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| --- | --- | --- | --- | --- | --- |
| 　 | GDM group | Healthy group(N=48) \* | P † | P ‡ | P § |
| Insulin injection(N=17) \* | Exercise and diet(N=31) \* | All GDM(N=48) \* |
| Adiponectin (ng/mL) |  |  |  |  |  |  |  |
| Day 3 | 22.27 (15.15, 64.57) || | 21.66 (13.40, 51.84) | 21.74 (14.77, 56.10) | 65.81 (29.76, 126.91) | <0.001 | 0.002 | 0.001 |
| Day 42 | 10.68 (7.88, 16.84) | 12.53 (7.96, 18.65) | 11.89 (8.00, 18.37) | 12.22 (9.69, 14.92) | 0.889 | 0.708 | 0.701 |
| Day 90 | 11.62 (8.92, 14.26) | 11.81 (7.38,14.39) | 11.75 (8.53, 13.91) | 15.31 (11.60, 19.53) | 0.009 | 0.086 | 0.021 |
| Leptin (ng/mL) |  |  |  |  |  |  |  |
| Day 3 | 1.35 (0.93, 2.64) | 1.22 (0.84, 2.58) | 1.28 (0.87, 2.63) | 1.49 (0.56, 3.25) | 0.774 | 0.917 | 0.647 |
| Day 42 | 0.42 (0.07, 0.62) | 0.20 (0.09, 0.48) | 0.26 (0.09, 0.47) | 0.21 (0.09, 0.51) | 0.692 | 0.637 | 0.825 |
| Day 90 | 0.25 (0.18, 0.53) | 0.14 (0.11, 0.27) | 0.20 (0.12, 0.47) | 0.25 (0.16, 0.45) | 0.539 | 0.587 | 0.177 |
| Insulin (μU/mL) |  |  |  |  |  |  |  |
| Day 3 | 24.39 (17.16, 49.01) | 22.80 (10.89, 53.07) | 22.80 (13.51, 51.25) | 19.76 (7.59, 29.81) | 0.047 | 0.049 | 0.207 |
| Day 42 | 76.15 (12.30, 100.88) | 31.59 (13.06, 45.36) | 32.36 (13.06, 58.22) | 28.20 (17.97, 40.05) | 0.376 | 0.139 | 0.771 |
| Day 90 | 53.46 (35.69, 69.53) | 26.96 (12.65, 59.36) | 40.63 (22.48, 57.17) | 24.61 (13.40, 31.85) | 0.021 | <0.001 | 0.486 |
| Ghrelin (pg/ml) |  |  |  |  |  |  |  |
| Day 3 | 121.26 (103.19, 163.90) | 124.56 (85.43,183.05) | 124.43 (89.87, 178.76) | 159.36 (122.62, 234.33) | 0.011 | 0.045 | 0.031 |
| Day 42 | 347.10 (165.63, 518.01) | 338.74 (207.20, 385.82) | 338.74 (189.98, 432.95) | 337.60 (149.82, 565.77) | 0.795 | 0.952 | 0.759 |
| Day 90 | 87.18 (59.56, 103.19) | 132.85 (95.81, 210.42) | 104.62 (72.72, 154.71) | 210.91 (147.25, 381.88) | <0.001 | <0.001 | 0.009 |

**Supplementary table 2.** Breast milk hormone concentration over lactation

GDM, gestational diabetes mellitus; GLT, glucose loading test; OGTT, oral glucose tolerance test.

\* The number of subjects at recruitment and first follow-up. The number of subjects at the second and third follow-ups is shown in Figure 1. Mann-Whitney U tests were used to calculate the difference between subgroups.

† Subjects with GDM vs. healthy subjects.

‡ Healthy subjects vs. subjects with GDM who received insulin injection.

§ Healthy subjects vs. subjects with GDM who did not receive insulin injection.

|| Hormone concentrations were described using median (inter-quartile range).