**Supplemental table 1.** Characteristics of pregnant women according to follow-up status of pregnant women from a public health centre in the city of Rio de Janeiro, Brazil, 2009-2012.

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Followed-up** | **Lost to follow-up** |  |
| **Characteristics** | **n** | **Mean (SD)** | **n** | **Mean (SD)** | ***p-value***§ |
| ***Continuous variables*** |  |  |  |  |  |
| Age (years) | 161 | 26.9 (5.5) | 12 | 25.5 (5.3) | 0.409 |
| Gestational weight gain (kg) | 161 | 11.9 (4.2) | 12 | 11.8 (3.6) | 0.934 |
| HOMA-IR\* | 156 | 1.2 (0.9) | 12 | 1.0 (0.5) | 0.510 |
| Daily energy intake during pregnancy (Kcal) | 161 | 2,400 (781) | 12 | 2,623 (661)  | 0.337 |
| Pre-pregnancy BMI (kg/m2) | 161 | 25.1 (4.0) | 12 | 23.0 (5.5) | 0.095 |
| Per-capita family income (R$)† | 158 | 517.2 (314.0) | 11 | 626.1 (344.2) | 0.271 |
| Education (years) | 161 | 8.5 (2.9) | 12 | 10.3 (2.1) | **0.046** |
| Leptin (ng/dl) | 159 | 19.8 (11.6) | 12 | 15.2 (11.0) | 0.192 |
| Adiponectin (µg/ml) | 158 | 5.7 (3.2) | 12 | 6.9 (3.0) | 0.239 |
| Log-Insulin | 157 | 1.5 (0.6) | 12 | 1.5 (0.4) | 0.660 |
| ***Categorical variables***  | **n** | **(%)** | **n** | **(%)** | ***p-value***§ |
| Gestational weight gain adequacy\*\* |  |  |  |  |  |
| Low/Normal | 106 | 65.8 | 7 | 58.3 | 0.598 |
| Excessive | 55 | 34.2 | 5 | 41.7 |
| Marital status\*\*\* |  |  |  |  |  |
| Married or stable partnership | 130 | 80.8 | 8  | 66.7 | 0.242 |
| Single | 31 | 19.2 | 4  | 33.3 |  |
| Smoking habit\*\*\* |  |  |  |  |  |
| No | 152 | 94.4 | 10 | 83.3 |  |
| Yes | 9 | 5.6 | 2 | 16.7 | 0.129 |
| Alcohol consumption\*\*\* |  |  |  |  |  |
| No | 133 | 82.6 | 7 | 58.3 | **0.039** |
| Yes | 28 | 17.4 | 5 | 41.7 |  |
| Parity (number of parturitions) \*\*\* |  |  |  |  |  |
| 0  | 60 | 37.3 | 6 | 50.0 | 0.381 |
| ≥ 1 | 101 | 62.7 | 6 | 50.0 |  |
| 1st trimester leisure physical activity  |  |  |  |  |  |
| No | 152 | 95.6 | 11 | 100.0 | 0.477 |
| Yes | 7 | 4.4 | 0 | 0.0 |  |

SD, standard deviation;HOMA-IR,Homeostasis-Model Assessment; BMI, body mass index; Kcal, kilocalories; .

\*HOMA-IR=fasting glucose (mmol/L) x fasting insulin (mU/L)/22.5).

†Brazilian currency: USD $ 1 dollar = R$ 1.71 *reais*

\*\*Gestational weight gain adequacy was classified according to the *Institute of Medicine* (2009)18recommendations.

\*\*\*Refers to baseline information.

‡p-value refers to unpaired Student's *t* Test;

§p-value refers to Chi-square test.

**Supplemental Table 2.** Frequency of adiposity indicators according to tertiles of adherence to dietary patterns identified by reduced rank regression.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | **n** | **Low Adherence** | **Medium Adherence** | **High Adherence** | ***p-value***§ |
|  |  |  | **Common-Brazilian** |
| Gestational weight gain adequacy\* |  |  |  |  |  |  |
| Low/Normal |  | 113 | 34 (30.1) | 40 (35.4) | 39 (34.5) | 0.678 |
| Excessive |  | 60 | 22 (36.7) | 19 (31.7) | 19 (31.6) |
| Postpartum weight retention† |  |  |  |  |  |  |
| Low |  | 106 | 33 (31.1) | 38 (35.9) | 35 (33.0) | 0.935 |
| Higher |  | 53 | 18 (33.9) | 18 (33.9) | 17 (32.2) |
| Postpartum BMI |  |  |  |  |  |  |
| Low/Normal |  | 71 | 20 (28.2) | 25 (35.2) | 26 (36.6) | 0.500 |
| Overweight/obesity‡ |  | 99 | 36 (36.4) | 33 (33.3) | 30 (30.3) |
|  |  |  | **Western**  |
| Gestational weight gain adequacy\* |  |  |  |  |  |  |
|  Low/Normal |  | 113 | 40 (35.4) | 37 (32.7) | 36 (31.9) | 0.630 |
|  Excessive |  | 60 | 17 (28.3) | 21 (35.0) | 22 (36.7) |
| Postpartum weight retention† |  |  |  |  |  |  |
| Low |  | 106 | 38 (35.9) | 30 (28.3) | 38 (35.8) | 0.102 |
| Higher |  | 53 | 15 (28.3) | 24 (45.3) | 14 (26.4) |
| Postpartum BMI |  |  |  |  |  |  |
| Low/Normal |  | 69 | 28 (40.6) | 18 (26.1) | 23 (33.3) | 0.125 |
| Overweight/obesity† |  | 90 | 25 (27.8) | 36 (40.0) | 29 (32.2) |

