

# Supplementary information for “Associations between religious/spiritual beliefs and behaviours and dietary patterns: analysis of the parental generation in a prospective cohort study (ALSPAC) in Southwest England”

## Contents

Section S1: Missing Data and Multiple Imputation .....	6
Section S2: Nutrient intakes and following nutrient intake guidelines for mothers in pregnancy .....	7
Table S1: Reference table for all nutrients measured in ALSPAC, and the coding used to create binary variables indicating following recommended nutrient intake guidelines. ....	9
Table S2: Descriptive statistics and proportions of missing data for confounders and auxiliary variables used in this study. ....	11
Table S3: Descriptive statistics for nutrient intakes and whether following recommended nutrient intake guidelines (see table S1) of mothers in pregnancy (n = 11,812; 13.7% missing from total sample size of 13,689). ....	16
Table S4: Descriptive statistics for nutrient intakes and whether following recommended nutrient intake guidelines (see table S1) of mothers 4 years post-partum (n = 9,296; 32.1% missing from total sample size of 13,689). ....	18
Table S5: Descriptive statistics for nutrient intakes and whether following recommended nutrient intake guidelines (see table S1) of partners 4 year post-partum (n = 4,786; 65.0% missing from total sample size of 13,689). ....	20
Table S6: Full results of the mother pregnancy dietary pattern data. ....	22
Table S7: Full results for the mother pregnancy nutrient analyses, with ‘belief in God/divine power’ as the exposure (reference = no belief in God/divine power). ....	27
Table S8: Full results for the mother pregnancy nutrient analyses, with ‘religious affiliation’ as the exposure (reference = no religious affiliation). ....	29
Table S9: Full results for the mother pregnancy nutrient analyses, with ‘belief and religious affiliation’ as the exposure (reference = non-religious non-believers). ....	31
Table S10: Full results for the mother pregnancy nutrient analyses, with ‘frequency of attendance at church/place of worship’ as the exposure (reference = not at all). ....	34
Table S11: Full results for the mother pregnancy analyses using binary recommended nutrient intake cut-offs, with ‘belief in God/divine power’ as the exposure (reference = no belief in God/divine power). ....	36
Table S12: Full results for the mother pregnancy analyses using binary recommended nutrient intake cut-offs, with ‘religious affiliation’ as the exposure (reference = no religious affiliation). ....	38
Table S13: Full results for the mother pregnancy analyses using binary recommended nutrient intake cut-offs, with ‘belief and religious affiliation’ as the exposure (reference = non-religious non-believers). ....	40
Table S14: Full results for the mother pregnancy analyses using binary recommended nutrient intake cut-offs, with ‘frequency of attendance at church/place of worship’ as the exposure (reference = not at all). ....	43

Table S15: Summary of associations between RSBB and nutrient intake for mothers in pregnancy and mothers and partners at 4 years post-partum, adjusting for total energy intake. ....	45
Table S16: Full results for the mother pregnancy nutrient analyses, with ‘belief in God/divine power’ as the exposure (reference = no belief in God/divine power) and adjusted for total energy intake. .	46
Table S17: Full results for the mother pregnancy nutrient analyses, with ‘religious affiliation’ as the exposure (reference = no religious affiliation) and adjusted for total energy intake. ....	48
Table S18: Full results for the mother pregnancy nutrient analyses, with ‘belief and religious affiliation’ as the exposure (reference = non-religious non-believers) and adjusted for total energy intake. ....	50
Table S19: Full results for the mother pregnancy nutrient analyses, with ‘frequency of attendance at church/place of worship’ as the exposure (reference = not at all) and adjusted for total energy intake. ....	53
Table S20: Full results for the mother pregnancy analyses using binary recommended nutrient intake cut-offs, with ‘belief in God/divine power’ as the exposure (reference = no belief in God/divine power) and adjusted for total energy intake. ....	55
Table S21: Full results for the mother pregnancy analyses using binary recommended nutrient intake cut-offs, with ‘religious affiliation’ as the exposure (reference = no religious affiliation) and adjusted for total energy intake. ....	57
Table S22: Full results for the mother pregnancy analyses using binary recommended nutrient intake cut-offs, with ‘belief and religious affiliation’ as the exposure (reference = non-religious non-believers) and adjusted for total energy intake. ....	59
Table S23: Full results for the mother pregnancy analyses using binary recommended nutrient intake cut-offs, with ‘frequency of attendance at church/place of worship’ as the exposure (reference = not at all) and adjusted for total energy intake. ....	61
Table 24: Summary of results for overall intake of 32 nutrients, adjusted for total energy intake. ....	63
Table 25: Summary of recommended nutrient intake (RNI) results, adjusted for total energy intake. ....	65
Table S26: Full results of the mother dietary pattern data 4 years post-partum. ....	67
Table S27: Full results for the mothers’ nutrient intake analyses 4 years post-partum, with ‘belief in God/divine power’ as the exposure (reference = no belief in God/divine power). ....	71
Table S28: Full results for the mothers’ nutrient intake analyses 4 years post-partum, with ‘religious affiliation’ as the exposure (reference = no religious affiliation). ....	73
Table S29: Full results for the mothers’ nutrient intake analyses 4 years post-partum, with ‘belief and religious affiliation’ as the exposure (reference = non-religious non-believers). ....	75
Table S30: Full results for the mothers’ nutrient intake analyses 4 years post-partum, with ‘frequency of attendance at church/place of worship’ as the exposure (reference = not at all). ....	78
Table S31: Full results for the mothers’ analyses using binary recommended nutrient intake cut-offs 4 years post-partum, with ‘belief in God/divine power’ as the exposure (reference = no belief in God/divine power). ....	80
Table S32: Full results for the mothers’ analyses using binary recommended nutrient intake cut-offs 4 years post-partum, with ‘religious affiliation’ as the exposure (reference = no religious affiliation). ....	82

Table S33: Full results for the mothers’ analyses using binary recommended nutrient intake cut-offs 4 years post-partum, with ‘belief and religious affiliation’ as the exposure (reference = non-religious non-believers).....	84
Table S34: Full results for the mothers’ analyses using binary recommended nutrient intake cut-offs 4 years post-partum, with ‘frequency of attendance at church/place of worship’ as the exposure (reference = not at all). .....	87
Table S35: Full results for the mothers’ nutrient intake analyses 4 years post-partum, with ‘belief in God/divine power’ as the exposure (reference = no belief in God/divine power) and adjusted for total energy intake.....	89
Table S36: Full results for the mothers’ nutrient intake analyses 4 years post-partum, with ‘religious affiliation’ as the exposure (reference = no religious affiliation) and adjusted for total energy intake. ....	91
Table S37: Full results for the mothers’ nutrient intake analyses 4 years post-partum, with ‘belief and religious affiliation’ as the exposure (reference = non-religious non-believers) and adjusted for total energy intake. ....	93
Table S38: Full results for the mothers’ nutrient intake analyses 4 years post-partum, with ‘frequency of attendance at church/place of worship’ as the exposure (reference = not at all) and adjusted for total energy intake.....	96
Table S39: Full results for the mothers’ analyses using binary recommended nutrient intake cut-offs 4 years post-partum, with ‘belief in God/divine power’ as the exposure (reference = no belief in God/divine power) and adjusted for total energy intake.....	98
Table S40: Full results for the mothers’ analyses using binary recommended nutrient intake cut-offs 4 years post-partum, with ‘religious affiliation’ as the exposure (reference = no religious affiliation) and adjusted for total energy intake.....	100
Table S41: Full results for the mothers’ analyses using binary recommended nutrient intake cut-offs 4 years post-partum, with ‘belief and religious affiliation’ as the exposure (reference = non-religious non-believers) and adjusted for total energy intake.....	102
Table S42: Full results for the mothers’ analyses using binary recommended nutrient intake cut-offs 4 years post-partum, with ‘frequency of attendance at church/place of worship’ as the exposure (reference = not at all) and adjusted for total energy intake. ....	104
Table S43: Full results of the partner dietary pattern data 4 years post-partum.....	106
Table S44: Full results for the partners’ nutrient intake analyses 4 years post-partum, with ‘belief in God/divine power’ as the exposure (reference = no belief in God/divine power).....	110
Table S45: Full results for the partners’ nutrient intake analyses 4 years post-partum, with ‘religious affiliation’ as the exposure (reference = no religious affiliation). ....	112
Table S46: Full results for the partners’ nutrient intake analyses 4 years post-partum, with ‘belief and religious affiliation’ as the exposure (reference = non-religious non-believers). ....	114
Table S47: Full results for the partners’ nutrient intake analyses 4 years post-partum, with ‘frequency of attendance at church/place of worship’ as the exposure (reference = not at all). ....	117
Table S48: Full results for the partners’ analyses using binary recommended nutrient intake cut-offs 4 years post-partum, with ‘belief in God/divine power’ as the exposure (reference = no belief in God/divine power).....	119

Table S49: Full results for the partners’ analyses using binary recommended nutrient intake cut-offs 4 years post-partum, with ‘religious affiliation’ as the exposure (reference = no religious affiliation). .....	121
Table S50: Full results for the partners’ analyses using binary recommended nutrient intake cut-offs 4 years post-partum, with ‘belief and religious affiliation’ as the exposure (reference = non-religious non-believers).....	123
Table S51: Full results for the partners’ analyses using binary recommended nutrient intake cut-offs 4 years post-partum, with ‘frequency of attendance at church/place of worship’ as the exposure (reference = not at all). ....	125
Table S52: Full results for the partners’ nutrient intake analyses 4 years post-partum, with ‘belief in God/divine power’ as the exposure (reference = no belief in God/divine power) and adjusted for total energy intake.....	127
Table S53: Full results for the partners’ nutrient intake analyses 4 years post-partum, with ‘religious affiliation’ as the exposure (reference = no religious affiliation) and adjusted for total energy intake. .....	129
Table S54: Full results for the partners’ nutrient intake analyses 4 years post-partum, with ‘belief and religious affiliation’ as the exposure (reference = non-religious non-believers) and adjusted for total energy intake. ....	131
Table S55: Full results for the partners’ nutrient intake analyses 4 years post-partum, with ‘frequency of attendance at church/place of worship’ as the exposure (reference = not at all) and adjusted for total energy intake.....	134
Table S56: Full results for the partners’ analyses using binary recommended nutrient intake cut-offs 4 years post-partum, with ‘belief in God/divine power’ as the exposure (reference = no belief in God/divine power) and adjusted for total energy intake.....	136
Table S57: Full results for the partners’ analyses using binary recommended nutrient intake cut-offs 4 years post-partum, with ‘religious affiliation’ as the exposure (reference = no religious affiliation) and adjusted for total energy intake.....	138
Table S58: Full results for the partners’ analyses using binary recommended nutrient intake cut-offs 4 years post-partum, with ‘belief and religious affiliation’ as the exposure (reference = non-religious non-believers) and adjusted for total energy intake.....	140
Table S59: Full results for the partners’ analyses using binary recommended nutrient intake cut-offs 4 years post-partum, with ‘frequency of attendance at church/place of worship’ as the exposure (reference = not at all) and adjusted for total energy intake. ....	142
Figure S1: Directed Acyclic Graph (DAG) showing hypothesised causal relations between variables, to inform our choice of confounders. ....	144
Figure S2: P-values for each RSBB exposure and nutrient intake for mothers in pregnancy. ....	145
Figure S3: P-values for each RSBB exposure and following recommended nutrient intakes for mothers in pregnancy. ....	146
Figure S4: P-values for each RSBB exposure and nutrient intake for mothers in pregnancy when adjusting for total energy intake.....	147
Figure S5: P-values for each RSBB exposure and following recommended nutrient intakes for mothers in pregnancy when adjusting for total energy intake. ....	148

Figure S6: P-values for each RSBB exposure and nutrient intake for mothers 4 years post-partum.	149
Figure S7: P-values for each RSBB exposure and following recommended nutrient intakes for mothers 4 years post-partum. ....	150
Figure S8: P-values for each RSBB exposure and nutrient intake for mothers 4 years post-partum when adjusting for total energy intake. ....	151
Figure S9: P-values for each RSBB exposure and following recommended nutrient intakes for mothers 4 years post-partum when adjusting for total energy intake. ....	152
Figure S10: P-values for each RSBB exposure and nutrient intake for partners 4 years post-partum. ....	153
Figure S11: P-values for each RSBB exposure and following recommended nutrient intakes for partners 4 years post-partum. ....	154
Figure S12: P-values for each RSBB exposure and nutrient intake for partners 4 years post-partum when adjusting for total energy intake. ....	155
Figure S13: P-values for each RSBB exposure and following recommended nutrient intakes for partners 4 years post-partum when adjusting for total energy intake. ....	156

### *Section S1: Missing Data and Multiple Imputation*

To make the ‘missing at random’ assumption more plausible for the imputed data, we included a range of auxiliary variables associated with the exposures and outcomes, which predicted missing values of these variables, and provided additional information when the exposure and outcome variables had missing data (see table S2 for a full list of these variables).

For the mother’s pregnancy dietary pattern data, auxiliary variables were: the mother’s dietary pattern scores from 4 years post-partum; RSBB variables collected from the mother 5 years post-partum; highest education level of the partner (CSE/None vs Vocational vs O-level vs A-level vs Degree); occupational social class of the partner (High [I/II/III non-manual] vs Low [III manual/IV/V]); self-reported smoking status (never vs previous, but not in pregnancy vs previous and smoked in pregnancy); Edinburgh Postnatal Depression Scale total score; and self-reported health status (always well vs usually well vs sometimes/often/always unwell).

The imputation models were identical for the mother dietary pattern data 4 years post-partum, although this time the pregnancy dietary pattern scores were the auxiliary variables.

For the partner dietary pattern data 4 years post-partum, the auxiliary variables in the imputation were: mother’s dietary pattern scores during pregnancy; the mother’s RSBB data from during pregnancy; highest education level of the mother (CSE/None vs Vocational vs O-level vs A-level vs Degree); occupational social class of the mother (High [I/II/III non-manual] vs Low [III manual/IV/V]); mother’s self-reported smoking status (never vs previous, but not in pregnancy vs previous and smoked in pregnancy); partner’s Edinburgh Postnatal Depression Scale total score; and partner’s health status as reported by the mother (always well vs usually well vs sometimes/often/always unwell).

In all cases (mothers in pregnancy, mothers 4 years post-partum, and partners 4 years post-partum) the same variables – excluding dietary pattern scores – were used to impute missing data in the exposures and confounders for the nutrient analyses (recall that, for the nutrient analyses, due to the large number of nutrient variables, imputation only occurred up to all cases with non-missing nutrient data).

Inspection of the convergence plots indicated sufficient mixing and that a steady-state had been reached after a burn-in period of 10 iterations. The one exception was the partner dietary pattern imputation, where imputations had not reached a steady-state after 10 iterations; doubling the burn-in period to 20 iterations resolved this issue.

