**Table 1.** Effectof gestationaltrimesters (time) on meal and snack times and time-related eating patterns (n=100/each trimester).

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Dependents variables** | **Independent variables - Gestational Trimesters** | | | | | | **Tests of Model Effects** | | |
| **First trimester (n=100)** | | **Second trimester (n=100)** | | **Third trimester (n=100)** | |
| **Mean** | **Std. Error** | **Mean** | **Std. Error** | **Mean** | **Std. Error** | **Wald**  **chi-square** | **Df** | **Sig.** |
| *Meal and snack times (h:min)* |  |  |  |  |  |  |  |  |  |
| **Breakfast** | 8:22 | 0:06 | 8:28 | 0:06 | 8:32 | 0:07 | 1.30 | 2 | 0.521 |
| **Mid-morning snacks** | 10:13 | 0:05 | 10:02 | 0:05 | 10:01 | 0:05 | 4.79 | 2 | 0.091 |
| **Lunch** | 12:19 | 0:04 | 12:15 | 0:04 | 12:17 | 0:04 | 0.54 | 2 | 0.764 |
| **Afternoon snacks** | 16:08 | 0:07 | 16:12 | 0:04 | 16:15 | 0:05 | 0.64 | 2 | 0.727 |
| **Dinner** | 19:58 | 0:05 | 19:59 | 0:05 | 19:55 | 0:05 | 0.66 | 2 | 0.719 |
| **Night-time snacks** | 21:55 | 0:11 | 21:58 | 0:11 | 21:53 | 0:05 | 0.23 | 2 | 0.892 |
| *Time-related eating patterns* |  |  |  |  |  |  |  |  |  |
| **Number of eating episodes** | 4.75 | 0.10 | 4.71 | 0.10 | 4.36 | 0.08 | 0.10 | 2 | 0.950 |
| **Eating Duration (h:min)** | 11:29 | 0:10 | 11:35 | 0:10 | 11:31 | 0:10 | 0.22 | 2 | 0.898 |
| **Night-fasting (h:min)** | 10:26 | 0:06 | 10:25 | 0:06 | 10:26 | 0:05 | 0.01 | 2 | 0.996 |

Note: Generalised Estimating Equations models, adjusted: age, pre-gestational body mass index, schooling, chronotype (MSF: mid-sleep time on free days), physical activity and frequency of nausea in the last 30 days. Bonferroni post-hoc test.

**Table 2.** Effectof gestational trimesters (time) on total energy and macronutrients intakes, distribution of energy and macronutrients throughout the day, current body mass index (BMI) and weight gain (n = 100/each trimester).

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Dependents variables** | **Independent variables - Gestational Trimesters** | | | | | | **Tests of Model Effects** | | |
| **First trimester (n=100)** | | **Second trimester (n=100)** | | **Third trimester (n=100)** | |
| **Mean** | **Std. Error** | **Mean** | **Std. Error** | **Mean** | **Std. Error** | **Waldchi-square** | **Df** | **Sig.** |
| **Total Energy (kcal)†** | 1606.78 | 50.04 | 1655.14 | 53.65 | 1630.64 | 43.76 | 0.54 | 2 | 0.764 |
| **Protein (g)** | 64.21 | 2.55 | 69.58 | 2.81 | 67.98 | 2.60 | 2.60 | 2 | 0.272 |
| **Fat (g)** | 59.78 | 2.09 | 63.78 | 2.42 | 63.42 | 2.22 | 2.36 | 2 | 0.307 |
| **Carbohydrate (g)** | 202.29 | 6.75 | 200.79 | 6.90 | 196.84 | 5.36 | 0.53 | 2 | 0.769 |
| **Energy (% TEI)** |  |  |  |  |  |  |  |  |  |
