scores, indicating that the first two components capture much more of the variance than any of the remaining ones. .

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Table S2. Frequency of the consumption of grouped food products.

Food Groups	Never	Less Than Once Per Month	1-3 Times Per Month	1-3 Times Per Week	4-6 Times Per Week	Everyday
			n (%)			
Refined grains	1 (0.1)	1 (0.1)	17 (1.3)	323 (24.7)	932 (71.4)	32 (2.5)
Whole grains	59 (4.5)	55 (4.2)	270 (20.7)	528 (40.4)	362 (27.7)	32 (2.5)
Low–fat dairy	1 (0.1)	0 (0)	19 (1.5)	403 (30.9)	807 (61.8)	76 (5.8)
High–fat dairy	62 (4.7)	18 (1.4)	141 (10.8)	623 (47.7)	308 (23.6)	154 (11.8)
Butter	35 (2.7)	8 (0.6)	22 (1.7)	144 (11)	500 (38.3)	597 (45.7)
Red meat	73 (5.6)	45 (3.4)	288 (22.1)	676 (51.8)	204 (15.6)	20 (1.5)
Poultry	41 (3.1)	9 (0.7)	180 (13.8)	859 (65.8)	197 (15.1)	20 (1.5)
Processed meat	47 (3.6)	16 (1.2)	54 (4.1)	383 (29.3)	445 (34.1)	361 (27.6)
Fish/Seafood	70 (5.4)	126 (9.6)	670 (51.3)	421 (32.2)	18 (1.4)	1 (0.1)
Fruits	0 (0)	0 (0)	7 (0.5)	482 (36.9)	774 (59.3)	43 (3.3)
Vegetables	3 (0.2)	1 (0.1)	25 (1.9)	611 (46.8)	650 (49.8)	16 (1.2)
Potatoes	15 (1.1)	15 (1.1)	97 (7.4)	606 (46.4)	438 (33.5)	135 (10.3)
Legumes	193 (14.8)	152 (11.6)	467 (35.8)	374 (28.6)	113 (8.7)	7 (0.5)
Sweets	45 (3.4)	42 (3.2)	260 (19.9)	656 (50.2)	258 (19.8)	45 (3.4)

Table S3. Seasonality of the consumption of grouped food products.

Food Groups	*p*
Refined grains	0.56
Whole grains	0.21
Low–fat dairy	0.49
High–fat dairy	0.99
Butter	0.75
Red meat	0.51
Poultry	0.84
Processed meat	0.47
Fish/Seafood	0.35
Fruits	**0.001**
Vegetables	**0.006**
Potatoes	0.41
Legumes	0.97
Sweets	0.73

Table S4. Sociodemographic, lifestyle, environmental and pregnancy-related determinants of dietary pattern scores during pregnancy* – multivariate logistic regression model (n = 958).

Variables	Western OR (95%CI)	*p*	Prudent OR (95%CI)	*p*	Prudent -Western OR (95%CI)	*p*
Sociodemographic						
Maternal age at delivery (years)						
17-30	Ref.		Ref.		Ref.	
>30	1.00 (0.74, 1.36)	0.99	1.54 (1.13, 2.10)	**0.006**	1.39 (1.02, 1.89)	**0.04**
Marital status						
Married	Ref.		Ref.		Ref.	
Unmarried	1.19 (0.82, 1.72)	0.37	0.83 (0.57, 1.21)	0.34	0.70 (0.48, 1.02)	0.06
Maternal education (years of education)	Ref.		Ref.		Ref.	
10-12						
≤9	2.68 (0.84, 10.36)	0.11	0.74 (0.19, 2.41)	0.63	0.64 (0.16, 2.05)	0.47
>12	0.91 (0.67, 1.25)	0.57	1.60 (1.16, 2.21)	**0.004**	1.59 (1.15, 2.20)	**0.005**
Occupational activity between 8th-12th weeks of pregnancy						
No	Ref.		Ref.		Ref.	
Yes	0.86 (0.65, 1.14)	0.29	0.84 (0.63, 1.11)	0.22	0.98 (0.74, 1.30)	0.91
Socio – economic status						
Medium	Ref.		Ref.		Ref.	
Low	0.70 (0.41, 1.21)	0.21	0.47 (0.26, 0.83)	**0.011**	0.90 (0.51, 1.57)	0.71
High	0.92 (0.67, 1.26)	0.60	1.54 (1.12, 2.12)	**0.008**	1.34 (0.98, 1.84)	0.07
Lifestyle/health behavior						
Pre-pregnancy BMI						
18.5-24.99	Ref.		Ref.		Ref.	
<18.5	1.16 (0.72, 1.91)	0.54	0.68 (0.41, 1.11)	0.12	0.84 (0.51, 1.38)	0.49

