## Supplementary Table 1. The Preferred Reporting Items for Systematic reviews and Meta-Analyses extension for Scoping Reviews (PRISMA-ScR) Checklist

| **SECTION** | **ITEM** | **PRISMA-ScR CHECKLIST ITEM** | **REPORTED ON PAGE #** |
| --- | --- | --- | --- |
| **TITLE** | | | |
| Title | 1 | Identify the report as a scoping review. | 1 |
| **ABSTRACT** | | | |
| Structured summary | 2 | Provide a structured summary that includes (as applicable): background, objectives, eligibility criteria, sources of evidence, charting methods, results, and conclusions that relate to the review questions and objectives. | 2 |
| **INTRODUCTION** | | | |
| Rationale | 3 | Describe the rationale for the review in the context of what is already known. Explain why the review questions/objectives lend themselves to a scoping review approach. | 3 |
| Objectives | 4 | Provide an explicit statement of the questions and objectives being addressed with reference to their key elements (e.g., population or participants, concepts, and context) or other relevant key elements used to conceptualize the review questions and/or objectives. | 3 |
| **METHODS** | | | |
| Protocol and registration | 5 | Indicate whether a review protocol exists; state if and where it can be accessed (e.g., a Web address); and if available, provide registration information, including the registration number. | NA |
| Eligibility criteria | 6 | Specify characteristics of the sources of evidence used as eligibility criteria (e.g., years considered, language, and publication status), and provide a rationale. | 3-4 |
| Information sources\* | 7 | Describe all information sources in the search (e.g., databases with dates of coverage and contact with authors to identify additional sources), as well as the date the most recent search was executed. | 3 |
| Search | 8 | Present the full electronic search strategy for at least 1 database, including any limits used, such that it could be repeated. | 3 |
| Selection of sources of evidence† | 9 | State the process for selecting sources of evidence (i.e., screening and eligibility) included in the scoping review. | 4 |
| Data charting process‡ | 10 | Describe the methods of charting data from the included sources of evidence (e.g., calibrated forms or forms that have been tested by the team before their use, and whether data charting was done independently or in duplicate) and any processes for obtaining and confirming data from investigators. | 4 |
| Data items | 11 | List and define all variables for which data were sought and any assumptions and simplifications made. | 4 |
| Critical appraisal of individual sources of evidence§ | 12 | If done, provide a rationale for conducting a critical appraisal of included sources of evidence; describe the methods used and how this information was used in any data synthesis (if appropriate). | NA |
| Synthesis of results | 13 | Describe the methods of handling and summarizing the data that were charted. | 4 |
| **RESULTS** | | | |
| Selection of sources of evidence | 14 | Give numbers of sources of evidence screened, assessed for eligibility, and included in the review, with reasons for exclusions at each stage, ideally using a flow diagram. | Figure 2 |
| Characteristics of sources of evidence | 15 | For each source of evidence, present characteristics for which data were charted and provide the citations. | 3 |
| Critical appraisal within sources of evidence | 16 | If done, present data on critical appraisal of included sources of evidence (see item 12). | NA |
| Results of individual sources of evidence | 17 | For each included source of evidence, present the relevant data that were charted that relate to the review questions and objectives. | Table 2 and 3 |
| Synthesis of results | 18 | Summarize and/or present the charting results as they relate to the review questions and objectives. | 6-12 |
| **DISCUSSION** | | | |
| Summary of evidence | 19 | Summarize the main results (including an overview of concepts, themes, and types of evidence available), link to the review questions and objectives, and consider the relevance to key groups. | 12 |
| Limitations | 20 | Discuss the limitations of the scoping review process. | 14 |
| Conclusions | 21 | Provide a general interpretation of the results with respect to the review questions and objectives, as well as potential implications and/or next steps. | 14-15 |
| **FUNDING** | | | |
| Funding | 22 | Describe sources of funding for the included sources of evidence, as well as sources of funding for the scoping review. Describe the role of the funders of the scoping review. | 15 |