| Morning | 20.39 | 1.07 | 19.87 | 0.87 | 19.23 | 0.68 | 0.91 | 2 | 0.636 |
| Lunch | 32.84 | 1.10 | 34.53 | 0.95 | 34.61 | 0.99 | 1.70 | 2 | 0.428 |
| Afternoon | 19.01 | 1.25 | 16.99 | 0.84 | 18.48 | 1.07 | 2.22 | 2 | 0.330 |
| Evening | 30.79 | 1.18 | 31.83 | 1.05 | 30.81 | 1.08 | 0.53 | 2 | 0.768 |
| **Protein (%TEI)** |  |  |  |  |  |  |  |  |  |
| Morning | 2.06 | 0.16 | 2.25 | 0.14 | 1.93 | 0.10 | 3.48 | 2 | 0.176 |
| Lunch | 7.16 | 0.38 | 7.23 | 0.35 | 7.39 | 0.29 | 0.28 | 2 | 0.870 |
| Afternoon | 1.72 | 0.16 | 1.44 | 0.09 | 1.69 | 0.13 | 4.73 | 2 | 0.094 |
| Evening | 5.41 | 0.28 | 6.40 | 0.41 | 5.85 | 0.28 | 3.69 | 2 | 0.158 |
| **Fat (% TEI)** |  |  |  |  |  |  |  |  |  |
| Morning | 5.61 | 0.43 | 6.25 | 0.41 | 5.76 | 0.32 | 1.57 | 2 | 0.456 |
| Lunch | 12.22 | 0.50 | 13.00 | 0.48 | 13.18 | 0.48 | 2.00 | 2 | 0.368 |
| Afternoon | 5.76 | 0.48 | 5.16 | 0.31 | 5.78 | 0.46 | 1.82 | 2 | 0.403 |
| Evening | 10.69 | 0.57 | 11.05 | 0.49 | 10.87 | 0.44 | 0.20 | 2 | 0.903 |
| **Carbohydrate (% TEI)** |  |  |  |  |  |  |  |  |  |
| Morning | 12.67 | 0.71 | 11.36 | 0.49 | 11.52 | 0.39 | 2.82 | 2 | 0.244 |
| Lunch | 13.44 | 0.49 | 14.27 | 0.49 | 14.00 | 0.60 | 1.36 | 2 | 0.507 |
| Afternoon | 11.53 | 0.74 | 10.48 | 0.56 | 11.06 | 0.60 | 1.32 | 2 | 0.517 |
| Evening | 14.78 | 0.72 | 14.36 | 0.55 | 14.04 | 0.68 | 0.64 | 2 | 0.728 |
| **Current BMI (kg/m2)** | 24.76**a** | 0.43 | 26.64**b** | 0.44 | 29.01**c** | 0.43 | 386.71 | 2 | **0.001** |
| **\*Weight Gain (kg/week)** | 0.24**a** | 0.03 | 0.57**b** | 0.04 | 1.19**c** | 0.08 | 146.63 | 2 | **0.001** |

Note: BMI: Body mass index. % T EI: percentage of total energy intake. Generalised Estimating Equations model, adjusted: age, pre-gestational body mass index, schooling, chronotype (MSF: mid-sleep time on free days), physical activity and frequency of nausea in the last 30 days. Significant Tests of Model Effects showed in bold. Bonferroni post-hoc test: different letters represent statistical difference in pairwise comparisons, p-value < 0.05. \*Weight gain: Pregnant women who lost weight were excluded from the analysis, and Number of pregnant women who were excluded from these analysis - n (%): 1Trimester= Early/Early: 2 (9.5); Early/Late: 4 (13.3); Late/Early: 1 (4); Late/Late: 2 (8.3); 2Trimester= Early/Early: 3 (14.3); Early/Late: 3 (10); Late/Early:0 (0); Late/Late: 3 (12.5); 3Trimester= Early/Early: 2 (9.5); Early/Late: 2 (6.7); Late/Early: 0 (0); Late/Late: 2 (8.3). †To convert kcal to kJ, multiply by 4.184.

**Table 3.** Effectof gestational trimesters (time) on scores of the total Brazilian Healthy Eating Index-Revised (BHEI-R) and its components during the pregnancy (n=100/each trimester).

