**Table S1.** Descriptive characteristics of the preterm infants and mothers (n=106)

|  |  |  |
| --- | --- | --- |
| **Variables** | **n**  | **%**  |
| **Sex** |  |   |
| Boys | 49 | 46.2 |
| Girls | 57 | 53.8 |
|  |  |  |
| **Skin color (n=105)** |  |  |
| White | 54 | 51.4 |
| Brown | 25 | 23.8 |
| Black | 26 | 24.8 |
|  |  |  |
| **Weight for gestational age (GA)** |  |  |
| Small GA | 35 | 33.0 |
| Adequate GA | 66 | 62.3 |
| Big GA | 5 | 4.7 |
|  |  |  |
| **Birth Weight**  |  |  |
| Extreme  | 32 | 30.2 |
| Very low  | 54 | 50.9 |
| Low  | 20 | 18.9 |
|  |  |  |
| **Maternal Education (years) (n=104)** |  |  |
| <8 | 28 | 26.9 |
| 8 a 12 | 59 | 56.7 |
| >12 | 17 | 16.4 |
|  |  |  |
| **Maternal Age (years) (n=102)** |  |  |
| <35  | 76 | 74.5 |
| ≥35 | 26 | 25.5 |

**Table S2.** Healthy Eating Index score mean for each item.

|  |  |  |
| --- | --- | --- |
| **Items** | **Mean** | **(SD)** |
| Cereals, breads and tubers | 7.2 | 3.4 |
| Total vegetables | 3.9 | 3.4 |
| Milk and dairy products | 9.4 | 1.8 |
| Fruits or fruits juice | 7.2 | 3.7 |
| Meat and eggs | 7.8 | 3.2 |
| Legumes (beans) | 8.7 | 3.2 |
| Ultra-processed food | 2.3 | 4.2 |
| Total Fat (%) | 7.6 | 1.7 |
| Saturated Fat (%) | 8.1 | 3.4 |
| Sodium (mg) | 9.7 | 1.3 |
| Food variety | 8.6 | 1.9 |

Abbreviation: SD: Standard Deviation