###### Table 1: Association between macronutrient sub-components in *trimester 1* and odds of giving birth to small-for-gestational-age infants *(SGA <10th centile)*

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Macronutrient sub-components[[1]](#footnote-2)  g/dayincrement | | Odds of SGA, Model 1 | | | | | | | Odds of SGA, Model 2 | | | |
| **Trimester 1 n=1,196** | **ORa** | | **95% CI** | | | ***P*value** | **ORa,b** | | | | **95% CI** | ***P*value** |
| Sources of total carbohydrate**✝‡** |  | |  | | |  |  | | | |  |  |
| Starch (10g) | 1.01 | | 0.98 to 1.05 | | | 0.34 | 1.01 | | | | 0.98 to 1.05 | 0.32 |
| Glucose (10g) | 0.95 | | 0.71 to 1.28 | | | 0.77 | 0.99 | | | | 0.74 to 1.32 | 0.99 |
| Fructose (1g) | 0.99 | | 0.97 to 1.01 | | | 0.59 | 0.99 | | | | 0.97 to 1.01 | 0.54 |
| Sucrose (1g) | 1.00 | | 0.99 to 1.01 | | | 0.06 | 1.00 | | | | 0.99 to 1.00 | 0.24 |
| Lactose (1g) | 0.99 | | 0.97 to 1.00 | | | 0.32 | 0.99 | | | | 0.97 to 1.00 | 0.29 |
| Maltose (1g) | 0.96 | | 0.88 to 1.04 | | | 0.35 | 0.96 | | | | 0.89 to 1.04 | 0.44 |
| Soluble fibre (1g) | 0.94 | | 0.88 to 1.01 | | | 0.11 | 0.95 | | | | 0.88 to 1.02 | 0.16 |
| Sources of total fat**✝\*** |  | |  | | |  |  | | | |  |  |
| Saturated fatty acid (1g) | 1.01 | | 0.99 to 1.03 | | | 0.05 | 1.01 | | | 0.99 to 1.02 | | 0.16 |
| Monounsaturated fatty acid (1g) | 0.98 | | | 0.96 to 1.01 | 0.25 | | | 0.98 | | 0.96 to 1.01 | | 0.26 |
| Polyunsaturated fatty acid (1g) | 1.02 | | | 0.99 to 1.04 | 0.08 | | | 1.02 | | 0.99 to 1.04 | | 0.06 |
| Protein**\*‡** (10g) | 0.97 | | | 0.90 to 1.05 | 0.54 | | | 0.99 | | 0.92 to 1.07 | | 0.99 |

**Table 2: Associations between macronutrient sub-components in *trimester 2*, and odds of giving birth to small-for-gestational-age infants *(SGA <10th centile)***

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Macronutrient sub-components[[2]](#footnote-3)  g/dayincrement | | Odds of SGA, Model 1 | | | | | | | Odds of SGA, Model 2 | | |
| **Trimester 2 n=576** | **ORa** | | **95% CI** | | | ***P*value** | **ORa,b** | | | **95% CI** | ***P* value** |
| Sources of total carbohydrate**✝‡** |  | |  | | |  |  | | |  |  |
| Starch (10g) | 0.99 | | 0.94 to 1.04 | | | 0.88 | 0.99 | | | 0.93 to 1.04 | 0.74 |
| Glucose (10g) | 0.95 | | 0.63 to 1.39 | | | 0.80 | 0.87 | | | 0.60 to 1.28 | 0.49 |
| Fructose (1g) | 0.99 | | 0.96 to 1.02 | | | 0.79 | 1.00 | | | 0.97 to 1.02 | 0.86 |
| Sucrose (1g) | 1.00 | | 0.99 to 1.01 | | | 0.31 | 1.00 | | | 0.99 to 1.01 | 0.29 |
| Lactose (1g) | 0.98 | | 0.96 to 1.00 | | | 0.20 | 0.98 | | | 0.96 to 1.00 | 0.13 |
| Maltose (1g) | 1.00 | | 0.91 to 1.11 | | | 0.84 | 1.02 | | | 0.92 to 1.13 | 0.66 |
| Soluble fibre (1g) | 0.96 | | 0.87 to 1.06 | | | 0.48 | 0.98 | | | 0.88 to 1.09 | 0.78 |
| Sources of total fat**✝\*** |  | |  | | |  |  | | |  |  |
| Saturated fatty acid (1g) | 1.01 | | 0.98 to 1.04 | | | 0.36 | 1.00 | | | 0.97 to 1.03 | 0.58 |
| Monounsaturated fatty acid (1g) | 0.97 | | | 0.93 to 1.02 | 0.38 | | | 0.98 | | 0.94 to 1.03 | 0.62 |
| Polyunsaturated fatty acid (1g) | 1.02 | | | 0.98 to 1.05 | 0.22 | | | 1.01 | | 0.97 to 1.04 | 0.53 |
| Protein**\*‡** (10g) | 1.01 | | | 0.91 to 1.12 | 0.73 | | | 1.03 | | 0.92 to 1.15 | 0.54 |

Table 3: Associations between macronutrient sub-components in *trimester 1*, and odds of giving birth to large-for-gestational-age infants *(LGA >90th centile)*