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Dependents variables** | **Independent variables - Gestational Trimesters** | | | | | | **Tests of Model Effects** | | |
| **First trimester (n=100)** | | **Second trimester (n=100)** | | **Third trimester (n=100)** | |
| **Mean** | **Std. Error** | **Mean** | **Std. Error** | **Mean** | **Std. Error** | **Wald**  **chi-square** | **Df** | **Sig.** |
| **Components of the BHEI-R** |  |  |  |  |  |  |  |  |  |
| Total Fruit\* (0–5) | 3.15**a** | 0.17 | 2.57**b** | 0.17 | 2.95**ab** | 0.17 | 6.03 | 2 | **0.049** |
| Whole Fruit† (0–5) | 3.45**a** | 0.18 | 2.70**b** | 0.20 | 3.04**ab** | 0.20 | 8.18 | 2 | **0.017** |
| Total Vegetables‡ (0–5) | 2.99 | 0.15 | 2.99 | 0.14 | 3.23 | 0.15 | 2.06 | 2 | 0.358 |
| Dark Green and Orange Vegetables and  Legumes‡ (0–5) | 2.34 | 0.17 | 2.32 | 0.17 | 2.25 | 0.15 | 0.28 | 2 | 0.871 |
| Total Grains§(0–5) | 4.43 | 0.07 | 4.47 | 0.07 | 4.31 | 0.09 | 2.39 | 2 | 0.303 |
| Whole Grains (0–5) | 0.38 | 0.09 | 0.28 | 0.08 | 0.34 | 0.08 | 0.64 | 2 | 0.727 |
| Milk and Dairy||(0–10) | 4.20 | 0.29 | 4.65 | 0.31 | 4.37 | 0.29 | 1.43 | 2 | 0.489 |
| Meat, Eggs and Legumes (0–10) | 7.27 | 0.27 | 7.88 | 0.25 | 8.00 | 0.22 | 4.69 | 2 | 0.096 |
| Oils¶ (0–10) | 9.58 | 0.17 | 9.79 | 0.08 | 9.86 | 0.12 | 1.82 | 2 | 0.403 |
| Saturated Fat (0–10) | 6.53 | 0.27 | 6.17 | 0.27 | 6.60 | 0.27 | 1.58 | 2 | 0.453 |
| Sodium (0–10) | 5.66 | 0.23 | 5.33 | 0.20 | 5.58 | 0.23 | 1.49 | 2 | 0.476 |
| Calories from SoFAAS (0–20) | 11.70 | 0.54 | 10.57 | 0.53 | 9.94 | 0.53 | 5.81 | 2 | 0.055 |
| Total BHEI-R (0–100) | 61.98 | 0.89 | 59.92 | 0.83 | 60.60 | 0.90 | 3.64 | 2 | 0.162 |

Note: BHEI-R: Brazilian Healthy Eating Index-Revised. SoFAAS: Solid Fats, Alcoholic beverages, and Added Sugars. \*All fruit including fruits and fruit juice; †All fruit excluding fruit juice; ‡Legumes counted as vegetables only after Meat, Eggs and Legumes standard is met; §Total grain: cereals, roots, and tubers; ||Includes milk and other dairy products and soy-based beverages; ¶Includes monounsaturated and polyunsaturated fats, oils from oilseeds, and fat in fish. Generalised Estimating Equations model, adjusted: age, pre-gestational body mass index, schooling, chronotype (MSF: mid-sleep time on free days), physical activity and frequency of nausea in the last 30 days. Significant Tests of Model Effects showed in bold. Bonferroni post-hoc test: different letters represent statistical difference in pairwise comparisons, p-value < 0.05.

**Table 4.** Effectof timing of the first and last eating episodes(groups) and gestational trimesters (time) on scores of the total Brazilian Healthy Eating Index-Revised (BHEI-R) and its components (n=100/each trimester).