## *Section S2: Nutrient intakes and following nutrient intake guidelines for mothers in pregnancy*

We first explored associations between RSBB and overall nutrient intakes. Given the large number of associations (33 nutrients), we first inspected the  $p$ -values (both uncorrected and Bonferroni-adjusted;  $0.05/33 = 0.0015$ ) of the associations between each exposure and nutrient outcome to assess broad patterns of association using the adjusted results from the imputed datasets. These plots are displayed in figure S2 and summarised in tables 3 and 4. Regarding belief in God/divine power, of 33 nutrients, 7 (21%) reached the Bonferroni-corrected alpha value, while a total of 19 (58%) reached a standard 0.05 alpha threshold. Focusing on nutrients reaching the Bonferroni-corrected threshold, relative to no belief in God, believers were associated with higher levels of protein, thiamin, niacin, vitamin B6, vitamin D, zinc and iodine (full results in table S7). For religious affiliation, only one nutrient (3%) reached the Bonferroni-corrected alpha value, while 13 (39%) reached conventional 0.05 levels; focusing on nutrients reaching the Bonferroni-corrected threshold, compared to those with no religion, Christians were associated with higher levels of vitamin B6 (full results in table S8). For belief in God and religious affiliation combined, 8 (24%) nutrients reached the Bonferroni-corrected alpha value, while 21 (64%) reached the 0.05 level. Of results reaching the Bonferroni threshold, relative to non-religious non-believers, Christian believers were associated with higher levels of niacin, protein, riboflavin and vitamin B6, while Christian non-believers were associated with lower levels of fibre, magnesium, selenium and vitamin E (full results in table S9). Finally, regarding attendance at a place of worship, the majority of nutrients (30; 91%) reached the Bonferroni-corrected alpha value for either attending at least once a month or once a year, while all but one nutrient (32; 97%) was associated with church attendance at the 0.05 level. Other than for free sugars, saturated fat and retinol/vitamin A, one or both categories of attendance were associated with increased intake of all nutrients at the Bonferroni-corrected level, relative to participants who did not attend church at all (full results in table S10).

While these results indicate that RSBB, particularly attendance at a place of worship, is associated with variation in nutrient intakes, these differences may not translate into potential impacts on health if all participants, regardless of RSBB, meet the recommended daily nutrient intake guidelines (although we note that these guidelines, despite being based on the best-available evidence, may not translate into actual differences in health. For instance, recommended nutrient intakes reflect the estimated level of intake to ensure that needs of 97.5% of people are met; as such, they are not minimum targets and many individuals will need less than these recommended guidelines). We therefore repeated the analyses above using binary variables indicating whether participants were meeting the recommended nutrient intakes (or exceeding them, if there was a maximum recommended value; see table S1 for full details). The  $p$ -value plots for these analyses are displayed in figure S3 and summarised in tables 3 and 5. Compared against the overall nutrient intake (figure S2), associations between RSBB and meeting/exceeding nutrient intake guidelines are weaker, although still present, particularly for attendance at a place of worship. Regarding belief in God/divine power, of 29 recommended nutrient levels only 2 (7%) reached the Bonferroni-corrected alpha value, while 13 (45%) reached a standard 0.05 alpha threshold. Focusing on nutrients reaching the Bonferroni-corrected threshold, relative to no belief in God, believers were associated with lower odds of missing iodine and riboflavin recommended nutrient intake levels (full results in table S11). For religious affiliation, only one nutrient (3%) reached the Bonferroni-corrected threshold, while 3 (10%) reached conventional 0.05 levels; the finding reaching the Bonferroni-corrected threshold was that, relative to those with no religious affiliation, Christians were more likely to miss recommended fibre intakes (full results in table S12). For belief in God and religious affiliation combined, 2 (7%) nutrient intake reached the Bonferroni-corrected threshold, while 9 (31%) reached

the 0.05 level. Of results reaching the Bonferroni-corrected threshold, relative to non-religious non-believers, Christian non-believers were associated with greater odds of missing magnesium and fibre recommended nutrient intakes (full results in table S13). Finally, regarding attendance at a place of worship, the majority of nutrients (18; 62%) reached the Bonferroni-corrected threshold for either attending at least once a month or once a year, while 24 (83%) were associated with attendance at the 0.05 level. At the Bonferroni-corrected level, one or both categories of church attendance were associated with lower odds of missing calcium, folate, iodine, iron, magnesium, polyunsaturated fat, potassium, protein, retinol/Vitamin A, riboflavin, selenium, thiamine, vitamin B6, vitamin C, vitamin E and zinc recommended nutrient intakes, relative to participants who did not attend church at all; those who attend church regularly were also associated with lower odds of having omega-3 intake lower than 0.25g per day (full results in table S14). A summary of the nutrient intake results across all time/person-points can be found in tables 3, 4 and 5.

As discussed in the main text, we also repeated these nutrient intake analyses including 'total energy intake' as an additional covariate in the adjusted models. Overall, the patterns of results were broadly similar, with many facets of RSBB – and attendance at a place of worship in particular – associated with nutrient intakes and, albeit more weakly, following recommended nutrient intake guidelines (table S15). Results for nutrient intakes adjusting for total energy intake are summarised in table S24; see figure S4 for mothers in pregnancy (full results in tables S16-S19), figure S8 for mothers 4 years post-partum (full results in tables S35-S38), and figure S12 for partners 4 years post-partum (full results in tables S52-S55). Results for following recommended nutrient intake guidelines adjusting for total energy intake are summarised in table S25; see figure S5 for mothers in pregnancy (full results in tables S20-S23), figure S9 for mothers 4 years post-partum (full results in tables S39-S42), and figure S13 for partners 4 years post-partum (full results in tables S56-S59). A summary of the nutrient intake results across all time/person-points when adjusting for total energy intake can be found in tables S15, S24 and S25.

Focusing on the mothers in pregnancy, exploring these results in more detail we see that patterns of overall nutrient intakes were broadly similar when including or excluding 'total energy intake' as an additional covariate. The proportions of associations below the Bonferroni-adjusted alpha threshold were similar for belief in God/divine power (21% without adjustment vs 25% with adjustment), higher for religious affiliation (3% without adjustment vs 28% with adjustment) and belief and religious affiliation combined (24% without adjustment vs 41% with adjustment), and slightly lower for attendance at a place of worship (91% without adjustment vs 81% with adjustment). Similar results were found for following recommended nutrient intake guidelines, with the proportion of associations below the Bonferroni-adjusted threshold similar for belief in God/divine power (7% without adjustment vs 4% with adjustment), somewhat higher for religious affiliation (3% without adjustment vs 11% with adjustment) and belief and affiliation combined (7% without adjustment vs 18% with adjustment), and substantially lower for attendance at a place of worship (62% without adjustment vs 21% with adjustment). Despite some differences in the strength of associations, the overall patterns of association between RSBB and nutrient intakes were similar in both analyses (tables 4 & 5 without adjustment vs tables S24 & S25 with adjustment). Comparable patterns of results were observed for the mothers and partners 4 years post-partum.



*Table S1: Reference table for all nutrients measured in ALSPAC, and the coding used to create binary variables indicating following recommended nutrient intake guidelines. Definitions for recommended intakes: RNI = Reference Nutrient Intake (the level of intake to ensure that needs of 97.5% of people are met; these are not minimum targets, and many will need less); EAR = Estimated Average Requirement (average requirement for 50% of group; only used for energy intake); Safe intake = used when not enough evidence to calculate average/reference intakes (judged to be level where no risk of nutrient deficiency); Minimum = minimum daily intake recommended; Maximum = maximum daily intake recommended. Sources of information: COMA = Committee on Medical Aspects of Food Policy report; SACN = Scientific Advisory Committee on Nutrition 2016 recommendations. For males and females, we used average adult intakes, as most ALSPAC parents were in this age range at the time of study. Additional nutrient intakes for mothers during the last three months of pregnancy have also been noted. For the variable names, those beginning ‘c’, ‘j’ and ‘pg’ refer to mothers in pregnancy, mothers 4 years post-partum, and partners 4 years post-partum, respectively.*

<b>Nutrient (unit)</b>	<b>Definition</b>	<b>Source</b>	<b>Adult Males (19-49)</b>	<b>Adult Females (19-49)</b>	<b>Last 3 months of pregnancy</b>	<b>Variables</b>
Energy (kJ)	EAR	SACN (+ COMA for pregnancy)	10,500	8,400	+800	c3804; j1005; pg2505
Carbohydrate (g)	Minimum	SACN	333	267	NA	c3801; j1002; pg2502
Total sugars (g)	NA	NA	NA	NA	NA	c3828; j1028; pg2528
Free sugars (g)	Maximum	SACN	33	27	NA	c3816; j1016; pg2516
Starch (g)	NA	NA	NA	NA	NA	c3827; j1027; pg2527
NSP (fibre; g) <sup>a</sup>	RNI	SACN	22.5	22.5	NA	c3817; j1017; pg2517
Fat (g)	Maximum	SACN	97	78	NA	c3805; j1006; pg2506
Monounsaturated fat (g)	RNI	SACN	36	29	NA	c3813; j1014; pg2514
Polyunsaturated fat (g)	RNI	SACN	18	14	NA	c3819; j1019; pg2519
Saturated fat (g)	Maximum	SACN	31	24	NA	c3824; j1025; pg2525
Omega-3 fatty acid from fish (g) <sup>b</sup>	Minimum	NA	0.25	0.25	NA	c3806; j1007; pg2507
Cholesterol (mg)	NA	NA	NA	NA	NA	c3803; j1004; pg2504
Protein (g)	RNI	COMA	55.5	45.0	+6	c3821; j1021; pg2521
Thiamin (mg)	RNI	COMA	1.0	0.8	+0.1	c3829; j1029; pg2529
Riboflavin (mg)	RNI	COMA	1.3	1.1	+0.3	c3823; j1023; pg2523
Niacin equivalent (mg)	RNI	SACN	16.5	13.2	NA	c3815; j1015; pg2515
Vitamin B6 (mg)	RNI	COMA	1.4	1.2	NA	c3832; j1032; pg2532
Vitamin B12 (ug)	RNI	COMA	1.5	1.5	NA	c3833; j1033; pg2533
Folate (ug)	RNI	COMA	200	200	+100	c3809; j1010; pg2510

Vitamin C (mg)	RNI	COMA	40	40	+10	c3831; j1031; pg2531
Retinol/Vitamin A (ug)	RNI	COMA	700	600	+100	c3822; j1022; pg2522
Carotene (ug)	NA	NA	NA	NA	NA	c3802; j1003; pg2503
Vitamin D (ug)	RNI	SACN	10	10	NA	c3834; j1034; pg2534
Vitamin E (mg)	Safe intake (min)	COMA	4	3	+0.8	c3835; j1035; pg2535
Calcium (mg)	RNI	COMA	700	700	NA	c3800; j1001; pg2501
Phosphorus (mg)	RNI	COMA	550	550	NA	c3818; j1018; pg2518
Magnesium (mg)	RNI	COMA	300	270	NA	c3812; j1013; pg2513
Sodium (mg)	RNI and Maximum	COMA and SACN	RNI = 1600; Max = 2400	RNI = 1600; Max = 2400	NA	c3826; j1026; pg2526
Potassium (mg)	RNI	COMA	3500	3500	NA	c3820; j1020; pg2520
Iron (mg)	RNI	COMA	8.7	14.8	NA	c3811; j1012; pg2512
Zinc (mg)	RNI	COMA	9.5	7.0	NA	c3836; j1036; pg2536
Selenium (ug)	RNI	COMA	75	60	NA	c3825; j1024; pg2524
Iodine (ug)	RNI	COMA	140	140	NA	c3810; j1011; pg2511

<sup>a</sup> Note that the non-starch polysaccharide (NSP) fibre measure used here differs from the 'dietary fibre' used in the SACN recommendations. The total dietary fibre daily recommendations in the SACN report are 30 g/day, which we have converted to 22.5 g/day here, based on a standard conversion factor of multiplying by 0.75 (see [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/445503/SACN\\_Carbohydrates\\_and\\_Health.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/445503/SACN_Carbohydrates_and_Health.pdf)).

<sup>b</sup> Note that for omega-3 intake, although there is no published recommended nutrient intake, given the potential importance of omega-3 intake for health, particularly during pregnancy, here we have used a minimum threshold of 0.25g/day as this is where there is a natural split in the omega-3 intake data from mothers in pregnancy. We stress that this is not based on recommended intake guidelines, but rather has been created solely for this paper as a useful – but arbitrary – reference point.

Table S2: Descriptive statistics and proportions of missing data for confounders and auxiliary variables used in this study.

		<b>Mother (N [%] for categorical variables; mean [SD] for continuous variables)</b>	<b>Confounder or auxiliary variable</b>	<b>Notes</b>
<b>Age (in years) of mother at C pregnancy questionnaire (c994)</b>		28.3 (5.0)	Confounder (for mother pregnancy analyses)	
	Missing data	<5 (<0.05)		
<b>Age (in years) of mother at J questionnaire (when study child aged 4; j912)</b>		32.3 (5.0)	Confounder (for mother analyses at age 4)	If J quest. not completed, used mother's age at birth +4 years
	Missing data	<5 (<0.05)		
<b>Mother's highest education qualification (c645a)<sup>a</sup></b>	<i>CSE/None</i>	2,444 (20.1%)	Confounder (for all mother analyses); auxiliary variable (for partner imputations)	
	<i>Vocational</i>	1,200 (9.9%)		
	<i>O-level</i>	4,212 (34.7%)		
	<i>A-level</i>	2,723 (22.4%)		
	<i>Degree</i>	1,566 (12.9%)		
	<i>Total</i>	12,145		
	Missing data	1,544 (11.3%)		
<b>Mother's occupational social class (c755)<sup>b</sup></b>	<i>Low (III-manual/IV/V)</i>	1,948 (19.8%)	Confounder (for all mother analyses); auxiliary variable (for partner imputations)	
	<i>High (I/II/III-non-manual)</i>	7,889 (80.2%)		
	<i>Total</i>	9,837		
		Missing data		
<b>Area-level index of multiple deprivation 2010 quintiles based on mother's address</b>	<i>1 (least deprived)</i>	2,882 (25.9%)	Confounder (for all mother and partner analyses)	
	<i>2</i>	2,486 (22.4%)		
	<i>3</i>	1,966 (17.7%)		
	<i>4</i>	2,089 (18.8%)		
	<i>5 (most deprived)</i>	1,693 (15.2%)		

<b>in late pregnancy (dimd2010q5)</b>	<i>Total</i>	11,116		
	Missing data		2,573 (18.8%)	
<b>Urban vs rural status based on mother's address in late preg. (dur01ind)</b>	<i>Urban (pop. &gt;= 10k)</i>	10,106 (90.9%)	Confounder (for all mother and partner analyses)	
	<i>Town/Village/Hamlet</i>	1,014 (9.1%)		
	<i>Total</i>	11,120		
	Missing data			
<b>Mother's home ownership status (a006)</b>	<i>Owned/Mortgaged</i>	9,366 (73.3%)	Confounder (for all mother and partner analyses)	
	<i>Rented</i>	914 (7.2%)		
	<i>Council/Housing association</i>	2,043 (16.0%)		
	<i>Other</i>	450 (3.5%)		
	<i>Total</i>	12,773		
Missing data		916 (6.7%)		
<b>Mother had major financial problems since pregnancy (b594)</b>	<i>No</i>	10,089 (86.5%)	Confounder (for all mother and partner analyses)	
	<i>Yes</i>	1,582 (13.5%)		
	<i>Total</i>	11,671		
	Missing data			
<b>Mother's ethnicity (c800)</b>	<i>White</i>	11,736 (97.4%)	Confounder (for all mother analyses)	
	<i>Other than white</i>	319 (2.6%)		
	<i>Total</i>	12,055		
	Missing data			
<b>Mother's marital status (a525)</b>	<i>Never married</i>	2,439 (19.0%)	Confounder (for all mother and partner analyses)	
	<i>Currently married</i>	9,606 (75.0%)		
	<i>Widowed/Divorced/Separated</i>	772 (6.0%)		
	<i>Total</i>	12,817		