## Supplementary Table 2. Summary of dietary guidelines for pregnant (P) and lactating (L) women

| **Countries** | **Year** | **Extra portion/food\*** | **Specific food groups to eat\*** | **Food to limit\*** | **Drinking more fluid** | **Supplementation** | **Tea or coffee consumption** | **Precaution on smoking and alcohol** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Afghanistan | 2016 | P: 4 meals/day |  |  |  |  | Separate from meals, 2 hours before/after |  |
| Albania | 2008 | L: yes, not specified |  | P: Unprocessed or half-processed animal food  L: avoid food that may add particular taste and flavour to milk (garlic, onion, cabbage, hazelnuts) and potential intolerance (fermented cheese, sea fruits, mussels, cacao, chocolates, strawberries, cherries, peaches, plums) | Yes, not specified |  | Limit intake | P: Alcohol  L: avoid super alcoholic beverages and wine |
| Australia | 2013 | P: add 2.5 servings of grain, 1 portion of lean meat and poultry, fish, eggs, tofu, nuts, seeds, and legumes/beans.  L: add 2.5 portions of vegetables and legumes/beans, 3 servings of grain | P: fish | Pregnant and breastfeeding women do not need to avoid consuming nuts for fear of causing an allergic reaction  in their babies.  P: Food associated with increased risk of *Listeria* bacteria, such as soft cheeses, cold seafood, sandwich meats, pate, bean sprouts and packaged or pre-prepared salads. Raw eggs to prevent risk of salmonella. Fish should be low in mercury. | Yes, not specified |  |  | Not drinking is the safest option |
| Bangladesh | 2013 | P: Yes, not specified | P: Beef, mutton, poultry or germinated pulses, and seasonal fruit |  |  |  | Separate from meals |  |
| Canada | 2019 | extra 2 to 3 food guide servings from any of the food groups |  | Limiting exposure to mercury from certain types of fish |  |  |  | P: multivitamin with folic acid and iron  L: multivitamin with folic acid |
| China | 2016 |  | P: Milk, fish, lean meat  L: animal-based foods and seafood? |  |  | P: Folic acid | L: limit intake | Alcohol, smoking |
| Georgia | 2005 | Yes, not specified |  |  |  | Iron (30 mg) a day |  |  |
| India | 2011 | P: Add portion: 2 fat/oil, 2 milk, 1 fruit, 0.5 green leafy vegetables  L: 1 portion of cereal, 2 portion pulses, plus what recommended in pregnancy | Foods of animal origin such as milk, eggs and meat |  | Yes  (8-12 glasses) | Iron  Folic acid  Vitamin B  Calcium | Limit intake | Alcohol, smoking, tobacco chewing |
| Kenya | 2017 | P: add 1 meal, 2 snacks  L: add 2 meals, 2 snacks | P: Animal source, milk and milk product |  | P: Yes  (8-10 glasses) | P: Iron (60 mg)  Folic acid (400 mcg) daily for 270 days | Separate from meals, 1 hour before/after | P: Alcohol, illegal drugs, non-prescribed medicine or supplements |
| New Zealand | 2020 | Serving size adapted from Australian guidelines:  P: add 2.5 servings of grain, 1 portion of lean meat and poultry, fish, eggs, tofu, nuts, seeds, and legumes/beans.  L: add 2.5 portions of vegetables and legumes/beans, 3 servings of grain |  | Not recommend avoiding foods associated with allergy.  Unpasteurised juices/ fermented drinks, unpasteurised (raw) milk and dairy products, pre-prepared cold foods, cold meats, pâté, or cold, smoked fish and chicken, sugary drinks. Limit intake of fish high in mercury and cadmium. | Yes, P: (9x250 ml cups)  L: 10x 250 cups | Folic acid only (800 mcg) daily for 4 weeks before pregnancy until 12 weeks of pregnancy.  Iodine-only (150 mcg) daily from the start of pregnancy until stop breastfeeding.  Not recommending other supplements. | P: Limit intake of caffeine (<200mg/day), separate from meals, and use herbal teas with caution | P: stop alcohol  L: best to be alcohol-free |
| Nigeria | 2006 |  | P: Cereals, legumes, fruits, vegetables, dairy products, and animal foods  L: liver, fish, beef, seasonal fruit |  | L: while thirsting | P: Iron and folic acid as prescribed |  | Alcohol, addictive substance, smoking |
| Norway | 2014 |  |  |  | Yes,  P: add 300 mL  L: 600-700 mL |  |  | P: abstain from alcohol  L: limit alcohol |
| Sri Lanka | 2011 | P: Yes, 1 serving for vegetable, fruit, and grain  L: all good group | P: 1 glass of milk |  | Yes  (8-10 cups) | Folic acid daily for planning a pregnancy and continue throughout pregnancy.  Iron during pregnancy and lactation.  Calcium is provided. |  | P: Alcohol, active/passive smoking |
| Sweden | 2015 | P: Pregnant women need more nutrition than normal, but not so many more calories. On average, extra food needed per day: months 1–3: 1 portion of fruit; months 4–6: 1 filling snack1 portion of fruit; months 7–9: 2 filling snacks and 1 portion of fruit.  L: food that contains a lot of vitamin D, omega 3-fat and folate (folic acid). |  | Several types of fish high in mercury or dioxin, PCB.  P: Prevent from listeriosis: raw meat, cheese made from unpasteurised milk, mould- ripened or washed rind cheese (brie, gorgonzola, chèvre, vacherol and taleggio).  P: Liver, ginseng  L: ginseng | Yes, with meals and when thirsty  L: need extra 1L, drink when thirsty | Only use with caution | P: Limit intake of caffeine (<300mg/day)  L: no need to limit | P: not drink alcohol  L: allowed to consume a moderate amount of alcohol (1-2 glasses of wine, or 1-2 times a week) |
| United States | 2020 | Yes, increase all food group consumption based on described calorie level | Seafood | Not recommend avoiding foods associated with allergy  P: Food that not that have been cooked to recommended safe minimum internal temperatures, unpasteurised (raw) juice or milk, raw sprouts, or some soft cheeses made from unpasteurised milk. Deli and luncheon meats and hot dogs should be reheated to steaming hot or 165°F to kill *Listeria*, the bacteria that causes listeriosis. Some fish need to be avoided due to high in methylmercury: e.g., shark, swordfish, king mackerel |  | P: Folic acid (400 to 800 mcg) daily, 1 month before pregnancy until 2-3 months of pregnancy.  L: consult with a healthcare provider | Need to consult with healthcare providers | P: not drink alcohol  L: allowed moderate consumption (1 drink/day), wait at least 2 hours after drink before nursing |
| Zambia | 2021 | 1 serving of fish and animal source food or 2 servings of pulses | P: Fish, insects or animal source foods, pulses, fruit, vegetables, whole grain |  |  | Iron (30-60 mg)  Folic acid (400 mcg) during pregnancy and 3 months of lactation | L: Limit intake | L: alcohol, smoking, harmful drugs |

\*other than recommendations for the general population. In some countries, the recommendations for pregnancy (P) and lactation (L) are the same and are not specifically labelled as "P" or "L", while in others, specific advice is provided for pregnancy and different advice is given for lactation (specified by P or L).