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Dependents variables** | **Independent variables - Timing of the First and Last Eating Episodes with Gestational Trimesters** | | | | | | | | **Tests of Model Effects** | | |
| **Early/Early (n=21)** | | **Early/Late (n=30)** | | **Late/Early (n=25)** | | **Late/Late (n=24)** | |
| **Mean** | **Std. Error** | **Mean** | **Std. Error** | **Mean** | **Std. Error** | **Mean** | **Std. Error** | **Wald**  **chi-square** | **Df** | **Sig.** |
| **Components of the BHEI-R (min.− max.)** | | |  |  |  |  |  |  |  |  |  |
| **Total Fruit\* (0–5)** |  |  |  |  |  |  |  |  |  |  |  |
| First trimester | 3.60 | 0.27 | 3.62 | 0.28 | 2.39 | 0.38 | 3.17 | 0.31 | 4.90 | 6 | 0.557 |
| Second trimester | 2.33 | 0.42 | 2.87 | 0.26 | 2.46 | 0.32 | 2.66 | 0.30 |
| Third trimester | 3.33 | 0.36 | 3.55 | 0.24 | 2.33 | 0.35 | 2.75 | 0.34 |
| **Whole Fruit† (0–5)** |  |  |  |  |  |  |  |  |  |  |  |
| First trimester | 3.83 | 0.27 | 4.17 | 0.25 | 2.50 | 0.39 | 3.54 | 0.36 | 9.03 | 6 | 0.172 |
| Second trimester | 2.32 | 0.44 | 3.29 | 0.28 | 3.02 | 0.36 | 2.30 | 0.38 |
| Third trimester | 3.17 | 0.42 | 3.72 | 0.29 | 2.70 | 0.41 | 2.68 | 0.39 |
| **Total Vegetables‡ (0–5)** |  |  |  |  |  |  |  |  |  |  |  |
| First trimester | 3.07 | 0.29 | 2.99 | 0.24 | 2.83 | 0.37 | 3.06 | 0.26 | 0.81 | 6 | 0.992 |
| Second trimester | 2.98 | 0.29 | 2.99 | 0.25 | 2.68 | 0.31 | 3.33 | 0.26 |
| Third trimester | 3.31 | 0.33 | 3.15 | 0.25 | 3.05 | 0.32 | 3.41 | 0.26 |
| **Dark Green and Orange Vegetables and Legumes‡ (0–5)** | | | |  |  |  |  |  |  |  |  |
| First trimester | 2.38 | 0.33 | 2.23 | 0.28 | 2.28 | 0.40 | 2.50 | 0.32 | 1.20 | 6 | 0.977 |
| Second trimester | 2.15 | 0.36 | 2.33 | 0.25 | 2.47 | 0.36 | 2.34 | 0.34 |
| Third trimester | 2.47 | 0.35 | 2.08 | 0.25 | 2.15 | 0.34 | 2.31 | 0.26 |
| **Total Grains§(0–5)** |  |  |  |  |  |  |  |  |  |  |  |
| First trimester | 4.47 | 0.11 | 4.06 | 0.18 | 4.69 | 0.08 | 4.52 | 0.15 | 7.43 | 6 | 0.283 |
| Second trimester | 4.60 | 0.13 | 4.30 | 0.16 | 4.43 | 0.16 | 4.55 | 0.13 |
| Third trimester | 4.23 | 0.21 | 4.26 | 0.14 | 4.36 | 0.17 | 4.38 | 0.14 |
| **Whole Grains (0–5)** |  |  |  |  |  |  |  |  |  |  |  |
| First trimester | 0.36 | 0.20 | 0.56 | 0.21 | 0.25 | 0.15 | 0.40 | 0.16 | 4.81 | 6 | 0.569 |
| Second trimester | 0.11 | 0.08 | 0.55 | 0.25 | 0.23 | 0.11 | 0.47 | 0.22 |
| Third trimester | 0.50 | 0.22 | 0.35 | 0.13 | 0.31 | 0.16 | 0.25 | 0.11 |
| **Milk and Dairy||(0–10)** |  |  |  |  |  |  |  |  |  |  |  |
| First trimester | 4.13 | 0.55 | 5.56 | 0.55 | 3.06 | 0.52 | 4.41 | 0.61 | 14.22 | 6 | **0.027** |
| Second trimester | 5.79 | 0.70 | 4.47 | 0.48 | 4.00 | 0.64 | 4.50 | 0.61 |
| Third trimester | 3.74 | 0.65 | 4.65 | 0.47 | 4.23 | 0.57 | 4.96 | 0.54 |
| **Meat, Eggs and Legumes (0–10)** | |  |  |  |  |  |  |  |  |  |  |