Missing data		872 (6.4%)		
<b>Mother's parity (b032)</b>	<i>0</i>	5,652 (44.6%)	Confounder (for all mother and partner analyses)	
	<i>1</i>	4,450 (35.1%)		
	<i>2 or more</i>	2,574 (20.3%)		
	<i>Total</i>	12,676		
Missing data		1,013 (7.4%)		
<b>Mother's smoking status (based on variables b650, b665 and b667)</b>	<i>Never smoked</i>	6,299 (49.3%)	Auxiliary variable (for all mother imputations)	
	<i>Smoked prior to pregnancy</i>	3,152 (24.6%)		
	<i>Smoked in pregnancy</i>	3,334 (26.1%)		
	<i>Total</i>	12,785		
Missing data		904 (6.6%)		
<b>Mother's Edinburgh Postnatal Depression Scale total score (b371)</b>		7.0 (4.8)	Auxiliary variable (for all mother imputations)	
Missing data		1,788 (13.1%)		
<b>Mother's self-reported health prior to pregnancy (b040)</b>	<i>Always well</i>	3,738 (31.8%)	Auxiliary variable (for all mother imputations)	
	<i>Usually well</i>	7,075 (60.2%)		
	<i>Sometimes/Often/Always unwell</i>	937 (8.0%)		
	<i>Total</i>	11,750		
Missing data		1,939 (14.2%)		
<b>Mother's belief in God/a divine power 5 years post-partum (k6240)</b>	<i>Yes</i>	4,097 (46.5%)	Auxiliary variable (for all mother imputations)	
	<i>Not sure</i>	2,985 (33.9%)		
	<i>No</i>	1,730 (19.6%)		
	<i>Total</i>	8,812		
Missing data		4,877 (35.6%)		
	<i>None</i>	1,341 (415.5%)	Auxiliary variable (for all mother imputations)	
	<i>Christian</i>	7,045 (81.4%)		

<b>Mother's religious affiliation 5 years post-partum (k6243)</b>	<i>Other</i>	271 (3.1%)		
	<i>Total</i>	8,657		
Missing data		5,032 (36.8%)		
<b>Mother's frequency of attendance at a church/place of worship 5 years post-partum (k6247)</b>	<i>Min once a month</i>	1,712 (20.1%)	Auxiliary variable (for all mother imputations)	
	<i>Min once a year</i>	2,270 (26.6%)		
	<i>Not at all</i>	4,552 (53.4%)		
	<i>Total</i>	8,534		
Missing data		5,55 (37.7%)		
<b>Age (in years) of partner at PG questionnaire (when study child aged 4; j912)</b>		34.5 (5.8)	Confounder (for all partner analyses)	If PG quest. not completed, used partner's age during pregnancy (from PB quest.) +4 years
Missing data		3,926 (28.7%)		
<b>Partner's highest education qualification (c666a)<sup>a</sup></b>	<i>CSE/None</i>	3,053 (26.2%)	Confounder (for all partner analyses); auxiliary variable (for mother imputations)	
	<i>Vocational</i>	987 (8.5%)		
	<i>O-level</i>	2,470 (21.2%)		
	<i>A-level</i>	3,039 (26.0%)		
	<i>Degree</i>	2,125 (18.2%)		
	<i>Total</i>	11,674		
Missing data		2,015 (14.7%)		
<b>Partner's occupational social class (c755)<sup>b</sup></b>	<i>Low (III-manual/IV/V)</i>	4,726 (44.2%)	Confounder (for all partner analyses); auxiliary variable (for mother imputations)	
	<i>High (I/II/III-non-manual)</i>	5,972 (55.8%)		
	<i>Total</i>	10,698		
Missing data		2,991 (21.9%)		
<b>Partner's ethnicity (c800)</b>	<i>White</i>	11,330 (96.0%)	Confounder (for all partner analyses)	
	<i>Other than white</i>	474 (4.0%)		

	<i>Total</i>	11,804		
Missing data		1,885 (13.8%)		
<b>Partner's smoking status (based on variables pb071 and pb077)</b>	<i>Never smoked</i>	4,343 (45.9%)	Auxiliary variable (for all partner imputations)	
	<i>Smoked prior to pregnancy</i>	1,652 (17.5%)		
	<i>Smoked in pregnancy</i>	3,456 (36.6%)		
	<i>Total</i>	9,451		
Missing data		4,238 (31.0%)		
<b>Partner's Edinburgh Postnatal Depression Scale total score (pb260)</b>		4.2 (3.9)	Auxiliary variable (for all partner imputations)	
Missing data		4,174 (30.5%)		
<b>Partner's health prior to pregnancy, reported by mother (a524)</b>	<i>Always well</i>	5,821 (46.7%)	Auxiliary variable (for all partner imputations)	
	<i>Usually well</i>	6,101 (49.0%)		
	<i>Sometimes/Often/Always unwell</i>	539 (4.3%)		
	<i>Total</i>	12,461		
Missing data		1,228 (9.0%)		

<sup>a</sup> CSE = Certificate of Secondary Education qualification (examinations sat at the end of secondary school at approx. age 16; compulsory from the early 1970s, unless completing O-level qualifications instead); O-level = Ordinary level qualifications (examinations sat at the end of secondary school, often for more academically-able pupils at approx. age 16); A-level = Advanced level qualification (non-compulsory examinations sat at the end of college or sixth form at approx. age 18).

<sup>b</sup> For information on these occupation social classes, see: <https://sru.soc.surrey.ac.uk/SRU9.html>.

Table S3: Descriptive statistics for nutrient intakes and whether following recommended nutrient intake guidelines (see table S1) of mothers in pregnancy ( $n = 11,812$ ; 13.7% missing from total sample size of 13,689). EAR = Estimated Average Requirement; RNI = Reference Nutrient Intake; NSP = Non-starch polysaccharides.

Variable	Nutrient (unit)	Nutrient intake				Recommended daily intake for pregnant adult women (19-49)	Above/below recommended daily intake	
		mean	sd	min	max		total	percent
c3804	Energy (kJ)	7232	2011	2205	17136	EAR 9,200kJ	10040	85.0
c3801	Carbohydrate (g)	212.6	62.7	35.5	579.0	Minimum 267g	9803	83.0
c3828	Total sugars (g)	95.9	38.8	6.2	405.1	NA	NA	NA
c3816	Free sugars (g)	60.5	34.4	1.6	345.1	Maximum 27g	10451	88.5
c3827	Starch (g)	115.6	35.8	0.0	298.0	NA	NA	NA
c3817	NSP (fibre; g)	14.9	5.1	0.0	40.5	RNI 22.5g	10885	92.2
c3805	Fat (g)	71.7	23.4	4.2	200.0	Maximum 78g	4223	35.8
c3813	Monounsaturated fat (g)	24.1	8.0	0.7	69.6	RNI 29g	8952	75.8
c3819	Polyunsaturated fat (g)	12.3	4.6	0.8	37.5	RNI 14g	7944	67.3
c3824	Saturated fat (g)	30.0	11.5	0.7	101.0	Maximum 24g	7921	67.1
c3806	Omega-3 fatty acid from fish (g)	0.15	0.15	0.00	1.63	NA (used 0.25g as min threshold)	8799	74.5
c3803	Cholesterol (mg)	217.1	88.6	0.0	916.8	NA	NA	NA
c3821	Protein (g)	69.3	19.7	8.00	184.6	RNI 51g	1969	16.7
c3829	Thiamin (mg)	1.43	0.42	0.15	3.77	RNI 0.9mg	1080	9.1
c3823	Riboflavin (mg)	1.70	0.56	0.16	5.42	RNI 1.4mg	3532	29.9
c3815	Niacin equivalent (mg)	30.4	9.0	3.0	83.5	RNI 13.2mg	216	1.8
c3832	Vitamin B6 (mg)	1.89	0.54	0.22	4.98	RNI 1.2mg	1063	9.0
c3833	Vitamin B12 (ug)	4.9	2.7	0.0	31.0	RNI 1.5ug	306	2.6
c3809	Folate (ug)	243.3	73.4	22.5	692.8	RNI 300ug	9421	79.8
c3831	Vitamin C (mg)	79.6	35.2	3.1	255.8	RNI 50mg	2505	21.2
c3822	Retinol/Vitamin A (ug)	366.9	360.9	0.0	5845.7	RNI 700ug	10864	92.0
c3802	Carotene (ug)	2129.6	1178.1	34.2	7889.7	NA	NA	NA



c3834	Vitamin D (ug)	3.8	2.1	0.1	22.9	RNI 10ug	11681	98.9
c3835	Vitamin E (mg)	8.5	4.1	0.2	30.5	Safe intake minimum 3.8mg	1012	8.6
c3800	Calcium (mg)	938.5	286.6	80.3	2454.0	RNI 700mg	2413	20.4
c3818	Phosphorus (mg)	1247.5	348.3	146.1	3000.4	RNI 550mg	183	1.5
c3812	Magnesium (mg)	246.9	74.6	43.8	637.4	RNI 270mg	7673	65.0
c3826	Sodium (mg)	2192.4	648.4	359.8	5286.6	RNI 1600mg; maximum 2400mg	6339	53.7
c3820	Potassium (mg)	2879.1	738.5	510.0	7128.1	RNI 3500mg	9631	81.5
c3811	Iron (mg)	10.2	3.3	0.2	29.0	RNI 14.8mg	10788	91.3
c3836	Zinc (mg)	8.2	2.4	0.9	20.1	RNI 7mg	3880	32.8
c3825	Selenium (ug)	70.7	27.9	3.7	287.0	RNI 60ug	4569	38.7
c3810	Iodine (ug)	147.9	48.5	8.3	449.3	RNI 140ug	5400	45.7

Table S4: Descriptive statistics for nutrient intakes and whether following recommended nutrient intake guidelines (see table S1) of mothers 4 years post-partum (n = 9,296; 32.1% missing from total sample size of 13,689). EAR = Estimated Average Requirement; RNI = Reference Nutrient Intake; NSP = Non-starch polysaccharides.

Variable	Nutrient (unit)	Nutrient intake				Recommended daily intake for adult women (19-49)	Above/below recommended daily intake	
		mean	sd	min	max		total	percent
j1005	Energy (kJ)	8141	2305	2174	17694	EAR 8,400kJ	5345	57.5
j1002	Carbohydrate (g)	237.0	71.6	38.6	567.6	Minimum 267g	6456	69.4
j1028	Total sugars (g)	103.4	41.3	10.5	351.0	NA	NA	NA
j1016	Free sugars (g)	62.4	34.6	2.4	281.7	Maximum 27g	8251	88.8
j1027	Starch (g)	131.8	41.9	5.0	350.2	NA	NA	NA
j1017	NSP (fibre; g)	16.2	5.4	0.3	39.4	RNI 22.5g	8158	87.8
j1006	Fat (g)	76.0	26.3	11.3	190.0	Maximum 78g	4078	43.9
j1014	Monounsaturated fat (g)	25.1	8.8	4.1	65.2	RNI 29g	6480	69.7
j1019	Polyunsaturated fat (g)	12.8	4.9	0.9	38.8	RNI 14g	5872	63.2
j1025	Saturated fat (g)	3.0	12.1	3.4	90.9	Maximum 24g	6457	69.5
j1007	Omega-3 fatty acid from fish (g)	0.23	0.25	0.00	2.58	NA (used 0.25g as min threshold)	6347	68.3
j1004	Cholesterol (mg)	264.0	98.9	21.2	790.8	NA	NA	NA
j1021	Protein (g)	81.1	23.4	14.7	210.4	RNI 45g	406	4.4
j1029	Thiamin (mg)	1.63	0.54	0.32	4.94	RNI 0.8mg	302	3.2
j1023	Riboflavin (mg)	1.70	0.64	0.21	5.41	RNI 1.1mg	1604	17.3
j1015	Niacin equivalent (mg)	36.9	11.1	6.4	97.0	RNI 13.2mg	53	0.6
j1032	Vitamin B6 (mg)	2.15	0.62	0.37	5.20	RNI 1.2mg	436	4.7
j1033	Vitamin B12 (ug)	5.0	2.4	0.3	22.7	RNI 1.5ug	157	1.7
j1010	Folate (ug)	260.0	79.5	29.7	660.5	RNI 200ug	2161	23.2
j1031	Vitamin C (mg)	99.6	45.1	2.2	312.8	RNI 40mg	491	5.3
j1022	Retinol/Vitamin A (ug)	570.3	365.5	27.6	3228.0	RNI 600ug	6141	66.1
j1003	Carotene (ug)	2580.9	1272.2	68.2	8334.1	NA	NA	NA

j1034	Vitamin D (ug)	3.3	1.6	0.1	14.3	RNI 10ug	9267	99.7
j1035	Vitamin E (mg)	10.0	4.2	0.4	38.0	Safe intake minimum 3mg	128	1.4
j1001	Calcium (mg)	994.9	327.2	119.7	2605.5	RNI 700mg	1694	18.2
j1018	Phosphorus (mg)	1412.8	411.8	232.4	3292.1	RNI 550mg	68	0.7
j1013	Magnesium (mg)	278.5	82.1	52.3	626.6	RNI 270mg	4497	48.4
j1026	Sodium (mg)	2556.4	776.2	451.7	6448.4	RNI 1600mg; maximum 2400mg	6115	65.8
j1020	Potassium (mg)	3329.9	852.2	665.8	7241.9	RNI 3500mg	5659	60.9
j1012	Iron (mg)	11.00	3.5	1.7	28.0	RNI 14.8mg	8060	86.7
j1036	Zinc (mg)	8.8	2.5	1.3	20.7	RNI 7mg	2231	24
j1024	Selenium (ug)	90.5	34.2	11.7	282.2	RNI 60ug	1687	18.1
j1011	Iodine (ug)	164.9	59.1	21.1	491.3	RNI 140ug	3367	36.2

Table S5: Descriptive statistics for nutrient intakes and whether following recommended nutrient intake guidelines (see table S1) of partners 4 year post-partum (n = 4,786; 65.0% missing from total sample size of 13,689). EAR = Estimated Average Requirement; RNI = Reference Nutrient Intake; NSP = Non-starch polysaccharides.

