

Table S2. Risk of bias assessment

| Study ID | Experimental | Comparator | Outcome | Weight | D1 | D2 | D3 | D4 | D5 | Overall | |
|-------------------------|--------------------------------------|-------------------------------------|----------------|--------|----|----|----|----|----|---------|----|
| Asemi (2013) | DASH diet | Standard care diet | FG, PPG, HbA1c | NA | + | + | + | + | + | + | + |
| Aslalah (2020) | ALA supplement | Cellulose acetate | FG, HbA1c | NA | + | + | + | + | + | + | + |
| Bo (2014) | Brisk walks 20 min/day | Standard care diet | FG, PPG, HbA1c | NA | + | + | + | + | + | + | + |
| Brankston (2004) | Resistance exercise | Standard care diet | FG, PPG | NA | + | + | + | ! | + | ! | |
| de Barros (2010) | Resistance exercise | Standard antenatal care | FG | NA | + | + | + | ! | + | ! | D1 |
| Fei (2014) | SBOS supplement | Standard antenatal care | FG, HOMA-IR | NA | + | ! | + | ! | + | ! | D2 |
| Grant (2011) | Low GI diet | Standard care diet | FG, PPG | NA | + | + | + | ! | + | ! | D3 |
| Hajimoosayi (2020) | Ginger supplement | Placebo supplement | FG, PPG, HOMA | NA | + | + | + | ! | + | ! | D4 |
| Halse (2014) | Home-based exercises | Standard antenatal care | FG, PPG, HbA1c | NA | + | + | + | ! | + | ! | D5 |
| Hernandez (2014) | Higher complex CHO | Standard care diet | FG, PPG | NA | + | + | + | ! | + | ! | |
| Hernandez (2016) | Higher complex CHO | Standard care diet | HOMA-IR | NA | + | + | + | ! | + | ! | |
| Jamilian (2015) | Soy diet | Control diet | FG, HOMA-IR | NA | + | + | + | + | + | + | |
| Jamilian (2018) | Fish oil supplement | Placebo supplement | FG, HOMA-IR | NA | + | + | + | + | + | + | |
| Jamilian (2019) | Mg-zinc-calcium-Vit D | Placebo supplement | FG | NA | + | + | + | + | + | + | |
| Jamilian (2020) | Flaxseed oil/ ALA supplement | Placebo supplement | FG, HOMA-IR | NA | + | + | + | + | + | + | |
| Kokic (2018) | Exercise programme / walks | Standard antenatal care | FG, PPG | NA | + | + | + | + | + | + | |
| Lindsay (2015) | Probiotic (Lactobacillus salivarius) | Placebo supplement | FG, HOMA | NA | + | + | + | + | + | + | |
| Louie (2011) | Low glycemic index (target GI<50) | Standard care diet | HOMA, HbA1c | NA | + | + | + | + | + | + | |
| Ma (2015) | Intensive low glycemic load | Standard care diet | FG, PPG, HbA1c | NA | + | + | + | ! | + | ! | |
| Ostadmohammadi (2019) | Zinc Gluconate / Vit E supplement | Placebo supplement | FG, HOMA | NA | + | + | + | + | + | + | |
| Perichart-Perera (2012) | Low glycemic index | Standard care diet | FG | NA | + | + | + | ! | + | ! | |
| Qazi (2020) | Moderate intensity aerobics | Standard antenatal care | HbA1c | NA | + | + | + | ! | + | ! | |
| Rae (2000) | Moderately energy restricted diet | Standard care diet (not restricted) | FG, HbA1c | NA | + | + | + | + | + | + | |
| Rasmussen (2020) | Low CHO morning intake | High CHO morning intake | FG, HOMA | NA | + | + | + | ! | + | ! | |
| Valentini (2012) | "Ethnic meal plan" | Standard care diet | FG, PPG, HbA1c | NA | ! | + | + | ! | - | - | |
| Wang (2015) | Oil-rich diet | Standard care diet | FG, PPG | NA | ! | + | + | ! | + | ! | |
| Yao (2015) | DASH diet | Standard care diet | FG, HOMA | NA | ! | + | + | ! | + | ! | |

-  Low risk
 Some concerns
 High risk
- D1 Randomisation process
 D2 Deviations from interventions
 D3 Missing outcome data
 D4 Measurement of the outcome
 D5 Selection of the reported result