| First trimester | 7.42 | 0.58 | 7.41 | 0.44 | 7.09 | 0.59 | 7.14 | 0.52 | 10.22 | 6 | 0.116 |
| Second trimester | 7.56 | 0.58 | 8.04 | 0.43 | 7.49 | 0.50 | 8.48 | 0.41 |
| Third trimester | 8.78 | 0.35 | 8.00 | 0.33 | 7.73 | 0.57 | 7.56 | 0.44 |
| **Oils¶ (0–10)** |  |  |  |  |  |  |  |  |  |  |  |
| First trimester | 9.91 | 0.07 | 9.95 | 0.05 | 9.12 | 0.45 | 9.38 | 0.45 | 8.03 | 6 | 0.236 |
| Second trimester | 9.86 | 0.10 | 9.88 | 0.11 | 9.76 | 0.16 | 9.64 | 0.20 |
| Third trimester | 9.49 | 0.46 | 9.96 | 0.04 | 9.98 | 0.02 | 9.99 | 0.01 |
| **Saturated Fat (0–10)** |  |  |  |  |  |  |  |  |  |  |  |
| First trimester | 6.58 | 0.51 | 5.95 | 0.55 | 7.28 | 0.62 | 6.40 | 0.52 | 2.80 | 6 | 0.833 |
| Second trimester | 5.58 | 0.64 | 5.93 | 0.44 | 7.09 | 0.58 | 6.20 | 0.48 |
| Third trimester | 6.43 | 0.65 | 6.53 | 0.44 | 6.71 | 0.62 | 6.72 | 0.41 |
| **Sodium (0–10)** |  |  |  |  |  |  |  |  |  |  |  |
| First trimester | 6.68 | 0.39 | 5.38 | 0.38 | 5.31 | 0.52 | 5.38 | 0.48 | 7.11 | 6 | 0.311 |
| Second trimester | 5.58 | 0.32 | 5.57 | 0.40 | 4.99 | 0.44 | 5.21 | 0.37 |
| Third trimester | 5.96 | 0.36 | 6.17 | 0.34 | 4.84 | 0.54 | 5.46 | 0.48 |
| **Calories from SoFAAS (0–20)** | |  |  |  |  |  |  |  |  |  |  |
| First trimester | 11.97 | 1.05 | 10.06 | 1.04 | 13.07 | 1.15 | 11.90 | 1.09 | 2.86 | 6 | 0.827 |
| Second trimester | 10.60 | 1.18 | 10.65 | 0.98 | 11.31 | 1.01 | 9.76 | 1.07 |
| Third trimester | 10.26 | 0.95 | 9.66 | 0.91 | 10.41 | 1.24 | 9.45 | 1.15 |
| **Total BHEI-R (0–100)** |  |  |  |  |  |  |  |  |  |  |  |
| First trimester | 64.40 | 1.86 | 61.92 | 1.72 | 59.87 | 1.88 | 61.80 | 1.64 | 3.45 | 6 | 0.751 |
| Second trimester | 59.46 | 1.73 | 60.85 | 1.47 | 59.94 | 1.80 | 59.45 | 1.59 |
| Third trimester | 61.66 | 2.17 | 62.08 | 1.46 | 58.80 | 1.92 | 59.92 | 1.55 |

Note: Early/Early: early first and last eating episodes; Early/Late: early first and late last eating episodes; Late/Early: late first and early last eating episodes; Late/Late: late first and last eating episodes. BHEI-R: Brazilian Healthy Eating Index-Revised. SoFAAS: Solid Fats, Alcoholic beverages, and Added Sugars. \*All fruit including fruits and fruit juice; †All fruit excluding fruit juice; ‡Legumes counted as vegetables only after Meat, Eggs and Legumes standard is met; §Total grain: cereals, roots, and tubers; ||Includes milk and other dairy products and soy-based beverages; ¶Includes monounsaturated and polyunsaturated fats, oils from oilseeds, and fat in fish. Generalised Estimating Equations model, adjusted: age, pre-gestational body mass index, schooling, chronotype (MSF: mid-sleep time on free days), physical activity and frequency of nausea in the last 30 days. Significant Tests of Model Effects showed in bold. Bonferroni post-hoc test: different letters represent statistical difference in pairwise comparisons, p-value < 0.05.