Variable	Nutrient (unit)	Nutrient intake				Recommended daily intake for adult men (19-49)	Above/below recommended daily intake	
		mean	sd	min	max		total	percent
pg2505	Energy (kJ)	10615	2720	2975	17853	EAR 10,500kJ	2408	50.3
pg2502	Carbohydrate (g)	299.9	84.5	74.2	612.8	Minimum 333g	3192	66.7
pg2528	Total sugars (g)	131.5	50.7	11.5	431.7	NA	NA	NA
pg2516	Free sugars (g)	86.3	445.0	3.3	338.7	Maximum 33g	4444	92.9
pg2527	Starch (g)	166.4	50.3	24.2	361.8	NA	NA	NA
pg2517	NSP (fibre; g)	18.4	6.1	2.7	46.1	RNI 22.5g	3695	77.2
pg2506	Fat (g)	99.9	31.9	17.0	215.4	Maximum 97g	2444	51.1
pg2514	Monounsaturated fat (g)	33.3	10.9	5.7	77.1	RNI 36g	2991	62.5
pg2519	Polyunsaturated fat (g)	16.7	6.4	1.9	51.0	RNI 18g	2994	62.6
pg2525	Saturated fat (g)	40.8	14.8	4.8	101.5	Maximum 31g	3459	72.3
pg2507	Omega-3 fatty acid from fish (g)	0.25	0.28	0.00	2.71	NA (used 0.25g as min threshold)	3016	63.0
pg2504	Cholesterol (mg)	323.7	118.1	29.2	998.2	NA	NA	NA
pg2521	Protein (g)	97.5	25.7	31.6	205.4	RNI 55.5g	196	4.1
pg2529	Thiamin (mg)	1.88	0.58	0.47	5.23	RNI 1mg	193	4.0
pg2523	Riboflavin (mg)	2.29	0.71	0.46	6.08	RNI 1.3mg	342	7.1
pg2515	Niacin equivalent (mg)	45.1	12.5	12.9	106.5	RNI 16.5mg	13	0.3
pg2532	Vitamin B6 (mg)	2.67	0.72	0.74	6.23	RNI 1.4mg	146	3.1
pg2533	Vitamin B12 (ug)	6.0	2.9	0.3	26.2	RNI 1.5ug	19	0.4
pg2510	Folate (ug)	311.4	90.6	70.6	837.3	RNI 200ug	491	10.3
pg2531	Vitamin C (mg)	99.4	45.2	5.3	301.1	RNI 40mg	247	5.2
pg2522	Retinol/Vitamin A (ug)	758.9	469.8	11.2	3767.8	RNI 700ug	2639	55.1
pg2503	Carotene (ug)	2655.7	1246.5	42.9	9982.2	NA	NA	NA
pg2534	Vitamin D (ug)	4.0	1.9	0.2	17.0	RNI 10ug	4749	99.2

pg2535	Vitamin E (mg)	12.8	5.8	1.6	46.2	Safe intake minimum 4mg	109	2.3
pg2501	Calcium (mg)	1277.6	370.1	198.0	3546.6	RNI 700mg	226	4.7
pg2518	Phosphorus (mg)	1759.3	456.7	554.4	3587.5	RNI 550mg	<5	<0.1
pg2513	Magnesium (mg)	350.2	95.7	98.3	754.2	RNI 300mg	1530	32.0
pg2526	Sodium (mg)	3244.2	921.0	843.1	7526.3	RNI 1600mg; maximum 2400mg	4036	84.3
pg2520	Potassium (mg)	3914.1	927.9	1127.1	7455.6	RNI 3500mg	1630	34.1
pg2512	Iron (mg)	13.3	4.1	3.1	33.2	RNI 8.7mg	586	12.2
pg2536	Zinc (mg)	10.7	2.9	3.1	22.8	RNI 9.5mg	1691	35.3
pg2524	Selenium (ug)	112.8	42.1	18.4	321.8	RNI 75ug	864	18.1
pg2511	Iodine (ug)	198.0	63.9	40.8	495.9	RNI 140ug	870	18.2

Table S6: Full results of the mother pregnancy dietary pattern data. Results included complete-case unadjusted, complete-case adjusted and multiply-imputed adjusted results for each dietary component outcome (“health-conscious”, “traditional”, “processed”, “confectionery” and “vegetarian”) and each exposure (belief in God/divine power, religious affiliation, attendance at church/place of worship, and belief and affiliation). As there are five outcomes, a Bonferroni correction to reduce the false discovery rates gives a threshold when using a standard 0.05 alpha value of  $0.05/5 = 0.01$ . lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome.

outcome	exposure	model	level	n	coef	se	lci	uci	p	p_exp
“Health-conscious”	Belief in God/divine power (ref = no)	uni	Not sure	7780	0.029	0.035	-0.039	0.098	0.404	<0.001
			Yes	7780	0.208	0.034	0.142	0.273	<0.001	
		adj	Not sure	7780	0.021	0.03	-0.038	0.081	0.479	0.005
			Yes	7780	0.076	0.029	0.018	0.133	0.01	
		MI	Not sure	13689	0.005	0.026	-0.046	0.055	0.856	0.002
			Yes	13689	0.062	0.025	0.013	0.11	0.013	
	Religious affiliation (ref = none)	uni	Christian	7695	-0.135	0.031	-0.196	-0.074	<0.001	<0.001
			Other	7695	0.262	0.063	0.138	0.386	<0.001	
		adj	Christian	7695	-0.084	0.027	-0.137	-0.031	0.002	<0.001
			Other	7695	0.124	0.054	0.018	0.23	0.022	
		MI	Christian	13689	-0.099	0.023	-0.144	-0.054	<0.001	<0.001
			Other	13689	0.131	0.046	0.041	0.221	0.004	
	Attendance at a church/place of worship (ref = not at all)	uni	Min once a month	7620	0.537	0.032	0.474	0.6	<0.001	<0.001
			Min once a year	7620	0.297	0.024	0.249	0.345	<0.001	
		adj	Min once a month	7620	0.175	0.029	0.119	0.232	<0.001	<0.001
			Min once a year	7620	0.109	0.022	0.067	0.152	<0.001	
		MI	Min once a month	13689	0.196	0.026	0.146	0.247	<0.001	<0.001
			Min once a year	13689	0.104	0.019	0.067	0.141	<0.001	
	Religious belief and affiliation combined (ref = non-religious non-believer)	uni	Christian non-believer	7677	-0.284	0.035	-0.353	-0.216	<0.001	<0.001
			Christian believer	7677	-0.015	0.033	-0.08	0.05	0.642	
			Other	7677	0.256	0.058	0.141	0.371	<0.001	
		adj	Christian non-believer	7677	-0.125	0.03	-0.184	-0.065	<0.001	<0.001
			Christian believer	7677	-0.034	0.029	-0.091	0.023	0.241	

			Other	7677	0.157	0.05	0.058	0.255	0.002	
		MI	Christian non-believer	13689	-0.148	0.025	-0.198	-0.098	<0.001	<0.001
			Christian believer	13689	-0.053	0.024	-0.101	-0.005	0.03	
			Other	13689	0.13	0.042	0.047	0.213	0.002	
"Traditional"	Belief in God/divine power (ref = no)	uni	Not sure	7780	0.023	0.035	-0.046	0.091	0.516	0.014
			Yes	7780	0.078	0.033	0.013	0.144	0.019	
		adj	Not sure	7780	0.019	0.035	-0.05	0.088	0.594	0.020
			Yes	7780	0.074	0.034	0.008	0.141	0.029	
		MI	Not sure	13689	-0.001	0.03	-0.059	0.057	0.965	0.010
			Yes	13689	0.058	0.028	0.002	0.113	0.042	
	Religious affiliation (ref = none)	uni	Christian	7695	0.094	0.031	0.034	0.155	0.002	0.009
			Other	7695	0.079	0.062	-0.043	0.202	0.203	
		adj	Christian	7695	0.107	0.031	0.045	0.168	0.001	0.003
			Other	7695	0.089	0.063	-0.034	0.212	0.155	
		MI	Christian	13689	0.063	0.026	0.011	0.115	0.018	0.019
			Other	13689	0.125	0.052	0.022	0.227	0.017	
	Attendance at a church/place of worship (ref = not at all)	uni	Min once a month	7620	0.104	0.032	0.041	0.167	0.001	<0.001
			Min once a year	7620	0.121	0.025	0.073	0.169	<0.001	
		adj	Min once a month	7620	0.097	0.034	0.031	0.164	0.004	<0.001
			Min once a year	7620	0.117	0.025	0.068	0.167	<0.001	
		MI	Min once a month	13689	0.099	0.029	0.042	0.156	0.001	<0.001
			Min once a year	13689	0.107	0.022	0.064	0.151	<0.001	
	Religious belief and affiliation combined (ref = non-religious non-believer)	uni	Christian non-believer	7677	0.069	0.035	0.001	0.138	0.046	0.013
			Christian believer	7677	0.106	0.033	0.041	0.171	0.001	
			Other	7677	0.055	0.058	-0.06	0.169	0.348	
adj		Christian non-believer	7677	0.085	0.035	0.016	0.154	0.016	0.007	
		Christian believer	7677	0.116	0.034	0.05	0.182	0.001		
		Other	7677	0.06	0.059	-0.055	0.175	0.304		
MI		Christian non-believer	13689	0.038	0.03	-0.021	0.096	0.207	0.010	
		Christian believer	13689	0.083	0.029	0.027	0.14	0.004		

			Other	13689	0.107	0.049	0.011	0.204	0.029	
"Processed"	Belief in God/divine power (ref = no)	uni	Not sure	7780	0.012	0.032	-0.052	0.075	0.722	0.071
			Yes	7780	-0.038	0.031	-0.099	0.023	0.222	
		adj	Not sure	7780	0.033	0.031	-0.028	0.094	0.292	0.511
			Yes	7780	0.034	0.03	-0.026	0.093	0.265	
		MI	Not sure	13689	-0.012	0.029	-0.069	0.046	0.695	0.889
			Yes	13689	-0.003	0.028	-0.059	0.053	0.917	
	Religious affiliation (ref = none)	uni	Christian	7695	0.065	0.029	0.009	0.122	0.023	0.016
			Other	7695	-0.038	0.058	-0.152	0.076	0.513	
		adj	Christian	7695	0.06	0.028	0.005	0.115	0.031	0.069
			Other	7695	0.005	0.056	-0.104	0.115	0.923	
		MI	Christian	13689	0.029	0.026	-0.021	0.079	0.254	0.187
			Other	13689	-0.046	0.051	-0.146	0.054	0.37	
	Attendance at a church/place of worship (ref = not at all)	uni	Min once a month	7620	-0.202	0.03	-0.261	-0.143	<0.001	<0.001
			Min once a year	7620	-0.08	0.023	-0.125	-0.035	<0.001	
		adj	Min once a month	7620	-0.06	0.03	-0.119	-0.001	0.046	0.069
			Min once a year	7620	0.01	0.023	-0.034	0.055	0.649	
		MI	Min once a month	13689	-0.057	0.029	-0.114	0	0.05	0.140
			Min once a year	13689	-0.007	0.022	-0.05	0.036	0.738	
	Religious belief and affiliation combined (ref = non-religious non-believer)	uni	Christian non-believer	7677	0.101	0.032	0.038	0.165	0.002	<0.001
			Christian believer	7677	0.03	0.031	-0.031	0.09	0.338	
Other			7677	-0.06	0.054	-0.167	0.046	0.268		
adj		Christian non-believer	7677	0.048	0.032	-0.014	0.11	0.128	0.127	
		Christian believer	7677	0.054	0.03	-0.005	0.113	0.073		
		Other	7677	-0.03	0.052	-0.133	0.072	0.559		
MI		Christian non-believer	13689	0.015	0.029	-0.042	0.072	0.613	0.151	
		Christian believer	13689	0.023	0.028	-0.031	0.077	0.402		
		Other	13689	-0.077	0.047	-0.169	0.015	0.103		
"Confectionery"	Belief in God/divine power (ref = no)	uni	Not sure	7780	0.026	0.035	-0.042	0.095	0.453	0.717
			Yes	7780	0.026	0.033	-0.04	0.092	0.436	



		adj	Not sure	7780	0.013	0.035	-0.057	0.082	0.72	0.584
			Yes	7780	0.031	0.034	-0.036	0.098	0.366	
		MI	Not sure	13689	0.008	0.03	-0.051	0.067	0.796	0.822
			Yes	13689	0.017	0.029	-0.04	0.074	0.563	
	Religious affiliation (ref = none)	uni	Christian	7695	0.091	0.031	0.03	0.151	0.003	<0.001
			Other	7695	-0.089	0.063	-0.212	0.034	0.157	
		adj	Christian	7695	0.074	0.032	0.012	0.136	0.019	0.021
			Other	7695	-0.026	0.063	-0.15	0.097	0.676	
		MI	Christian	13689	0.063	0.027	0.01	0.115	0.02	0.003
			Other	13689	-0.069	0.052	-0.171	0.033	0.183	
	Attendance at a church/place of worship (ref = not at all)	uni	Min once a month	7620	-0.024	0.033	-0.088	0.04	0.46	0.277
			Min once a year	7620	0.029	0.025	-0.02	0.078	0.248	
		adj	Min once a month	7620	0.015	0.034	-0.051	0.082	0.653	0.350
			Min once a year	7620	0.037	0.025	-0.013	0.087	0.147	
		MI	Min once a month	13689	0.019	0.029	-0.038	0.077	0.51	0.349
			Min once a year	13689	0.031	0.022	-0.012	0.075	0.155	
	Religious belief and affiliation combined (ref = non-religious non-believer)	uni	Christian non-believer	7677	0.097	0.035	0.028	0.165	0.006	0.001
			Christian believer	7677	0.083	0.033	0.018	0.149	0.012	
			Other	7677	-0.073	0.059	-0.188	0.042	0.213	
		adj	Christian non-believer	7677	0.07	0.036	0	0.14	0.049	0.059
			Christian believer	7677	0.078	0.034	0.011	0.145	0.022	
			Other	7677	-0.014	0.059	-0.13	0.101	0.808	
		MI	Christian non-believer	13689	0.059	0.031	-0.002	0.119	0.057	0.009
			Christian believer	13689	0.062	0.029	0.006	0.119	0.031	
Other			13689	-0.064	0.048	-0.159	0.032	0.19		
"Vegetarian"	Belief in God/divine power (ref = no)	uni	Not sure	7780	-0.202	0.036	-0.272	-0.131	<0.001	<0.001
			Yes	7780	-0.247	0.034	-0.314	-0.179	<0.001	
		adj	Not sure	7780	-0.093	0.036	-0.163	-0.023	0.01	<0.001
			Yes	7780	-0.141	0.035	-0.21	-0.073	<0.001	
		MI	Not sure	13689	-0.074	0.029	-0.131	-0.016	0.012	<0.001

			Yes	13689	-0.127	0.028	-0.182	-0.072	<0.001	
Religious affiliation (ref = none)	uni	Christian	7695	-0.389	0.031	-0.45	-0.327	<0.001	<0.001	
		Other	7695	0.335	0.064	0.21	0.46	<0.001		
	adj	Christian	7695	-0.285	0.032	-0.348	-0.223	<0.001	<0.001	
		Other	7695	0.317	0.063	0.192	0.441	<0.001		
	MI	Christian	13689	-0.261	0.026	-0.312	-0.21	<0.001	<0.001	
		Other	13689	0.318	0.056	0.207	0.428	<0.001		
Attendance at a church/place of worship (ref = not at all)	uni	Min once a month	7620	-0.162	0.033	-0.226	-0.097	<0.001	<0.001	
		Min once a year	7620	-0.207	0.025	-0.257	-0.158	<0.001		
	adj	Min once a month	7620	-0.151	0.034	-0.218	-0.085	<0.001	<0.001	
		Min once a year	7620	-0.161	0.026	-0.211	-0.111	<0.001		
	MI	Min once a month	13689	-0.156	0.029	-0.214	-0.099	<0.001	<0.001	
		Min once a year	13689	-0.162	0.022	-0.206	-0.119	<0.001		
Religious belief and affiliation combined (ref = non-religious non-believer)	uni	Christian non-believer	7677	-0.37	0.035	-0.439	-0.3	<0.001	<0.001	
		Christian believer	7677	-0.385	0.034	-0.452	-0.319	<0.001		
		Other	7677	0.321	0.06	0.204	0.438	<0.001		
	adj	Christian non-believer	7677	-0.268	0.036	-0.338	-0.198	<0.001	<0.001	
		Christian believer	7677	-0.28	0.034	-0.348	-0.213	<0.001		
		Other	7677	0.304	0.059	0.188	0.42	<0.001		
	MI	Christian non-believer	13689	-0.228	0.029	-0.285	-0.17	<0.001	<0.001	
		Christian believer	13689	-0.262	0.028	-0.317	-0.208	<0.001		
		Other	13689	0.317	0.052	0.216	0.419	<0.001		

Table S7: Full results for the mother pregnancy nutrient analyses, with 'belief in God/divine power' as the exposure (reference = no belief in God/divine power). Results are taken from the multiply-imputed datasets (n = 11,812). Note that the Bonferroni-corrected alpha level is  $0.05/33 = 0.0015$ . lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome. NSP = Non-starch polysaccharides.