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Macronutrient sub-components[[3]](#footnote-4)  g/dayincrement | | Odds of LGA, Model 1 | | | | | | | Odds of LGA, Model 2 | | | |
| **Trimester 1 n=1,196** | **ORa** | | **95% CI** | | | ***P*value** | **ORa,b** | | | | **95% CI** | ***P*value** |
| Sources of total carbohydrate**✝‡** |  | |  | | |  |  | | | |  |  |
| Starch (10g) | 1.05 | | 1.01 to 1.09 | | | 0.01 | 1.05 | | | | 1.01 to 1.10 | 0.01 |
| Glucose (10g) | 1.05 | | 0.80 to 1.38 | | | 0.70 | 1.09 | | | | 0.82 to 1.43 | 0.53 |
| Fructose (1g) | 0.99 | | 0.98 to 1.01 | | | 0.87 | 0.99 | | | | 0.97 to 1.01 | 0.59 |
| Sucrose (1g) | 0.99 | | 0.98 to 1.00 | | | 0.33 | 0.99 | | | | 0.99 to 1.00 | 0.54 |
| Lactose (1g) | 1.00 | | 0.98 to 1.02 | | | 0.52 | 1.00 | | | | 0.99 to 1.02 | 0.49 |
| Maltose (1g) | 0.98 | | 0.90 to 1.06 | | | 0.65 | 0.97 | | | | 0.88 to 1.06 | 0.51 |
| Soluble fibre (1g) | 0.98 | | 0.91 to 1.06 | | | 0.73 | 0.96 | | | | 0.88 to 1.04 | 0.33 |
| Sources of total fat**✝\*** |  | |  | | |  |  | | | |  |  |
| Saturated fatty acid (1g) | 0.99 | | 0.97 to 1.01 | | | 0.56 | 0.99 | | | 0.97 to 1.01 | | 0.78 |
| Monounsaturated fatty acid (1g) | 1.00 | | | 0.97 to 1.02 | 0.94 | | | 0.99 | | 0.96 to 1.02 | | 0.71 |
| Polyunsaturated fatty acid (1g) | 1.00 | | | 0.97 to 1.02 | 0.98 | | | 1.00 | | 0.97 to 1.03 | | 0.72 |
| Protein**\*‡** (10g) | 1.04 | | | 0.96 to 1.13 | 0.24 | | | 1.04 | | 0.96 to 1.13 | | 0.27 |

Table 4: Associations between macronutrient sub-components in *trimester 2*, and odds of giving birth to large-for-gestational-age infants *(LGA >90th centile)*

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Macronutrient sub-components[[4]](#footnote-5)  g/dayincrement | | Odds of LGA, Model 1 | | | | | | | Odds of LGA, Model 2 | | |
| **Trimester 2 n=576** | **ORa** | | **95% CI** | | | ***P*value** | **ORa,b** | | | **95% CI** | ***P*value** |
| Sources of total carbohydrate **✝‡** |  | |  | | |  |  | | |  |  |
| Starch (10g) | 1.00 | | 0.95 to 1.06 | | | 0.76 | 1.00 | | | 0.94 to 1.06 | 0.94 |
| Glucose (10g) | 1.28 | | 0.82 to 1.97 | | | 0.26 | 1.32 | | | 0.85 to 2.05 | 0.20 |
| Fructose (1g) | 0.98 | | 0.95 to 1.02 | | | 0.43 | 0.98 | | | 0.95 to 1.01 | 0.38 |
| Sucrose (1g) | 0.99 | | 0.98 to 1.00 | | | 0.10 | 0.99 | | | 0.97 to 1.00 | 0.09 |
| Lactose (1g) | 1.01 | | 0.99 to 1.03 | | | 0.14 | 1.01 | | | 0.99 to 1.03 | 0.12 |
| Maltose (1g) | 0.98 | | 0.87 to 1.11 | | | 0.86 | 1.00 | | | 0.89 to 1.12 | 0.95 |
| Soluble fibre (1g) | 1.05 | | 0.94 to 1.16 | | | 0.34 | 1.04 | | | 0.93 to 1.16 | 0.44 |
| Sources of total fat**✝\*** |  | |  | | |  |  | | |  |  |
| Saturated fatty acid (1g) | 1.02 | | 0.98 to 1.05 | | | 0.18 | 1.02 | | | 0.98 to 1.05 | 0.22 |
| Monounsaturated fatty acid (1g) | 0.96 | | | 0.90 to 1.01 | 0.18 | | | 0.96 | | 0.90 to 1.02 | 0.22 |
| Polyunsaturated fatty acid (1g) | 1.00 | | | 0.96 to 1.05 | 0.80 | | | 1.00 | | 0.95 to 1.05 | 0.80 |
| Protein**\*‡** (10g) | 1.00 | | | 0.89 to 1.12 | 0.95 | | | 1.01 | | 0.89 to 1.15 | 0.81 |

1. aAdjusted using customised growth charts for maternal weight, height, ethnicity, parity, gestational age at delivery, sex of baby bAdditional adjustment for average alcohol intake and smoking status**\***Adjusted for carbohydrate intakes **✝**Adjusted for dietary protein intakes **‡**Adjusted for dietary fats intakes [↑](#footnote-ref-2)
2. aAdjusted using customised growth charts for maternal weight, height, ethnicity, parity, gestational age at delivery, sex of baby bAdditional adjustment for average alcohol intake and smoking status**\***Adjusted for carbohydrate intakes**✝**Adjusted for dietary protein intakes **‡**Adjusted for dietary fats intakes [↑](#footnote-ref-3)
3. aAdjusted using customised growth charts for maternal weight, height, ethnicity, parity, gestational age at delivery, sex of baby

   bAdditional adjustment for average alcohol intake and smoking status**\***Adjusted for carbohydrate intakes**✝**Adjusted for dietary protein intakes **‡**Adjusted for dietary fats intakes [↑](#footnote-ref-4)
4. aAdjusted using customised growth charts for maternal weight, height, ethnicity, parity, gestational age at delivery, sex of baby bAdditional adjustment for average alcohol intake and smoking status**\***Adjusted for carbohydrate intakes**✝**Adjusted for dietary protein intakes **‡**Adjusted for dietary fats intakes [↑](#footnote-ref-5)