**Table 5.** Effectof timing of the first and last eating episodes(groups) and gestational trimesters (time) on distribution of energyand macronutrientsthroughout the day (n=100/each trimester).

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Dependents variables** | **Independent variables - Timing of the First and Last Eating Episodes with Gestational Trimesters** | | | | | | | | | **Tests of Model Effects** | | |
| **Early/Early (n=21)** | | | **Early/Late (n=30)** | | **Late/Early (n=25)** | | **Late/Late (n=24)** | |
| **Mean** | | **Std. Error** | **Mean** | **Std. Error** | **Mean** | **Std. Error** | **Mean** | **Std. Error** | **Wald**  **chi-square** | **Df** | **Sig.** |
| **Energy (% TEI)** |  | |  |  |  |  |  |  |  |  |  |  |
| **Morning** |  | |  |  |  |  |  |  |  |  |  |  |
| First trimester | 21.85 | | 1.40 | 25.03 | 2.11 | 19.90 | 2.90 | 15.89 | 1.73 | 9.56 | 6 | 0.145 |
| Second trimester | 23.43 | | 2.24 | 20.34 | 1.23 | 17.84 | 1.52 | 18.33 | 1.88 |
| Third trimester | 18.85 | | 1.06 | 19.94 | 1.19 | 19.89 | 1.52 | 18.31 | 1.59 |
| **Lunch** |  | |  |  |  |  |  |  |  |  |  |  |
| First trimester | 33.62 | | 2.28 | 30.49 | 1.81 | 34.85 | 2.53 | 32.55 | 2.18 | 5.83 | 6 | 0.442 |
| Second trimester | 33.91 | | 2.26 | 32.38 | 1.78 | 35.86 | 1.63 | 36.09 | 1.81 |
| Third trimester | 34.81 | | 2.20 | 35.34 | 1.50 | 35.75 | 2.31 | 32.63 | 1.86 |
| **Afternoon** |  | |  |  |  |  |  |  |  |  |  |  |
| First trimester | 20.96 | | 2.72 | 19.43 | 1.51 | 15.47 | 2.89 | 20.72 | 2.22 | 1.57 | 6 | 0.955 |
| Second trimester | 17.41 | | 1.54 | 15.53 | 1.54 | 16.45 | 1.91 | 18.74 | 1.67 |
| Third trimester | 18.75 | | 1.70 | 18.41 | 1.71 | 17.00 | 2.87 | 19.88 | 1.83 |
| **Evening** |  | |  |  |  |  |  |  |  |  |  |  |
| First trimester | 26.81 | | 2.76 | 26.84 | 1.62 | 36.50 | 2.50 | 34.22 | 2.33 | 9.64 | 6 | 0.141 |
| Second trimester | 27.50 | | 1.86 | 32.86 | 1.89 | 32.60 | 2.07 | 34.85 | 2.59 |
| Third trimester | 30.27 | | 1.80 | 28.21 | 2.16 | 31.86 | 2.53 | 33.13 | 2.05 |
| **Protein (% TEI)** |  | |  |  |  |  |  |  |  |  |  |  |
| **Morning** |  | |  |  |  |  |  |  |  |  |  |  |
| First trimester | 2.26 | | 0.18 | 2.70 | 0.35 | 2.07 | 0.48 | 1.43 | 0.21 | 13.67 | 6 | **0.034** |
| Second trimester | 2.70 | | 0.37 | 2.16 | 0.20 | 2.06 | 0.22 | 2.12 | 0.34 |
