**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)