outcome	level	coef	se	lci	uci	p	p_exp
Energy (kJ)	Not sure	-26	60	-144	92	0.663	0.016
	Yes	92	58	-22	206	0.115	
Carbohydrate (g)	Not sure	-2.1	1.9	-5.8	1.6	0.264	0.014
	Yes	1.8	1.8	-1.8	5.3	0.332	
Total sugars (g)	Not sure	-1.4	1.2	-3.7	0.94	0.244	0.118
	Yes	0.29	1.1	-1.9	2.5	0.8	
Free sugars (g)	Not sure	-1.2	1	-3.3	0.82	0.241	0.291
	Yes	-0.2	1	-2.2	1.8	0.843	
Starch (g)	Not sure	-0.61	1	-2.7	1.4	0.562	0.010
	Yes	1.6	1	-0.41	3.6	0.12	
NSP (Fibre; g)	Not sure	-0.015	0.15	-0.3	0.27	0.917	0.015
	Yes	0.26	0.14	-0.014	0.54	0.063	
Fat (g)	Not sure	-0.11	0.69	-1.5	1.3	0.878	0.237
	Yes	0.68	0.67	-0.64	2	0.311	
Monounsaturated fat (g)	Not sure	0.074	0.24	-0.39	0.54	0.756	0.214
	Yes	0.32	0.23	-0.13	0.77	0.166	
Polyunsaturated fat (g)	Not sure	0.18	0.14	-0.091	0.44	0.196	0.014
	Yes	0.36	0.13	0.1	0.61	0.006	
Saturated fat (g)	Not sure	-0.22	0.34	-0.89	0.46	0.53	0.611
	Yes	0.014	0.33	-0.64	0.67	0.965	
Omega-3 (g; from fish)	Not sure	0.0075	0.0043	-0.001	0.016	0.086	0.006
	Yes	0.013	0.0042	0.0047	0.021	0.002	
Cholesterol (mg)	Not sure	0.76	2.7	-4.5	6	0.778	0.002
	Yes	6.7	2.6	1.6	12	0.01	
Protein (g)	Not sure	0.66	0.58	-0.48	1.8	0.255	<0.001
	Yes	2.2	0.56	1.1	3.3	<0.001	
Thiamin (mg)	Not sure	0.0054	0.012	-0.019	0.03	0.664	<0.001
	Yes	0.04	0.012	0.016	0.063	0.001	
Riboflavin (mg)	Not sure	0.011	0.017	-0.022	0.044	0.508	0.001
	Yes	0.048	0.016	0.016	0.08	0.003	
Niacin equivalent (mg)	Not sure	0.42	0.26	-0.095	0.94	0.11	<0.001
	Yes	1.1	0.25	0.64	1.6	<0.001	
Vitamin B6 (mg)	Not sure	0.019	0.016	-0.013	0.051	0.24	<0.001
	Yes	0.058	0.016	0.027	0.089	<0.001	
Vitamin B12 (ug)	Not sure	0.091	0.082	-0.07	0.25	0.267	0.027
	Yes	0.19	0.079	0.039	0.35	0.014	
Folate (ug)	Not sure	0.11	2.2	-4.1	4.3	0.958	<0.001
	Yes	5.8	2.1	1.7	9.9	0.005	
Vitamin C (mg)	Not sure	-0.43	1	-2.4	1.5	0.671	0.043
	Yes	1.3	0.98	-0.62	3.2	0.185	

Retinol/Vitamin A (ug)	Not sure	-1.7	12	-24	21	0.883	0.969
	Yes	0.26	11	-22	22	0.981	
Carotene (ug)	Not sure	23	35	-45	91	0.511	0.002
	Yes	94	34	28	160	0.005	
Vitamin D (ug)	Not sure	0.11	0.062	-0.0089	0.23	0.069	<0.001
	Yes	0.23	0.06	0.11	0.35	<0.001	
Vitamin E (mg)	Not sure	0.11	0.12	-0.12	0.35	0.351	0.191
	Yes	0.2	0.12	-0.026	0.43	0.082	
Calcium (mg)	Not sure	-5.7	8.5	-22	11	0.505	0.014
	Yes	12	8.3	-4.6	28	0.16	
Phosphorus (mg)	Not sure	3.6	10	-17	24	0.728	<0.001
	Yes	30	9.9	11	50	0.002	
Magnesium (mg)	Not sure	0.12	2.1	-4.1	4.3	0.955	0.002
	Yes	5	2.1	0.91	9	0.016	
Sodium (mg)	Not sure	5.9	19	-31	43	0.758	0.009
	Yes	42	19	5.9	78	0.023	
Potassium (mg)	Not sure	2.8	22	-41	47	0.902	0.014
	Yes	44	22	1.5	86	0.042	
Iron (mg)	Not sure	0.061	0.096	-0.13	0.25	0.53	0.001
	Yes	0.28	0.093	0.098	0.46	0.003	
Zinc (mg)	Not sure	0.049	0.07	-0.088	0.19	0.481	<0.001
	Yes	0.24	0.067	0.11	0.37	<0.001	
Selenium (ug)	Not sure	-0.23	0.8	-1.8	1.3	0.772	0.037
	Yes	1.1	0.77	-0.37	2.7	0.137	
Iodine (ug)	Not sure	1.2	1.4	-1.6	4.1	0.398	<0.001
	Yes	5.1	1.4	2.4	7.9	<0.001	

Table S8: Full results for the mother pregnancy nutrient analyses, with 'religious affiliation' as the exposure (reference = no religious affiliation). Results are taken from the multiply-imputed datasets (n = 11,812). Note that the Bonferroni-corrected alpha level is 0.05/33 = 0.0015. lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome. NSP = Non-starch polysaccharides.

outcome	level	coef	se	lci	uci	p	p_exp
Energy (kJ)	Christian	32	54	-75	139	0.558	0.815
	Other	-0.84	109	-215	213	0.994	
Carbohydrate (g)	Christian	1.5	1.7	-1.9	4.8	0.393	0.621
	Other	2.7	3.4	-4.1	9.4	0.437	
Total Sugars (g)	Christian	1.7	1.1	-0.4	3.8	0.113	0.275
	Other	0.77	2.1	-3.4	4.9	0.716	
Free sugars (g)	Christian	1.8	0.93	-0.046	3.6	0.056	0.134
	Other	0.41	1.9	-3.2	4	0.823	
Starch (g)	Christian	-0.16	0.96	-2	1.7	0.866	0.471
	Other	2	1.9	-1.8	5.8	0.299	
NSP (Fibre; g)	Christian	-0.33	0.13	-0.59	-0.069	0.013	<0.001
	Other	0.7	0.26	0.19	1.2	0.008	
Fat (g)	Christian	-0.28	0.63	-1.5	0.95	0.652	0.753
	Other	-0.92	1.3	-3.4	1.5	0.465	
Monounsaturated fat (g)	Christian	0.032	0.22	-0.39	0.46	0.883	0.584
	Other	-0.38	0.43	-1.2	0.47	0.381	
Polyunsaturated fat (g)	Christian	-0.088	0.12	-0.33	0.16	0.479	0.573
	Other	0.11	0.24	-0.37	0.58	0.666	
Saturated fat (g)	Christian	-0.18	0.31	-0.79	0.42	0.551	0.525
	Other	-0.69	0.62	-1.9	0.53	0.267	
Omega-3 (g; from fish)	Christian	0.0028	0.0039	-0.0049	0.01	0.481	0.435
	Other	-0.0056	0.0079	-0.021	0.0099	0.478	
Cholesterol (mg)	Christian	6.2	2.4	1.5	11	0.01	0.015
	Other	-1.2	4.9	-11	8.3	0.808	
Protein (g)	Christian	1.1	0.52	0.096	2.1	0.032	0.032
	Other	-0.55	1	-2.6	1.5	0.598	
Thiamin (mg)	Christian	0.0078	0.011	-0.014	0.03	0.488	0.312
	Other	0.034	0.022	-0.0096	0.077	0.127	
Riboflavin (mg)	Christian	0.034	0.015	0.0045	0.064	0.024	0.042
	Other	-0.0045	0.03	-0.063	0.054	0.88	
Niacin equivalent (mg)	Christian	0.74	0.24	0.27	1.2	0.002	0.001
	Other	-0.28	0.47	-1.2	0.63	0.549	
Vitamin B6 (mg)	Christian	0.049	0.015	0.02	0.078	0.001	0.002
	Other	0.01	0.029	-0.046	0.066	0.726	
Vitamin B12 (ug)	Christian	0.16	0.073	0.021	0.31	0.024	0.036
	Other	-0.054	0.15	-0.35	0.24	0.716	
Folate (ug)	Christian	0.86	2	-3	4.7	0.66	0.106
	Other	8	3.8	0.47	16	0.037	
Vitamin C (mg)	Christian	-0.57	0.91	-2.4	1.2	0.528	0.001
	Other	5.5	1.8	1.9	9	0.002	

Retinol/Vitamin A (ug)	Christian	13	10	-6.3	33	0.184	0.337
	Other	25	21	-16	66	0.235	
Carotene (ug)	Christian	49	32	-13	110	0.124	0.009
	Other	191	62	69	313	0.002	
Vitamin D (ug)	Christian	0.052	0.056	-0.057	0.16	0.35	0.429
	Other	-0.052	0.11	-0.27	0.17	0.64	
Vitamin E (mg)	Christian	-0.29	0.11	-0.51	-0.076	0.008	0.004
	Other	0.17	0.22	-0.25	0.59	0.434	
Calcium (mg)	Christian	-12	7.7	-27	3.2	0.122	0.169
	Other	6.2	16	-24	37	0.693	
Phosphorus (mg)	Christian	-0.17	9.3	-18	18	0.985	0.963
	Other	4.5	18	-32	40	0.807	
Magnesium (mg)	Christian	-4.4	1.9	-8.2	-0.61	0.023	<0.001
	Other	7.8	3.9	0.25	15	0.043	
Sodium (mg)	Christian	-12	17	-46	22	0.49	0.771
	Other	-17	35	-85	51	0.629	
Potassium (mg)	Christian	25	20	-14	64	0.215	0.375
	Other	-3.8	39	-81	73	0.922	
Iron (mg)	Christian	-0.018	0.088	-0.19	0.15	0.838	0.112
	Other	0.32	0.17	-0.022	0.65	0.067	
Zinc (mg)	Christian	0.072	0.063	-0.052	0.19	0.255	0.474
	Other	0.006	0.12	-0.24	0.25	0.961	
Selenium (ug)	Christian	-2.2	0.71	-3.6	-0.78	0.002	<0.001
	Other	2.7	1.4	-0.077	5.5	0.057	
Iodine (ug)	Christian	2.2	1.3	-0.36	4.7	0.092	0.040
	Other	-2.8	2.6	-7.9	2.3	0.285	

*Table S9: Full results for the mother pregnancy nutrient analyses, with 'belief and religious affiliation' as the exposure (reference = non-religious non-believers). Results are taken from the multiply-imputed datasets (n = 11,812). Note that the Bonferroni-corrected alpha level is 0.05/33 = 0.0015. lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome. NSP = Non-starch polysaccharides.*

<b>outcome</b>	<b>level</b>	<b>coef</b>	<b>se</b>	<b>lci</b>	<b>uci</b>	<b>p</b>	<b>p_exp</b>
Energy (kJ)	Christian believer	87	58	-27	202	0.136	0.008
	Christian non-believer	-60	61	-180	60	0.326	
	Other	-27	101	-225	171	0.791	
Carbohydrate (g)	Christian believer	3	1.8	-0.62	6.5	0.105	0.023
	Christian non-believer	-1.2	1.9	-4.9	2.6	0.544	
	Other	1.3	3.2	-4.9	7.5	0.684	
Total Sugars (g)	Christian believer	2.1	1.1	-0.15	4.3	0.068	0.205
	Christian non-believer	0.83	1.2	-1.5	3.2	0.488	
	Other	0.12	2	-3.7	4	0.953	
Free sugars (g)	Christian believer	1.9	1	-0.1	3.8	0.063	0.215
	Christian non-believer	1.4	1.1	-0.71	3.4	0.199	
	Other	-0.21	1.7	-3.6	3.2	0.905	
Starch (g)	Christian believer	0.96	1	-1.1	3	0.351	0.002
	Christian non-believer	-1.9	1.1	-4.1	0.17	0.071	
	Other	1.3	1.8	-2.2	4.8	0.481	
NSP (Fibre; g)	Christian believer	-0.1	0.14	-0.38	0.18	0.486	<0.001
	Christian non-believer	-0.54	0.15	-0.83	-0.25	<0.001	
	Other	0.76	0.25	0.28	1.2	0.002	
Fat (g)	Christian believer	0.18	0.68	-1.2	1.5	0.796	0.056
	Christian non-believer	-1.1	0.7	-2.5	0.26	0.111	
	Other	-1.1	1.2	-3.4	1.2	0.347	
Mono-unsaturated fat (g)	Christian believer	0.18	0.23	-0.28	0.64	0.441	0.060
	Christian non-believer	-0.24	0.24	-0.72	0.23	0.318	
	Other	-0.42	0.4	-1.2	0.36	0.287	
Poly-unsaturated fat (g)	Christian believer	0.071	0.13	-0.19	0.33	0.592	0.006
	Christian non-believer	-0.26	0.14	-0.54	0.0099	0.059	
	Other	0.16	0.23	-0.29	0.61	0.479	
Saturated fat (g)	Christian believer	-0.088	0.33	-0.74	0.56	0.791	0.148
	Christian non-believer	-0.51	0.34	-1.2	0.17	0.142	
	Other	-0.89	0.58	-2	0.25	0.125	
Omega-3 (g; from fish)	Christian believer	0.0063	0.0042	-0.002	0.015	0.134	0.032
	Christian non-believer	-0.0022	0.0044	-0.011	0.0063	0.609	
	Other	-0.0046	0.0074	-0.019	0.0098	0.529	
Cholesterol (mg)	Christian believer	8.2	2.6	3.1	13	0.002	<0.001
	Christian non-believer	1.7	2.7	-3.6	7.1	0.524	
	Other	-4.1	4.5	-13	4.7	0.362	
Protein (g)	Christian believer	2	0.56	0.85	3.1	0.001	<0.001
	Christian non-believer	0.0019	0.59	-1.2	1.2	0.997	
	Other	-0.39	0.96	-2.3	1.5	0.687	
Thiamin (mg)	Christian believer	0.03	0.012	0.006	0.053	0.014	<0.001