| Third trimester | 1.75 | | 0.19 | 1.84 | 0.14 | 2.06 | 0.18 | 2.08 | 0.25 |
| **Lunch** |  | |  |  |  |  |  |  |  |  |  |  |
| First trimester | 7.60 | | 0.88 | 6.94 | 0.51 | 7.29 | 0.95 | 6.82 | 0.65 | 3.21 | 6 | 0.782 |
| Second trimester | 7.01 | | 0.78 | 6.98 | 0.61 | 7.80 | 0.78 | 7.16 | 0.64 |
| Third trimester | 8.32 | | 0.73 | 7.51 | 0.40 | 7.42 | 0.57 | 6.42 | 0.61 |
| **Afternoon** |  | |  |  |  |  |  |  |  |  |  |  |
| First trimester | 2.10 | | 0.36 | 1.55 | 0.15 | 1.42 | 0.39 | 1.91 | 0.24 | 2.25 | 6 | 0.895 |
| Second trimester | 1.47 | | 0.18 | 1.42 | 0.18 | 1.34 | 0.19 | 1.53 | 0.19 |
| Third trimester | 1.79 | | 0.22 | 1.76 | 0.24 | 1.41 | 0.27 | 1.85 | 0.28 |
| **Evening** |  | |  |  |  |  |  |  |  |  |  |  |
| First trimester | 4.27 | | 0.51 | 5.34 | 0.47 | 6.53 | 0.78 | 5.74 | 0.52 | 7.78 | 6 | 0.255 |
| Second trimester | 5.14 | | 0.70 | 6.64 | 1.03 | 6.52 | 0.70 | 7.56 | 0.75 |
| Third trimester | 6.09 | | 0.57 | 5.56 | 0.52 | 6.43 | 0.69 | 5.39 | 0.47 |
| **Fat (% TEI)** |  | |  |  |  |  |  |  |  |  |  |  |
| **Morning** |  | |  |  |  |  |  |  |  |  |  |  |
| First trimester | 5.72**ab** | | 0.53 | 8.20**a** | 0.93 | 5.08**ab** | 1.16 | 4.16**b** | 0.62 | 17.55 | 6 | **0.007** |
| Second trimester | 7.93**ab** | | 1.14 | 6.46**ab** | 0.54 | 5.60**ab** | 0.74 | 5.30**ab** | 0.80 |
| Third trimester | 5.54**ab** | | 0.58 | 5.65**ab** | 0.54 | 5.97**ab** | 0.69 | 5.91**ab** | 0.76 |
| **Lunch** |  | |  |  |  |  |  |  |  |  |  |  |
| First trimester | 12.88 | | 1.17 | 11.58 | 0.81 | 12.24 | 1.13 | 12.22 | 0.88 | 4.11 | 6 | 0.661 |
| Second trimester | 12.50 | | 0.98 | 13.00 | 0.94 | 13.04 | 0.96 | 13.50 | 0.97 |
| Third trimester | 13.26 | | 0.97 | 13.92 | 0.75 | 13.45 | 1.13 | 12.16 | 0.94 |
| **Afternoon** |  | |  |  |  |  |  |  |  |  |  |  |
| First trimester | 7.23 | | 1.24 | 5.10 | 0.56 | 4.65 | 1.06 | 6.45 | 0.85 | 4.48 | 6 | 0.613 |
| Second trimester | 5.05 | | 0.68 | 4.48 | 0.53 | 5.20 | 0.56 | 6.02 | 0.69 |
| Third trimester | 5.53 | | 0.69 | 6.05 | 0.84 | 5.42 | 1.20 | 6.15 | 0.86 |
| **Evening** |  | |  |  |  |  |  |  |  |  |  |  |
| First trimester | 9.56 | | 1.50 | 9.74 | 0.68 | 11.86 | 0.97 | 11.80 | 1.15 | 4.15 | 6 | 0.657 |
| Second trimester | 10.07 | | 1.10 | 11.46 | 0.85 | 10.72 | 1.02 | 12.06 | 0.84 |
| Third trimester | 11.13 | | 0.71 | 10.16 | 0.88 | 10.82 | 1.14 | 11.41 | 0.73 |
