**Supplementary material**

**Table 6.** Fasting plasma glucose, postprandial plasma glucose and glycaemic control, of pregnant women with diabetes mellitus by intervention time and study group (Maternidade Escola-UFRJ, 2016-2019, Rio de Janeiro, RJ, Brazil)

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Control group** |  |  | **DASH group** |  |  |  |
| **Glucose/Time** | **n** | **Median** | **IQR** | Pa |  | **n** | **Median** | **IQR** | Pa |  | Pb |
| Fasting (mg/dL) |  |  |  |  |  |  |  |  |  |  |  |
| 8 weeks | 18 | 98.0 | 85.0-112.0 |  |  | 26 | 97.5 | 85.0-127.0 |  |  | 0.64 |
| 12 weeks  | 18 | 99.0 | 90.0-125.0 | 0.98 |  | 23 | 93.0 | 83.0-120.0 | 0.14 |  | 0.63 |
|  |  |  |  |  |  |  |  |  |  |  |  |
| Postprandial (mg/dL) |  |  |  |  |  |  |  |  |  |  |  |
| 8 weeks | 18 | 134.0 | 110.0-167.0 |  |  | 26 | 136.0 | 119.0-177.0 |  |  | 0.68 |
| 12 weeks  | 18 | 135.0 | 110.0-167.0 | 0.96 |  | 23 | 136.0 | 120.0-177.0 | 0.86 |  | 0.76 |
|  | **Control group** |  | **DASH group** |  | P |  | IRR† |  | CI |  | Pe |
| **Glycemic control/Time** | n | % |  | n | % |  |  |  |  |  |  |  |  |
| 8 weeks |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Good glycemic control | 5 | 27.8 |  | 10 | 43.5 |  | 0.30c |  | 0.92 |  | 0.77-1.11 |  | 0.38 |
| Poor glycemic control  | 13 | 72.2 |  | 13 | 56.2 |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **12 weeks**  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Good glycemic control | 3 | 16.7 |  | 10 | 43.5 |  | 0.06d |  | 0.85 |  | 0.72-1.00 |  | 0.06 |
| Poor glycemic control  | 15 | 83.3 |  | 13 | 56.5 |  |  |  |  |

Analyzes performed by intention-to-treat.

n, number; IQR, interquartile range; IRR, incidence rate ratio; CI, confidence interval

aWilcoxon test; bMann-Whitney U test; cChi-square test; dFisher's Exact Test; ePoisson Regression

†Model adjusted by the intervention time (in days)