≥25	0.65 (0.46, 0.92)	**0.02**	1.13 (0.79, 1.61)	0.50	1.57 (1.11, 2.24)	**0.01**
Cotinine level						
≤10ng/ml	Ref.		Ref.		Ref.	
>10ng/ml	1.55 (1.00, 2.45)	**0.054**	0.92 (0.59, 1.46)	0.74	0.79 (0.50, 1.23)	0.29
Alcohol consumption						
No	Ref.		Ref.		Ref.	
Yes	1.78 (1.05, 3.05)	**0.03**	1.08 (0.63, 1.83)	0.78	0.65 (0.38, 1.10)	0.11
Physical activity						
No	Ref.		Ref.		Ref.	
Yes	0.82 (0.61, 1.09)	0.17	1.30 (0.97, 1.73)	0.08	1.50 (1.12, 2.00)	**0.007**
Perceived Stress Scale (range0-38)						
<17	Ref.		Ref.		Ref.	
≥ 17	0.91 (0.69, 1.19)	0.47	0.83 (0.63, 1.10)	0.19	0.88 (0.67, 1.15)	0.34
Environmental						
Place of residence (thousands of inhabitants)	Ref.		Ref.		Ref.	
>500	1.21 (0.83, 1.77)	0.32	0.64 (0.44, 0.95)	**0.03**	0.74 (0.50, 1.08)	0.12
<10						
10-100	1.24 (0.82, 1.89)	0.31	0.94 (0.61, 1.43)	0.76	0.96 (0.63, 1.46)	0.84
100-500	1.12 (0.80, 1.57)	0.52	1.10 (0.78, 1.54)	0.59	1.12 (0.80, 1.57)	0.52
Season						
December-February	Ref.		Ref.		Ref.	
March-May	1.03 (0.72, 1.46)	0.89	1.24 (0.87, 1.77)	0.24	0.77 (0.54, 1.10)	0.15
June-August	0.67 (0.46, 0.98)	**0.04**	1.37 (0.93, 2.02)	0.11	1.16 (0.79, 1.70)	0.44
September-November	0.71 (0.49, 1.04)	0.08	0.96 (0.65, 1.40)	0.83	1.02 (0.70, 1.50)	0.89
Pregnancy-related						
Parity						
0	Ref.		Ref.		Ref.	
≥1	1.54 (1.15, 2.08)	**0.004**	1.20 (0.89, 1.62)	0.23	0.64 (0.47, 0.87)	**0.004**
Pregnancy symptoms and complications	Ref.		Ref.		Ref.	
No	1.67 (0.80, 3.63)	0.18	1.67 (0.78, 3.74)	0.19	1.47 (0.70, 3.16)	0.31
Yes						
Week of pregnancy for the first medical care visit	Ref.		Ref.		Ref.	
≤6	1.00 (0.76, 1.31)	0.99	1.07 (0.81, 1.41)	0.64	1.09 (0.83, 1.44)	0.53
>6						
Sex of the child						
Male	Ref.		Ref.		Ref.	
Female	0.96 (0.74, 1.25)	0.77	0.79 (0.61, 1.04)	0.09	1.01 (0.77, 1.32)	0.95

*Logistic regression modeling for Western dietary pattern, Prudent dietary pattern and their scores' difference: Prudent pattern score minus Western pattern score being over their respective median values. OR – odds ratio. 95%CI – 95% confidence interval. Ref. – reference group.