	Christian non-believer	-0.012	0.013	-0.037	0.013	0.351	
	Other	0.046	0.021	0.0052	0.086	0.027	
Riboflavin (mg)	Christian believer	0.055	0.016	0.023	0.087	0.001	0.001
	Christian non-believer	0.016	0.017	-0.018	0.05	0.348	
	Other	0.014	0.028	-0.041	0.069	0.617	
Niacin equivalent (mg)	Christian believer	1.1	0.26	0.63	1.6	<0.001	<0.001
	Christian non-believer	0.28	0.27	-0.24	0.81	0.293	
	Other	-0.072	0.43	-0.92	0.78	0.868	
Vitamin B6 (mg)	Christian believer	0.069	0.016	0.038	0.1	<0.001	<0.001
	Christian non-believer	0.027	0.017	-0.0058	0.059	0.107	
	Other	0.018	0.027	-0.035	0.07	0.506	
Vitamin B12 (ug)	Christian believer	0.2	0.079	0.049	0.36	0.01	0.010
	Christian non-believer	0.081	0.082	-0.08	0.24	0.325	
	Other	-0.093	0.14	-0.36	0.18	0.497	
Folate (ug)	Christian believer	4.3	2.1	0.15	8.4	0.042	<0.001
	Christian non-believer	-2.5	2.2	-6.8	1.9	0.261	
	Other	8.9	3.6	1.9	16	0.013	
Vitamin C (mg)	Christian believer	0.29	0.98	-1.6	2.2	0.769	<0.001
	Christian non-believer	-1.9	1	-3.9	0.16	0.072	
	Other	4.3	1.7	1.1	7.6	0.01	
Retinol/ Vitamin A (ug)	Christian believer	10	11	-11	31	0.34	0.801
	Christian non-believer	11	11	-12	33	0.344	
	Other	9.4	19	-28	47	0.624	
Carotene (ug)	Christian believer	83	34	16	149	0.015	0.001
	Christian non-believer	11	36	-59	81	0.756	
	Other	173	58	59	286	0.003	
Vitamin D (ug)	Christian believer	0.12	0.06	0.0068	0.24	0.038	0.001
	Christian non-believer	-0.049	0.062	-0.17	0.073	0.43	
	Other	-0.043	0.1	-0.25	0.16	0.676	
Vitamin E (mg)	Christian believer	-0.17	0.12	-0.4	0.065	0.159	<0.001
	Christian non-believer	-0.4	0.12	-0.65	-0.16	0.001	
	Other	0.24	0.2	-0.15	0.64	0.231	
Calcium (mg)	Christian believer	-1.3	8.3	-18	15	0.876	0.001
	Christian non-believer	-24	8.7	-41	-7.1	0.006	
	Other	9.4	15	-19	38	0.516	
Phosphorus (mg)	Christian believer	16	10	-3.6	35	0.109	<0.001
	Christian non-believer	-19	10	-40	1.3	0.067	
	Other	9.4	17	-24	43	0.585	
Magnesium (mg)	Christian believer	-0.53	2.1	-4.6	3.6	0.8	<0.001
	Christian non-believer	-7.8	2.2	-12	-3.6	<0.001	
	Other	9.7	3.6	2.6	17	0.007	
Sodium (mg)	Christian believer	13	19	-24	49	0.503	0.001
	Christian non-believer	-44	20	-82	-5.3	0.026	
	Other	-9.7	32	-73	54	0.764	
Potassium (mg)	Christian believer	44	22	2.1	87	0.04	0.007
	Christian non-believer	-6.8	23	-51	37	0.764	



	Other	-11	37	-84	61	0.761	
Iron (mg)	Christian believer	0.14	0.094	-0.041	0.33	0.127	<0.001
	Christian non-believer	-0.15	0.099	-0.34	0.044	0.129	
	Other	0.41	0.16	0.099	0.73	0.01	
Zinc (mg)	Christian believer	0.18	0.068	0.049	0.31	0.007	<0.001
	Christian non-believer	-0.058	0.071	-0.2	0.081	0.411	
	Other	0.041	0.12	-0.19	0.27	0.723	
Selenium (ug)	Christian believer	-0.99	0.77	-2.5	0.52	0.201	<0.001
	Christian non-believer	-3.2	0.8	-4.8	-1.6	<0.001	
	Other	3.2	1.3	0.64	5.9	0.015	
Iodine (ug)	Christian believer	4.2	1.4	1.4	6.9	0.003	<0.001
	Christian non-believer	-0.54	1.5	-3.4	2.3	0.713	
	Other	-2.3	2.4	-7	2.5	0.353	

Table S10: Full results for the mother pregnancy nutrient analyses, with 'frequency of attendance at church/place of worship' as the exposure (reference = not at all). Results are taken from the multiply-imputed datasets (n = 11,812). Note that the Bonferroni-corrected alpha level is  $0.05/33 = 0.0015$ . lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome. NSP = Non-starch polysaccharides.

outcome	level	coef	se	lci	uci	p	p_exp
Energy (kJ)	Min once a month	215	59	99	331	<0.001	<0.001
	Min once a year	220	45	133	307	<0.001	
Carbohydrate (g)	Min once a month	5.8	1.8	2.2	9.4	0.001	<0.001
	Min once a year	6.1	1.4	3.3	8.8	<0.001	
Total Sugars (g)	Min once a month	0.82	1.1	-1.4	3	0.465	0.001
	Min once a year	3.1	0.86	1.4	4.8	<0.001	
Free sugars (g)	Min once a month	-0.53	0.99	-2.5	1.4	0.591	0.083
	Min once a year	1.4	0.76	-0.061	2.9	0.06	
Starch (g)	Min once a month	5.1	1	3	7.1	<0.001	<0.001
	Min once a year	2.9	0.79	1.4	4.5	<0.001	
NSP (Fibre; g)	Min once a month	0.92	0.14	0.64	1.2	<0.001	<0.001
	Min once a year	0.5	0.11	0.28	0.71	<0.001	
Fat (g)	Min once a month	1.5	0.69	0.18	2.9	0.026	0.002
	Min once a year	1.7	0.52	0.67	2.7	0.001	
Monounsaturated fat (g)	Min once a month	0.62	0.24	0.16	1.1	0.008	<0.001
	Min once a year	0.66	0.18	0.32	1	<0.001	
Polyunsaturated fat (g)	Min once a month	0.65	0.13	0.39	0.91	<0.001	<0.001
	Min once a year	0.27	0.1	0.074	0.47	0.007	
Saturated fat (g)	Min once a month	0.13	0.34	-0.53	0.79	0.704	0.029
	Min once a year	0.67	0.25	0.17	1.2	0.009	
Omega-3 (g; from fish)	Min once a month	0.019	0.0044	0.01	0.027	<0.001	<0.001
	Min once a year	0.012	0.0033	0.0056	0.018	<0.001	
Cholesterol (mg)	Min once a month	11	2.6	6.1	16	<0.001	<0.001
	Min once a year	13	2	8.7	16	<0.001	
Protein (g)	Min once a month	3.8	0.57	2.7	5	<0.001	<0.001
	Min once a year	3.6	0.43	2.7	4.4	<0.001	
Thiamin (mg)	Min once a month	0.085	0.012	0.061	0.11	<0.001	<0.001
	Min once a year	0.06	0.0092	0.042	0.078	<0.001	
Riboflavin (mg)	Min once a month	0.085	0.016	0.052	0.12	<0.001	<0.001
	Min once a year	0.081	0.013	0.056	0.11	<0.001	
Niacin equivalent (mg)	Min once a month	2.1	0.26	1.6	2.6	<0.001	<0.001
	Min once a year	1.7	0.19	1.3	2.1	<0.001	
Vitamin B6 (mg)	Min once a month	0.11	0.016	0.076	0.14	<0.001	<0.001
	Min once a year	0.09	0.012	0.066	0.11	<0.001	
Vitamin B12 (ug)	Min once a month	0.34	0.081	0.18	0.5	<0.001	<0.001
	Min once a year	0.32	0.061	0.21	0.44	<0.001	
Folate (ug)	Min once a month	13	2.1	8.8	17	<0.001	<0.001
	Min once a year	10	1.6	7	13	<0.001	
Vitamin C (mg)	Min once a month	4.1	0.99	2.2	6.1	<0.001	<0.001
	Min once a year	4.6	0.75	3.1	6	<0.001	

Retinol/ Vitamin A (ug)	Min once a month	11	11	-9.7	33	0.288	0.060
	Min once a year	19	8.2	3	35	0.02	
Carotene (ug)	Min once a month	206	35	138	274	<0.001	<0.001
	Min once a year	135	26	84	186	<0.001	
Vitamin D (ug)	Min once a month	0.45	0.062	0.33	0.57	<0.001	<0.001
	Min once a year	0.21	0.046	0.12	0.3	<0.001	
Vitamin E (mg)	Min once a month	0.57	0.12	0.34	0.8	<0.001	<0.001
	Min once a year	0.22	0.089	0.046	0.39	0.013	
Calcium (mg)	Min once a month	23	8.5	6.2	39	0.007	<0.001
	Min once a year	30	6.4	18	43	<0.001	
Phosphorus (mg)	Min once a month	60	10	40	80	<0.001	<0.001
	Min once a year	53	7.6	39	68	<0.001	
Magnesium (mg)	Min once a month	13	2.1	8.6	17	<0.001	<0.001
	Min once a year	9.2	1.6	6.1	12	<0.001	
Sodium (mg)	Min once a month	88	19	51	125	<0.001	<0.001
	Min once a year	60	14	31	88	<0.001	
Potassium (mg)	Min once a month	70	22	27	112	0.001	<0.001
	Min once a year	104	16	72	137	<0.001	
Iron (mg)	Min once a month	0.66	0.095	0.48	0.85	<0.001	<0.001
	Min once a year	0.4	0.072	0.25	0.54	<0.001	
Zinc (mg)	Min once a month	0.48	0.068	0.35	0.62	<0.001	<0.001
	Min once a year	0.41	0.052	0.31	0.52	<0.001	
Selenium (ug)	Min once a month	4.1	0.79	2.6	5.7	<0.001	<0.001
	Min once a year	2.7	0.59	1.5	3.8	<0.001	
Iodine (ug)	Min once a month	6.5	1.4	3.7	9.4	<0.001	<0.001
	Min once a year	7.1	1.1	5	9.2	<0.001	

*Table S11: Full results for the mother pregnancy analyses using binary recommended nutrient intake cut-offs, with 'belief in God/divine power' as the exposure (reference = no belief in God/divine power). Results are odds ratios (OR) and 95% confidence intervals taken from the multiply-imputed datasets (n = 11,812). Note that the Bonferroni-corrected alpha level is 0.05/29 = 0.0017. EAR = Estimated Average Requirement; RNI = Reference Nutrient Intake; NSP = Non-starch polysaccharides. lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome.*

<b>outcome</b>	<b>level</b>	<b>OR</b>	<b>lci</b>	<b>uci</b>	<b>p</b>	<b>p_exp</b>
Energy < EAR (9,200kJ)	Not sure	1.09	0.92	1.28	0.306	0.073
	Yes	0.95	0.81	1.11	0.522	
Carbohydrate < minimum (267g)	Not sure	1.21	1.04	1.41	0.016	0.009
	Yes	1.03	0.89	1.2	0.669	
Free sugars > max (27g)	Not sure	1.24	1.03	1.49	0.025	0.074
	Yes	1.15	0.97	1.37	0.107	
NSP (Fibre) < RNI (22.5g)	Not sure	1.07	0.86	1.33	0.542	0.829
	Yes	1.04	0.85	1.29	0.688	
Fat > maximum (78g)	Not sure	1.02	0.9	1.16	0.74	0.465
	Yes	1.07	0.95	1.2	0.298	
Monounsaturated fat < RNI (29g)	Not sure	1.06	0.92	1.21	0.445	0.329
	Yes	0.98	0.86	1.12	0.767	
Polyunsaturated fat < RNI (14g)	Not sure	0.97	0.85	1.1	0.62	0.006
	Yes	0.86	0.76	0.97	0.014	
Saturated fat > maximum (24g)	Not sure	0.98	0.87	1.11	0.789	0.916
	Yes	1	0.89	1.13	0.987	
Omega-3 from fish < 0.25g	Not sure	0.87	0.75	1	0.055	0.034
	Yes	0.83	0.72	0.95	0.009	
Protein < RNI (51g)	Not sure	0.9	0.77	1.04	0.162	0.007
	Yes	0.8	0.68	0.92	0.003	
Thiamin < RNI (0.9mg)	Not sure	0.84	0.7	1.02	0.075	0.022
	Yes	0.77	0.63	0.93	0.006	
Riboflavin < RNI (1.4mg)	Not sure	0.87	0.77	0.99	0.034	0.005
	Yes	0.82	0.72	0.92	0.001	
Niacin equivalent < RNI (13.2mg)	Not sure	0.7	0.47	1.04	0.077	0.155
	Yes	0.72	0.49	1.06	0.098	
Vitamin B6 < RNI (1.2mg)	Not sure	0.86	0.71	1.04	0.12	0.069
	Yes	0.8	0.66	0.97	0.021	
Vitamin B12 < RNI (1.5ug)	Not sure	1.05	0.73	1.49	0.802	0.763
	Yes	0.94	0.66	1.34	0.743	
Folate < RNI (300ug)	Not sure	0.97	0.83	1.13	0.71	0.001
	Yes	0.81	0.7	0.94	0.005	
Vitamin C < RNI (50mg)	Not sure	0.99	0.85	1.14	0.861	0.076
	Yes	0.89	0.77	1.02	0.092	
Retinol/Vitamin A < RNI (700ug)	Not sure	1	0.8	1.24	0.974	0.991
	Yes	0.99	0.8	1.22	0.913	
Vitamin D < RNI (10ug)	Not sure	1.22	0.7	2.12	0.479	0.720
	Yes	1.06	0.63	1.79	0.824	

Vitamin E < minimum (3.8ug)	Not sure	0.78	0.65	0.95	0.015	0.015
	Yes	0.76	0.63	0.92	0.005	
Calcium < RNI (700ug)	Not sure	0.98	0.85	1.13	0.758	0.301
	Yes	0.91	0.79	1.05	0.211	
Phosphorous < RNI (550mg)	Not sure	0.85	0.55	1.32	0.477	0.338
	Yes	0.72	0.46	1.12	0.147	
Magnesium < RNI (270mg)	Not sure	1.09	0.96	1.24	0.19	0.001
	Yes	0.92	0.81	1.04	0.181	
Sodium < RNI (1.6g) OR > maximum (2.4g)	Not sure	0.95	0.85	1.07	0.402	0.663
	Yes	0.98	0.87	1.1	0.7	
Potassium < RNI (3500mg)	Not sure	1.08	0.93	1.26	0.306	0.106
	Yes	0.96	0.83	1.11	0.62	
Iron < RNI (14.8mg)	Not sure	1.03	0.83	1.27	0.816	0.163
	Yes	0.89	0.73	1.09	0.274	
Zinc < RNI (7mg)	Not sure	0.95	0.84	1.08	0.414	0.013
	Yes	0.85	0.76	0.97	0.012	
Selenium < RNI (60ug)	Not sure	0.98	0.86	1.1	0.704	0.002
	Yes	0.85	0.76	0.96	0.01	
Iodine < RNI (140ug)	Not sure	0.93	0.82	1.05	0.22	<0.001
	Yes	0.81	0.72	0.91	<0.001	

*Table S12: Full results for the mother pregnancy analyses using binary recommended nutrient intake cut-offs, with 'religious affiliation' as the exposure (reference = no religious affiliation). Results are odds ratios (OR) and 95% confidence intervals taken from the multiply-imputed datasets (n = 11,812). Note that the Bonferroni-corrected alpha level is 0.05/29 = 0.0017. EAR = Estimated Average Requirement; RNI = Reference Nutrient Intake; NSP = Non-starch polysaccharides. lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome.*

