

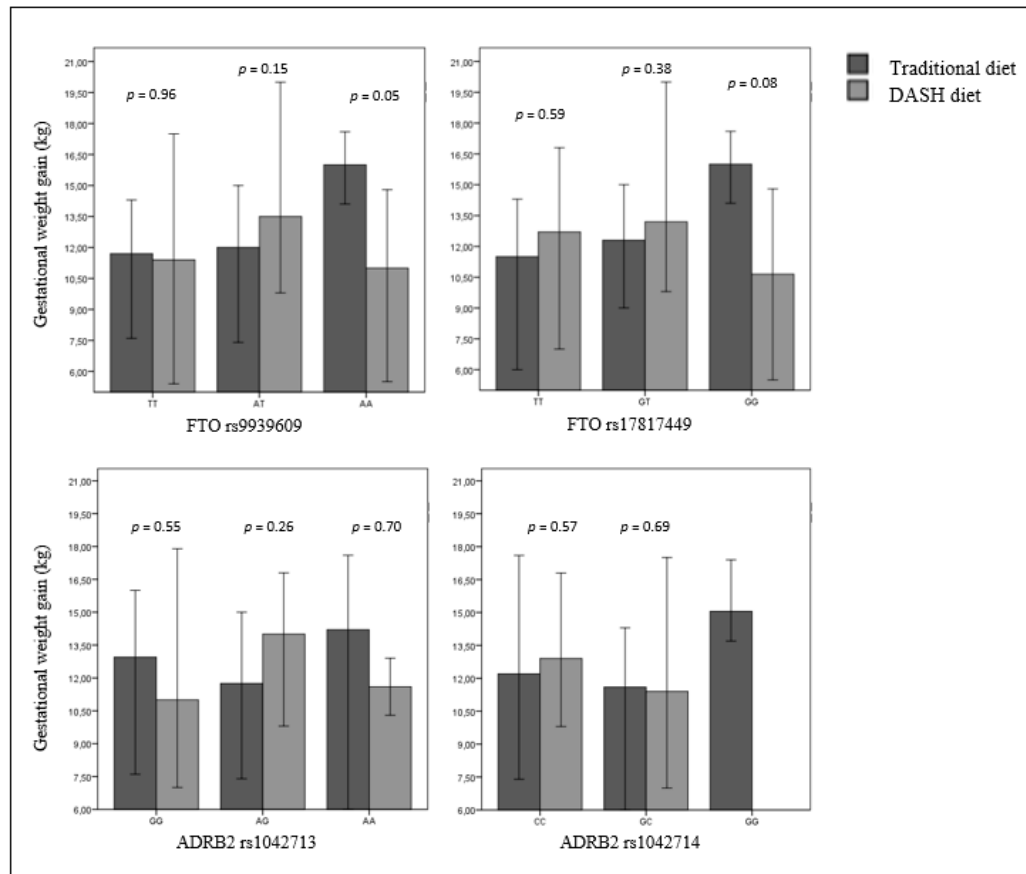
Supplementary Table S1–Comparison of gestational weight gain (kg) between diet groups according to pregestational BMI (Rio de Janeiro/Brazil, 2016–2020).

	Overall <i>n</i> = 70	Traditional Diet <i>n</i> = 41	DASH Diet <i>n</i> = 29	<i>p</i> - Value*
Normal weight BMI 18.5–24.9 kg/m ² Recommended GWG: 11.5 to 16 kg				
	13.7 (11.5–17.5)	13.7 (11.6–15.6)	15.5 (10.0–19.9)	0.57
Overweight BMI 25.0 a 29.9 kg/m ² Recommended GWG: 7 to 11.5 kg				
	11.8 (7.5–16.4)	11.0 (7.6–16.3)	12.9 (7.0–16.8)	0.93
Obesity BMI ≥ 30.0 kg/m ² Recommended GWG: 5 to 9 kg				
	11.0 (5.9–14.1)	9.0 (5.6–13.6)	11.2 (8.9–14.4)	0.50

BMI, body mass index; GWG, gestational weight gain.

Data presented as median and interquartile range.

* U Mann–Whitney test.



Supplementary Figure S1. Gestational weight gain according to genotypes and dietary patterns. FTO, fat mass and obesity gene; ADRB2, adrenoceptor beta 2 gene; DASH, Dietary Approach to Stop Hypertension. Gestational weight gain (kg) presented as median and error bars 95% CI; *p*-values resulting from Mann–Whitney U test.