

Supplementary Table 2. GWG and body composition in normoglycemic women and in women diagnosed with GDM (early OGTT positive women excluded)

	n	GDM mean ± sd / n (%)	Normoglycemic mean ± sd / n (%)	p	GDM Adjusted mean ± SE	Normoglycemic Adjusted mean ± SE	p adj.
<u>GWG</u>							
GWG between 1st and 2nd visit (kg)	77/261	8.0 ± 4.1	9.9 ± 3.5	<0.001*	8.0 ± 0.5	9.5 ± 0.4	0.002†
GWG from randomization to the end of pregnancy (kg)	79/264	10.2 ± 4.7	12.7 ± 4.6	<0.001*	10.5 ± 0.6	12.1 ± 0.5	0.004†
GWG from prepregnancy to the end of pregnancy (kg)	79/264	12.0 ± 6.2	13.8 ± 6.1	0.028*	12.7 ± 0.8	13.2 ± 0.7	0.513†
Ideal GWG during pregnancy	343	29 (36.7)	57 (21.6)				
Excess GWG during pregnancy	343	43 (54.4)	185 (70.1)	0.020‡			0.084§
Inadequate GWG during pregnancy	343	7 (8.9)	22 (8.3)				
Ideal weekly GWG rate	343	9 (11.4)	24 (9.1)				
Excess weekly GWG rate	343	61 (77.2)	234 (88.6)	0.002‡			0.011§
Inadequate weekly GWG rate	343	9 (11.4)	6 (2.3)				
<u>Body composition</u>							
Body fat percentage visit 1 (%)	76/258	43.6 ± 5.2	42.7 ± 5.5	0.161*	42.7 ± 0.5	42.9 ± 0.4	0.765†
Fat mass visit 1 (kg)	76/258	37.8 ± 9.9	35.8 ± 9.3	0.113*	36.7 ± 0.7	37.1 ± 0.6	0.550†
Fat free mass visit 1 (kg)	76/258	47.7 ± 5.8	47.0 ± 4.8	0.253*	47.8 ± 0.7	47.7 ± 0.6	0.933†
Body fat percentage visit 2 (%)	76/258	40.7 ± 4.8	40.5 ± 5.1	0.867*	39.9 ± 0.6	40.6 ± 0.5	0.129†
Fat mass visit 2 (kg)	76/258	38.5 ± 9.7	38.0 ± 9.2	0.703*	37.4 ± 0.8	39.0 ± 0.7	0.034†
Fat free mass visit 2 (kg)	76/258	55.1 ± 7.0	54.7 ± 5.5	0.652*	55.1 ± 0.8	55.4 ± 0.7	0.648†
Δ Body fat percentage (% points)	76/258	-3.0 ± 2.4	-2.1 ± 2.6	0.008*	-2.9 ± 0.4	-2.2 ± 0.3	0.049†
Δ Fat mass (kg)	76/258	0.7 ± 3.3	2.2 ± 3.3	<0.001*	0.7 ± 0.5	1.9 ± 0.4	0.004†
Δ Fat free mass (kg)	76/258	7.4 ± 2.4	7.7 ± 2.2	0.268*	7.3 ± 0.3	7.7 ± 0.3	0.200†

GWG, gestational weight gain

GDM, gestational diabetes

OGTT, oral glucose tolerance test

Δ, change

Data are expressed either mean ± sd or n (%)

Women were divided into different GWG classes according to the recommendations issued by Institute of Medicine

IOM (Institute of Medicine) and NRC (National Research Council) 2009. Weight gain during pregnancy: Reexamining the guidelines. Washington, DC: The National Academies Press 2009

* T-test

† Linear model adjusted for age, prepregnancy BMI, previous GDM and intervention group. GWG analyses have also been adjusted to gw at the last weight measurement

‡ χ^2 test

§ logistic regression adjusted for age, prepregnancy BMI, previous GDM, intervention group, and gestational weeks of the last weight measurement