<b>outcome</b>	<b>level</b>	<b>OR</b>	<b>lci</b>	<b>uci</b>	<b>p</b>	<b>p_exp</b>
Energy < EAR (9,200kJ)	Christian	0.95	0.82	1.11	0.537	0.333
	Other	1.18	0.86	1.61	0.317	
Carbohydrate < minimum (267g)	Christian	1.02	0.89	1.18	0.731	0.812
	Other	1.1	0.82	1.46	0.527	
Free sugars > max (27g)	Christian	1.13	0.96	1.33	0.136	0.300
	Other	1.18	0.85	1.64	0.323	
NSP (Fibre) < RNI (22.5g)	Christian	1.38	1.15	1.66	<0.001	<0.001
	Other	0.86	0.62	1.19	0.362	
Fat > maximum (78g)	Christian	1.03	0.92	1.15	0.589	0.839
	Other	1.05	0.84	1.31	0.659	
Monounsaturated fat < RNI (29g)	Christian	1.03	0.91	1.16	0.69	0.597
	Other	1.14	0.88	1.47	0.311	
Polyunsaturated fat < RNI (14g)	Christian	1	0.89	1.12	0.962	0.832
	Other	0.94	0.75	1.17	0.565	
Saturated fat > maximum (24g)	Christian	0.95	0.85	1.06	0.373	0.642
	Other	0.99	0.79	1.24	0.937	
Omega-3 from fish < 0.25g	Christian	0.98	0.87	1.11	0.783	0.904
	Other	0.95	0.75	1.2	0.661	
Protein < RNI (51g)	Christian	0.98	0.85	1.14	0.799	0.307
	Other	1.2	0.91	1.59	0.199	
Thiamin < RNI (0.9mg)	Christian	0.92	0.76	1.1	0.364	0.665
	Other	0.92	0.63	1.35	0.664	
Riboflavin < RNI (1.4mg)	Christian	0.93	0.83	1.05	0.249	0.515
	Other	0.95	0.75	1.2	0.664	
Niacin equivalent < RNI (13.2mg)	Christian	0.95	0.64	1.4	0.789	0.910
	Other	1.09	0.5	2.36	0.835	
Vitamin B6 < RNI (1.2mg)	Christian	0.93	0.77	1.13	0.472	0.344
	Other	1.17	0.82	1.66	0.399	
Vitamin B12 < RNI (1.5ug)	Christian	0.88	0.63	1.22	0.447	0.002
	Other	2.03	1.22	3.4	0.007	
Folate < RNI (300ug)	Christian	0.93	0.82	1.07	0.308	0.043
	Other	0.73	0.57	0.93	0.012	
Vitamin C < RNI (50mg)	Christian	1.01	0.88	1.16	0.885	0.218
	Other	0.79	0.59	1.06	0.121	
Retinol/Vitamin A < RNI (700ug)	Christian	0.91	0.74	1.11	0.344	0.613
	Other	0.88	0.6	1.28	0.499	
Vitamin D < RNI (10ug)	Christian	1.18	0.74	1.9	0.488	0.537
	Other	1.68	0.65	4.31	0.284	

Vitamin E < minimum (3.8ug)	Christian	0.98	0.81	1.19	0.82	0.973
	Other	0.99	0.66	1.49	0.973	
Calcium < RNI (700ug)	Christian	1.12	0.98	1.28	0.108	0.121
	Other	0.93	0.7	1.22	0.584	
Phosphorous < RNI (550mg)	Christian	1.18	0.74	1.88	0.498	0.686
	Other	0.91	0.36	2.3	0.834	
Magnesium < RNI (270mg)	Christian	1.11	0.99	1.24	0.08	0.005
	Other	0.82	0.66	1.02	0.075	
Sodium < RNI (1.6g) OR > maximum (2.4g)	Christian	1.03	0.93	1.15	0.542	0.223
	Other	1.2	0.98	1.49	0.084	
Potassium < RNI (3500mg)	Christian	0.92	0.8	1.05	0.213	0.220
	Other	1.1	0.82	1.46	0.523	
Iron < RNI (14.8mg)	Christian	1.08	0.9	1.29	0.436	0.147
	Other	0.81	0.58	1.12	0.198	
Zinc < RNI (7mg)	Christian	0.93	0.82	1.04	0.201	0.439
	Other	0.95	0.75	1.2	0.685	
Selenium < RNI (60ug)	Christian	1.05	0.94	1.18	0.387	0.281
	Other	0.9	0.71	1.14	0.372	
Iodine < RNI (140ug)	Christian	0.91	0.82	1.01	0.078	0.190
	Other	0.97	0.79	1.2	0.802	

*Table S13: Full results for the mother pregnancy analyses using binary recommended nutrient intake cut-offs, with 'belief and religious affiliation' as the exposure (reference = non-religious non-believers). Results are odds ratios (OR) and 95% confidence intervals taken from the multiply-imputed datasets (n = 11,812). Note that the Bonferroni-corrected alpha level is 0.05/29 = 0.0017. EAR = Estimated Average Requirement; RNI = Reference Nutrient Intake; NSP = Non-starch polysaccharides. lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome.*

<b>outcome</b>	<b>level</b>	<b>OR</b>	<b>lci</b>	<b>uci</b>	<b>p</b>	<b>p_exp</b>
Energy < EAR (9,200kJ)	Christian believer	0.9	0.77	1.06	0.204	0.045
	Christian non-believer	1.04	0.88	1.23	0.611	
	Other	1.17	0.87	1.56	0.304	
Carbohydrate < minimum (267g)	Christian believer	0.96	0.83	1.12	0.617	0.081
	Christian non-believer	1.12	0.95	1.31	0.17	
	Other	1.08	0.83	1.41	0.575	
Free sugars > max (27g)	Christian believer	1.12	0.94	1.33	0.215	0.492
	Christian non-believer	1.15	0.96	1.39	0.13	
	Other	1.15	0.84	1.56	0.386	
NSP (Fibre) < RNI (22.5g)	Christian believer	1.27	1.04	1.55	0.019	<0.001
	Christian non-believer	1.46	1.18	1.82	0.001	
	Other	0.78	0.58	1.06	0.116	
Fat > maximum (78g)	Christian believer	1.05	0.93	1.19	0.398	0.612
	Christian non-believer	0.99	0.88	1.13	0.919	
	Other	1.03	0.84	1.26	0.799	
Monounsaturated fat < RNI (29g)	Christian believer	0.99	0.87	1.13	0.894	0.222
	Christian non-believer	1.09	0.95	1.25	0.239	
	Other	1.14	0.9	1.44	0.289	
Polyunsaturated fat < RNI (14g)	Christian believer	0.92	0.82	1.04	0.187	0.008
	Christian non-believer	1.07	0.94	1.22	0.281	
	Other	0.89	0.72	1.09	0.255	
Saturated fat > maximum (24g)	Christian believer	0.95	0.84	1.08	0.441	0.466
	Christian non-believer	0.91	0.8	1.03	0.135	
	Other	0.93	0.75	1.14	0.484	
Omega-3 from fish < 0.25g	Christian believer	0.95	0.83	1.08	0.431	0.225
	Christian non-believer	1.06	0.92	1.22	0.458	
	Other	0.98	0.78	1.22	0.828	
Protein < RNI (51g)	Christian believer	0.9	0.76	1.05	0.185	0.003
	Christian non-believer	1.1	0.94	1.29	0.25	
	Other	1.19	0.91	1.54	0.201	
Thiamin < RNI (0.9mg)	Christian believer	0.84	0.69	1.03	0.096	0.166
	Christian non-believer	0.99	0.81	1.21	0.91	
	Other	0.89	0.63	1.28	0.536	
Riboflavin < RNI (1.4mg)	Christian believer	0.88	0.78	1	0.054	0.104
	Christian non-believer	0.98	0.86	1.11	0.73	
	Other	0.91	0.74	1.14	0.416	
Niacin equivalent < RNI (13.2mg)	Christian believer	0.88	0.57	1.36	0.567	0.931
	Christian non-believer	0.97	0.63	1.48	0.876	



	Other	0.96	0.46	2.02	0.918	
Vitamin B6 < RNI (1.2mg)	Christian believer	0.85	0.69	1.04	0.123	0.124
	Christian non-believer	1	0.81	1.23	0.985	
	Other	1.07	0.77	1.49	0.697	
Vitamin B12 < RNI (1.5ug)	Christian believer	0.85	0.58	1.24	0.406	0.001
	Christian non-believer	1	0.69	1.45	0.984	
	Other	2.07	1.27	3.39	0.004	
Folate < RNI (300ug)	Christian believer	0.85	0.74	0.99	0.032	<0.001
	Christian non-believer	1.04	0.89	1.21	0.606	
	Other	0.74	0.59	0.93	0.011	
Vitamin C < RNI (50mg)	Christian believer	0.94	0.81	1.09	0.438	0.036
	Christian non-believer	1.07	0.92	1.24	0.402	
	Other	0.79	0.6	1.03	0.08	
Retinol/Vitamin A < RNI (700ug)	Christian believer	0.9	0.72	1.12	0.345	0.794
	Christian non-believer	0.9	0.72	1.14	0.388	
	Other	0.88	0.62	1.25	0.481	
Vitamin D < RNI (10ug)	Christian believer	1.14	0.69	1.9	0.606	0.596
	Christian non-believer	1.32	0.76	2.29	0.318	
	Other	1.67	0.69	4.08	0.259	
Vitamin E < minimum (3.8ug)	Christian believer	0.9	0.73	1.11	0.326	0.384
	Christian non-believer	1.03	0.84	1.27	0.77	
	Other	0.93	0.63	1.36	0.691	
Calcium < RNI (700ug)	Christian believer	1.05	0.91	1.22	0.495	0.031
	Christian non-believer	1.18	1.01	1.37	0.033	
	Other	0.9	0.69	1.17	0.425	
Phosphorous < RNI (550mg)	Christian believer	0.98	0.59	1.65	0.953	0.322
	Christian non-believer	1.34	0.8	2.22	0.262	
	Other	0.84	0.34	2.06	0.702	
Magnesium < RNI (270mg)	Christian believer	1.01	0.89	1.14	0.925	<0.001
	Christian non-believer	1.25	1.1	1.42	0.001	
	Other	0.82	0.67	1	0.056	
Sodium < RNI (1.6g) OR > maximum (2.4g)	Christian believer	1.03	0.92	1.15	0.619	0.742
	Christian non-believer	1.01	0.9	1.14	0.877	
	Other	1.11	0.91	1.35	0.304	
Potassium < RNI (3500mg)	Christian believer	0.87	0.75	1.01	0.074	0.082
	Christian non-believer	0.97	0.83	1.14	0.743	
	Other	1.07	0.82	1.4	0.611	
Iron < RNI (14.8mg)	Christian believer	0.95	0.78	1.16	0.599	0.005
	Christian non-believer	1.14	0.92	1.41	0.246	
	Other	0.69	0.51	0.93	0.016	
Zinc < RNI (7mg)	Christian believer	0.86	0.76	0.98	0.023	0.025
	Christian non-believer	0.98	0.86	1.12	0.782	
	Other	0.91	0.73	1.13	0.386	
Selenium < RNI (60ug)	Christian believer	0.96	0.85	1.09	0.557	<0.001
	Christian non-believer	1.16	1.03	1.32	0.019	
	Other	0.9	0.73	1.11	0.336	

Iodine < RNI (140ug)	Christian believer	0.84	0.75	0.94	0.003	0.001
	Christian non-believer	0.99	0.88	1.11	0.853	
	Other	0.94	0.77	1.15	0.556	

Table S14: Full results for the mother pregnancy analyses using binary recommended nutrient intake cut-offs, with 'frequency of attendance at church/place of worship' as the exposure (reference = not at all). Results are odds ratios (OR) and 95% confidence intervals taken from the multiply-imputed datasets (n = 11,812). Note that the Bonferroni-corrected alpha level is  $0.05/29 = 0.0017$ . EAR = Estimated Average Requirement; RNI = Reference Nutrient Intake; NSP = Non-starch polysaccharides. lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome.

outcome	level	OR	lci	uci	p	p_exp
Energy < EAR (9,200kJ)	Min once a month	0.74	0.63	0.86	<0.001	<0.001
	Min once a year	0.8	0.71	0.91	<0.001	
Carbohydrate < minimum (267g)	Min once a month	0.79	0.68	0.92	0.002	0.001
	Min once a year	0.84	0.75	0.94	0.003	
Free sugars > max (27g)	Min once a month	1.01	0.84	1.2	0.95	0.173
	Min once a year	1.14	0.99	1.31	0.073	
NSP (Fibre) < RNI (22.5g)	Min once a month	0.8	0.66	0.97	0.024	0.079
	Min once a year	0.93	0.79	1.09	0.371	
Fat > maximum (78g)	Min once a month	1.16	1.03	1.31	0.015	0.036
	Min once a year	1.08	0.98	1.18	0.113	
Monounsaturated fat < RNI (29g)	Min once a month	0.85	0.74	0.97	0.015	0.016
	Min once a year	0.89	0.8	0.99	0.027	
Polyunsaturated fat < RNI (14g)	Min once a month	0.79	0.7	0.89	<0.001	<0.001
	Min once a year	0.89	0.81	0.98	0.013	
Saturated fat > maximum (24g)	Min once a month	1.02	0.9	1.15	0.774	0.040
	Min once a year	1.13	1.03	1.24	0.013	
Omega-3 from fish < 0.25g	Min once a month	0.81	0.71	0.93	0.002	0.001
	Min once a year	0.85	0.77	0.94	0.001	
Protein < RNI (51g)	Min once a month	0.83	0.69	0.99	0.038	<0.001
	Min once a year	0.76	0.66	0.86	<0.001	
Thiamin < RNI (0.9mg)	Min once a month	0.69	0.54	0.89	0.004	<0.001
	Min once a year	0.71	0.6	0.85	<0.001	
Riboflavin < RNI (1.4mg)	Min once a month	0.83	0.73	0.95	0.005	<0.001
	Min once a year	0.74	0.67	0.82	<0.001	
Niacin equivalent < RNI (13.2mg)	Min once a month	0.96	0.57	1.63	0.894	0.249
	Min once a year	0.72	0.48	1.07	0.102	
Vitamin B6 < RNI (1.2mg)	Min once a month	0.74	0.59	0.94	0.013	<0.001
	Min once a year	0.74	0.62	0.87	<0.001	
Vitamin B12 < RNI (1.5ug)	Min once a month	0.81	0.52	1.24	0.322	0.157
	Min once a year	0.74	0.54	1.03	0.072	
Folate < RNI (300ug)	Min once a month	0.72	0.63	0.83	<0.001	<0.001
	Min once a year	0.79	0.71	0.88	<0.001	
Vitamin C < RNI (50mg)	Min once a month	0.7	0.59	0.83	<0.001	<0.001
	Min once a year	0.73	0.65	0.82	<0.001	
Retinol/Vitamin A < RNI (700ug)	Min once a month	0.84	0.68	1.05	0.121	0.003
	Min once a year	0.76	0.64	0.89	0.001	
Vitamin D < RNI (10ug)	Min once a month	0.56	0.35	0.9	0.017	0.021
	Min once a year	1.11	0.71	1.76	0.642	

Vitamin E < minimum (3.8ug)	Min once a month	0.83	0.66	1.06	0.131	0.001
	Min once a year	0.72	0.61	0.86	<0.001	
Calcium < RNI (700ug)	Min once a month	0.9	0.77	1.04	0.163	0.001
	Min once a year	0.81	0.73	0.91	<0.001	
Phosphorous < RNI (550mg)	Min once a month	0.64	0.34	1.2	0.163	0.237
	Min once a year	0.77	0.51	1.17	0.22	
Magnesium < RNI (270mg)	Min once a month	0.75	0.67	0.85	<0.001	<0.001
	Min once a year	0.84	0.76	0.92	<0.001	
Sodium < RNI (1.6g) OR > maximum (2.4g)	Min once a month	0.99	0.88	1.11	0.896	0.990
	Min once a year	1	0.92	1.09	0.984	
Potassium < RNI (3500mg)	Min once a month	0.77	0.66	0.89	<0.001	<0.001
	Min once a year	0.76	0.68	0.86	<0.001	
Iron < RNI (14.8mg)	Min once a month	0.61	0.5	0.73	<0.001	<0.001
	Min once a year	0.8	0.68	0.93	0.005	
Zinc < RNI (7mg)	Min once a month	0.78	0.68	0.89	<0.001	<0.001
	Min once a year	0.76	0.69	0.84	<0.001	
Selenium < RNI (60ug)	Min once a month	0.75	0.66	0.86	<0.001	<0.001
	Min once a year	0.85	0.77	0.93	<0.001	
Iodine < RNI (140ug)	Min once a month	0.83	0.74	0.94	0.003	<0.001
	Min once a year	0.79	0.72	0.86	<0.001	

Table S15: Summary of associations between RSBB and nutrient intake for mothers in pregnancy and mothers and partners at 4 years post-partum, adjusting for total energy intake. Results are from adjusted analyses on the imputed data up to number with nutrient data; n for mother in pregnancy = 11,812; n for mother 4 years post-partum = 9,296; n for partner 4 years post-partum = 4,786). The table displays the number of associations meeting both the Bonferroni-corrected alpha threshold and convention 0.05 alpha levels, although we stress that these cut-offs are arbitrary, and are intended only to provide a broad summary of the data. Note that for attendance at a place of worship, results for minimum once a month and minimum once a year have been combined together. Bon-adj = Bonferroni-corrected alpha value (the adjusted alpha level is given in brackets).