\*Gestational weight gain adequacy was classified according to *Institute of Medicine*18 recommendations.

†The postpartum weight retention was classified in low and high according to the first and second tertile (<4.4 kg) and third tertile (≥4.4 kg), respectively.

‡The cut-off point for postpartum BMI classification of overweight/obesity was according to WHO (2004)19 (≥ 25 kg/m2).

§p-values refers to chi-square test.

**Supplemental Table 3.** Adipokines and insulin concentrations according to tertiles of adherence to dietary patterns identified by reduced rank regression.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **n** | **Low Adherence** | **Medium Adherence** | **High Adherence** | ***p-value\**** |
|  |  | **Common-Brazilian** |
| Leptin (ng/dl) |  |  |  |  |  |
| First trimester | 171 | 20.90 (10.8) | 17.74 (11.5) | 19.81 (12.5) | 0.115 |
| Second trimester | 162 | 31.95 (17.0) | 29.56 (18.4) | 34.17 (21.6) |
| Third trimester | 168 | 31.10 (18.5) | 28.20 (21.0) | 33.32 (21.4) |
| ***p-value\*\**** |  | <0.001 | <0.001 | <0.001 |  |
| Adiponectin (µg/ml) |  |  |  |  |  |
| First trimester | 170 | 5.51 (2.7) | 6.07 (3.6) | 5.81 (3.2) | 0.216 |
| Second trimester | 157 | 6.40 (4.6) | 7.25 (5.6) | 6.62 (5.0) |
| Third trimester | 167 | 5.77 (3.0) | 5.55 (3.2) | 6.34 (4.3) |
| ***p-value\*\**** |  | <0.001 | <0.001 | <0.001 |  |
| Log-Insulin |  |  |  |  |  |
| First trimester | 169 | 1.60 (0.6) | 1.57 (0.6) | 1.45 (0.6) | 0.124 |
| Second trimester | 162 | 1.77 (0.6) | 1.66 (0.7) | 1.57 (0.6) |
| Third trimester | 167 | 1.81 (0.7) | 1.86 (0.6) | 1.88 (0.7) |
| ***p-value\*\**** |  | <0.001 | 0.005 | <0.001 |  |
|  |  | **Western**  |
| Leptin (ng/dl) |  |  |  |  |  |
|  First trimester | 171 | 17.17 (11.2) | 19.94 (12.1) | 21.23 (11.3) | 0.081 |
|  Second trimester | 162 | 30.27 (18.4) | 31.35 (18.0) | 33.98 (20.8) |
|  Third trimester | 168 | 27.29 (17.5) | 28.86 (19.2) | 36.24 (23.1) |
| ***p-value\*\**** |  | <0.001 | <0.001 | <0.001 |  |
| Adiponectin (µg/ml) |  |  |  |  |  |
|  First trimester | 170 | 6.34 (3.8) | 5.61 (2.6) | 5.17 (2.9) | 0.415 |
|  Second trimester | 157 | 7.85 (6.0) | 6.94 (4.9) | 5.35 (3.6) |
|  Third trimester | 167 | 6.10 (3.4) | 5.88 (3.0) | 5.70 (4.2) |
| ***p-value\*\**** |  | <0.001 | <0.001 | <0.001 |  |
| Log-Insulin |  |  |  |  |  |
| First trimester | 169 | 1.60 (0.6) | 1.47 (0.5) | 1.53 (0.6) | 0.631 |
| Second trimester | 162 | 1.69 (0.6) | 1.54 (0.6) | 1.77 (0.7) |
| Third trimester | 167 | 1.77 (0.6) | 1.79 (0.5) | 1.98 (0.7) |
| ***p-value\*\**** |  | 0.013 | <0.001 | <0.001 |  |

\**p-value* from repeated measures ANOVA between the adherence groups.

\*\**p-value* from repeated measures ANOVA within adherence group.