| **Carbohydrate (% TEI)** | |  |  |  |  |  |  |  |  |  |  |  |
| **Morning** |  | |  |  |  |  |  |  |  |  |  |  |
| First trimester | 13.87 | | 1.11 | 14.14 | 1.15 | 12.75 | 1.78 | 10.30 | 1.35 | 4.53 | 6 | 0.606 |
| Second trimester | 12.80 | | 0.97 | 11.72 | 0.78 | 10.17 | 0.91 | 10.91 | 1.20 |
| Third trimester | 11.56 | | 0.69 | 12.45 | 0.72 | 11.86 | 0.93 | 10.31 | 0.72 |
| **Lunch** |  | |  |  |  |  |  |  |  |  |  |  |
| First trimester | 13.19 | | 0.88 | 11.97 | 0.92 | 15.31 | 1.21 | 13.50 | 0.93 | 4.90 | 6 | 0.556 |
| Second trimester | 14.40 | | 1.14 | 12.41 | 0.68 | 15.02 | 1.20 | 15.43 | 0.88 |
| Third trimester | 13.22 | | 1.13 | 13.91 | 0.95 | 14.88 | 1.47 | 14.05 | 1.22 |
| **Afternoon** |  | |  |  |  |  |  |  |  |  |  |  |
| First trimester | 11.62 | | 1.60 | 12.78 | 1.05 | 9.63 | 1.62 | 12.36 | 1.38 | 2.22 | 6 | 0.898 |
| Second trimester | 10.89 | | 1.14 | 9.79 | 0.95 | 10.13 | 1.31 | 11.19 | 1.01 |
| Third trimester | 11.43 | | 1.04 | 10.59 | 0.83 | 10.40 | 1.67 | 11.88 | 0.97 |
| **Evening** |  | |  |  |  |  |  |  |  |  |  |  |
| First trimester | 13.45 | | 1.73 | 11.75 | 1.10 | 18.11 | 1.43 | 16.68 | 1.36 | 9.01 | 6 | 0.173 |
| Second trimester | 12.30 | | 0.93 | 14.76 | 0.93 | 15.37 | 1.01 | 15.23 | 1.49 |
| Third trimester | 13.05 | | 1.38 | 12.48 | 1.19 | 14.60 | 1.37 | 16.34 | 1.50 |

Note: Early/Early: early first and last eating episodes; Early/Late: early first and late last eating episodes; Late/Early: late first and early last eating episodes; Late/Late: late first and last eating episodes.% TEI: percentage of total energy intake. Generalised Estimating Equations model, adjusted: age, pre-gestational body mass index, schooling, chronotype (MSF: mid-sleep time on free days), physical activity and frequency of nausea in the last 30 days. Significant Tests of Model Effects showed in bold. Bonferroni post-hoc test: different letters represent statistical difference in pairwise comparisons, p-value < 0.05.Number of pregnant women who had a meal n (%): Morning: EE= 61 (96.83); EL= 84 (96.55); LE= 65 (86.67); LL=67 (89.33); Lunch: EE= 62 (98.41); EL=85 (97.70); LE=73 (97.33); LL= 71 (94.67); Afternoon: EE= 56 (88.89); EL=83 (95.40); LE=67 (89.33); LL= 69 (92); Night: EE=60 (95.24); EL= 84 (96.55); LE=74 (98.67); LL= 74 (98.67).