**Supplement 1.** Categorization of diet composition based on the German dietary guidelines for pregnant women

|  |  |
| --- | --- |
|  | Healthy |
|  | Moderately healthy |
|  | Unhealthy |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Response categories | | | | | |
|  | 0 portions | max. 1 portion | 2-3 portions | 4-5 portions | 6-7 portions | > 7 portions |
| **Consumption per day** |  |  |  |  |  |  |
| Fruits/vegetables | -10 points | -10 points | 0 points | 10 points | 10 points | 10 points |
| Unsweetened milk products | -10 points | 0 points | 10 points | 0 points | -10 points | -10 points |
| Sweetened beverages | 10 points | 0 points | -10 points | -10 points | -10 points | -10 points |
| Wholegrain bread | -10 points | 0 points | 10 points | 0 points | -10 points | -10 points |
| White bread | 10 points | 10 points | 0 points | -10 points | -10 points | -10 points |
|  |  |  |  |  |  |  |
| **Consumption per week** |  |  |  |  |  |  |
| Meat | 0 points | 0 points | 0 points | 10 points | 0 points | -10 points |
| Fish | 0 points | 10 points | 10 points | 0 points | -10 points | -10 points |
| Ready-made meals | 10 points | 0 points | -10 points | -10 points | -10 points | -10 points |
| Fried potatoes | 10 points | 0 points | -10 points | -10 points | -10 points | -10 points |
| Potatoes | -10 points | 0 points | 10 points | 10 points | 10 points | 10 points |
| Rice/noodles | -10 points | 0 points | 10 points | 10 points | 0 points | 0 points |

For “treats” (sum of weekly portions of sweetened milk products, cakes, and sweet/savory snacks), up to 7 portions/week are categorizes as “green”, between 8 and 11 portions/week are categorized as “yellow”, and > 12 portions/week are categorized as “red”.

Reference: Koletzko B, Bauer C-P, Bung P, Cremer M, Flothkötter M, Hellmers C et al. Ernährung in der Schwangerschaft–Teil 1. DMW-Deutsche Medizinische Wochenschrift 2012; 137(24):1309–14.