		Mothers in pregnancy				Mothers at 4 years post-partum				Partners at 4 years post-partum			
		Nutrient intake (n = 32)		Follow recommended daily intake (n = 28)		Nutrient intake (n = 32)		Follow recommended daily intake (n = 27)		Nutrient intake (n = 32)		Follow recommended daily intake (n = 23)	
		Bon-adj (0.0016)	0.05	Bon-adj (0.0018)	0.05	Bon-adj (0.0016)	0.05	Bon-adj (0.0019)	0.05	Bon-adj (0.0016)	0.05	Bon-adj (0.0022)	0.05
<b>Belief in God (ref = no)</b>	<i>Not sure</i>	0 (0%)	6 (19%)	0 (0%)	6 (21%)	2 (6%)	5 (16%)	0 (0%)	1 (4%)	0 (0%)	9 (28%)	0 (0%)	2 (9%)
	<i>Yes</i>	8 (25%)	17 (53%)	1 (4%)	10 (36%)	9 (28%)	12 (38%)	1 (4%)	9 (33%)	4 (13%)	12 (38%)	0 (0%)	5 (22%)
<b>Religious affiliation (ref = none)</b>	<i>Christian</i>	7 (22%)	15 (47%)	1 (4%)	4 (14%)	7 (22%)	16 (50%)	0 (0%)	6 (22%)	0 (0%)	5 (16%)	0 (0%)	1 (4%)
	<i>Other</i>	4 (13%)	1 (34%)	2 (7%)	5 (18%)	0 (0%)	8 (25%)	0 (0%)	0 (0%)	1 (3%)	4 (13%)	0 (0%)	0 (0%)
<b>Belief and religion (ref = none)</b>	<i>Christian believer</i>	4 (13%)	17 (53%)	1 (4%)	4 (14%)	7 (22%)	18 (56%)	0 (0%)	4 (15%)	1 (3%)	9 (28%)	0 (0%)	0 (0%)
	<i>Christian non-believer</i>	6 (19%)	11 (34%)	2 (7%)	5 (18%)	5 (16%)	12 (38%)	0 (0%)	4 (15%)	0 (0%)	2 (7%)	0 (0%)	1 (4%)
	<i>Other</i>	7 (22%)	10 (31%)	3 (11%)	6 (21%)	2 (6%)	10 (31%)	0 (0%)	0 (0%)	1 (3%)	4 (13%)	0 (0%)	1 (4%)
<b>Attendance at place of worship (ref = not at all)</b>	<i>Min once a month OR once a year</i>	26 (81%)	38 (88%)	6 (21%)	16 (57%)	17 (53%)	23 (72%)	5 (19%)	11 (41%)	5 (16%)	17 (53%)	0 (0%)	5 (22%)

*Table S16: Full results for the mother pregnancy nutrient analyses, with 'belief in God/divine power' as the exposure (reference = no belief in God/divine power) and adjusted for total energy intake. Results are taken from the multiply-imputed datasets (n = 11,812). Note that the Bonferroni-corrected alpha level is 0.05/32 = 0.0016. lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome. NSP = Non-starch polysaccharides.*

<b>outcome</b>	<b>level</b>	<b>coef</b>	<b>se</b>	<b>lci</b>	<b>uci</b>	<b>p</b>	<b>p_exp</b>
Carbohydrate (g)	Not sure	-1.3	0.67	-2.7	-0.016	0.047	0.135
	Yes	-0.91	0.65	-2.2	0.37	0.165	
Total sugars (g)	Not sure	-1	0.77	-2.5	0.52	0.197	0.345
	Yes	-1	0.74	-2.5	0.41	0.16	
Free sugars (g)	Not sure	-0.92	0.76	-2.4	0.57	0.226	0.234
	Yes	-1.2	0.73	-2.7	0.19	0.088	
Starch (g)	Not sure	-0.23	0.62	-1.4	0.99	0.71	0.519
	Yes	0.27	0.6	-0.91	1.4	0.656	
NSP (Fibre; g)	Not sure	0.026	0.11	-0.19	0.25	0.817	0.375
	Yes	0.12	0.11	-0.093	0.33	0.272	
Fat (g)	Not sure	0.17	0.26	-0.34	0.69	0.507	0.033
	Yes	-0.3	0.25	-0.8	0.19	0.232	
Monounsaturated fat (g)	Not sure	0.17	0.096	-0.019	0.36	0.078	0.018
	Yes	-0.014	0.093	-0.2	0.17	0.88	
Polyunsaturated fat (g)	Not sure	0.22	0.098	0.024	0.41	0.027	0.058
	Yes	0.21	0.095	0.027	0.4	0.025	
Saturated fat (g)	Not sure	-0.09	0.19	-0.45	0.28	0.629	0.010
	Yes	-0.43	0.18	-0.78	-0.074	0.018	
Omega-3 (g; from fish)	Not sure	0.0079	0.0043	-0.00047	0.016	0.064	0.018
	Yes	0.012	0.0041	0.0035	0.02	0.005	
Cholesterol (mg)	Not sure	1.6	1.9	-2.2	5.3	0.418	0.060
	Yes	3.9	1.9	0.22	7.6	0.038	
Protein (g)	Not sure	0.87	0.32	0.24	1.5	0.007	<0.001
	Yes	1.5	0.31	0.89	2.1	<0.001	
Thiamin (mg)	Not sure	0.0095	0.0079	-0.0059	0.025	0.226	0.001
	Yes	0.025	0.0076	0.01	0.04	0.001	
Riboflavin (mg)	Not sure	0.016	0.012	-0.0067	0.039	0.164	0.022
	Yes	0.03	0.011	0.0077	0.052	0.008	
Niacin equivalent (mg)	Not sure	0.51	0.16	0.19	0.83	0.002	<0.001
	Yes	0.83	0.16	0.52	1.1	<0.001	
Vitamin B6 (mg)	Not sure	0.024	0.011	0.0038	0.045	0.02	<0.001
	Yes	0.039	0.01	0.019	0.059	<0.001	
Vitamin B12 (ug)	Not sure	0.11	0.074	-0.037	0.25	0.147	0.142
	Yes	0.14	0.071	0.00083	0.28	0.049	
Folate (ug)	Not sure	0.79	1.5	-2.2	3.7	0.6	0.010
	Yes	3.5	1.4	0.63	6.3	0.016	
Vitamin C (mg)	Not sure	-0.26	0.93	-2.1	1.6	0.777	0.306
	Yes	0.72	0.9	-1	2.5	0.425	
	Not sure	-0.21	11	-22	21	0.985	0.788

Retinol/Vitamin A (ug)	Yes	-5	11	-26	16	0.64	
Carotene (ug)	Not sure	27	33	-38	92	0.418	0.016
	Yes	79	32	16	142	0.014	
Vitamin D (ug)	Not sure	0.12	0.056	0.014	0.23	0.027	0.002
	Yes	0.19	0.054	0.083	0.29	<0.001	
Vitamin E (mg)	Not sure	0.14	0.1	-0.06	0.34	0.169	0.388
	Yes	0.1	0.099	-0.09	0.3	0.294	
Calcium (mg)	Not sure	-2.7	5.2	-13	7.5	0.601	0.543
	Yes	1.3	5.1	-8.6	11	0.799	
Phosphorus (mg)	Not sure	7.4	5.2	-2.8	18	0.157	0.001
	Yes	17	5.1	6.8	27	0.001	
Magnesium (mg)	Not sure	0.87	1.3	-1.6	3.4	0.499	0.094
	Yes	2.4	1.2	-0.089	4.8	0.059	
Sodium (mg)	Not sure	13	9.9	-6.3	32	0.185	0.209
	Yes	17	9.6	-1.8	36	0.077	
Potassium (mg)	Not sure	11	13	-14	35	0.399	0.405
	Yes	16	12	-7.8	40	0.186	
Iron (mg)	Not sure	0.092	0.064	-0.033	0.22	0.148	0.015
	Yes	0.17	0.062	0.049	0.29	0.006	
Zinc (mg)	Not sure	0.074	0.039	-0.0026	0.15	0.058	<0.001
	Yes	0.15	0.038	0.076	0.23	<0.001	
Selenium (ug)	Not sure	-0.0076	0.62	-1.2	1.2	0.99	0.647
	Yes	0.37	0.6	-0.81	1.5	0.54	
Iodine (ug)	Not sure	1.7	0.96	-0.2	3.6	0.079	<0.001
	Yes	3.5	0.93	1.7	5.3	<0.001	

Table S17: Full results for the mother pregnancy nutrient analyses, with 'religious affiliation' as the exposure (reference = no religious affiliation) and adjusted for total energy intake. Results are taken from the multiply-imputed datasets (n = 11,812). Note that the Bonferroni-corrected alpha level is  $0.05/32 = 0.0016$ . lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome. NSP = Non-starch polysaccharides.

outcome	level	coef	se	lci	uci	p	p_exp
Carbohydrate (g)	Christian	0.52	0.61	-0.66	1.7	0.387	0.082
	Other	2.7	1.2	0.32	5.1	0.026	
Total Sugars (g)	Christian	1.2	0.69	-0.14	2.6	0.079	0.213
	Other	0.78	1.4	-1.9	3.5	0.568	
Free sugars (g)	Christian	1.4	0.68	0.081	2.8	0.038	0.099
	Other	0.42	1.3	-2.2	3.1	0.754	
Starch (g)	Christian	-0.62	0.56	-1.7	0.48	0.271	0.028
	Other	2	1.1	-0.2	4.2	0.075	
NSP (Fibre; g)	Christian	-0.38	0.1	-0.58	-0.18	<0.001	<0.001
	Other	0.71	0.21	0.3	1.1	0.001	
Fat (g)	Christian	-0.63	0.24	-1.1	-0.16	0.009	0.020
	Other	-0.91	0.47	-1.8	0.0086	0.052	
Monounsaturated fat (g)	Christian	-0.084	0.087	-0.25	0.086	0.332	0.095
	Other	-0.37	0.17	-0.71	-0.036	0.03	
Polyunsaturated fat (g)	Christian	-0.14	0.088	-0.31	0.035	0.118	0.117
	Other	0.11	0.17	-0.23	0.45	0.54	
Saturated fat (g)	Christian	-0.34	0.17	-0.67	-0.0079	0.045	0.051
	Other	-0.69	0.33	-1.3	-0.041	0.037	
Omega-3 (g; from fish)	Christian	0.0023	0.0038	-0.0052	0.0097	0.554	0.485
	Other	-0.0056	0.0078	-0.021	0.0097	0.473	
Cholesterol (mg)	Christian	5.3	1.7	1.9	8.7	0.002	0.003
	Other	-1.2	3.6	-8.2	5.9	0.748	
Protein (g)	Christian	0.87	0.29	0.3	1.4	0.003	0.001
	Other	-0.54	0.58	-1.7	0.59	0.35	
Thiamin (mg)	Christian	0.0027	0.0072	-0.011	0.017	0.705	0.046
	Other	0.034	0.014	0.006	0.062	0.017	
Riboflavin (mg)	Christian	0.028	0.011	0.0072	0.049	0.008	0.013
	Other	-0.0043	0.021	-0.045	0.037	0.837	
Niacin equivalent (mg)	Christian	0.63	0.15	0.34	0.92	<0.001	<0.001
	Other	-0.28	0.29	-0.85	0.3	0.345	
Vitamin B6 (mg)	Christian	0.042	0.0096	0.023	0.061	<0.001	<0.001
	Other	0.01	0.019	-0.027	0.047	0.586	
Vitamin B12 (ug)	Christian	0.14	0.065	0.017	0.27	0.026	0.040
	Other	-0.054	0.14	-0.32	0.22	0.696	
Folate (ug)	Christian	0.042	1.4	-2.7	2.7	0.976	0.005
	Other	8	2.7	2.7	13	0.003	
Vitamin C (mg)	Christian	-0.78	0.84	-2.4	0.87	0.356	<0.001
	Other	5.5	1.7	2.2	8.8	0.001	
	Christian	11	9.5	-7.1	30	0.227	0.356



Retinol/Vitamin A (ug)	Other	25	20	-15	65	0.22	
Carotene (ug)	Christian	43	30	-16	103	0.153	0.006
	Other	191	60	73	309	0.002	
Vitamin D (ug)	Christian	0.038	0.05	-0.06	0.14	0.448	0.511
	Other	-0.052	0.1	-0.25	0.15	0.609	
Vitamin E (mg)	Christian	-0.33	0.093	-0.51	-0.14	<0.001	<0.001
	Other	0.17	0.18	-0.19	0.52	0.35	
Calcium (mg)	Christian	-16	4.7	-25	-6.4	0.001	<0.001
	Other	6.2	9.3	-12	24	0.5	
Phosphorus (mg)	Christian	-4.8	4.7	-14	4.4	0.304	0.362
	Other	4.6	9.3	-14	23	0.621	
Magnesium (mg)	Christian	-5.3	1.2	-7.6	-3	<0.001	<0.001
	Other	7.8	2.3	3.2	12	0.001	
Sodium (mg)	Christian	-21	8.9	-38	-3.4	0.019	0.066
	Other	-17	18	-51	18	0.352	
Potassium (mg)	Christian	15	11	-7	38	0.178	0.302
	Other	-3.6	22	-48	40	0.873	
Iron (mg)	Christian	-0.056	0.059	-0.17	0.058	0.336	0.002
	Other	0.32	0.12	0.087	0.55	0.007	
Zinc (mg)	Christian	0.041	0.035	-0.028	0.11	0.245	0.472
	Other	0.0068	0.07	-0.13	0.14	0.923	
Selenium (ug)	Christian	-2.4	0.55	-3.5	-1.4	<0.001	<0.001
	Other	2.7	1.1	0.56	4.9	0.014	
Iodine (ug)	Christian	1.6	0.85	-0.062	3.3	0.059	0.006
	Other	-2.8	1.7	-6.2	0.64	0.111	

*Table S18: Full results for the mother pregnancy nutrient analyses, with 'belief and religious affiliation' as the exposure (reference = non-religious non-believers) and adjusted for total energy intake. Results are taken from the multiply-imputed datasets (n = 11,812). Note that the Bonferroni-corrected alpha level is 0.05/32 = 0.0016. lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome. NSP = Non-starch polysaccharides.*

<b>outcome</b>	<b>level</b>	<b>coef</b>	<b>se</b>	<b>lci</b>	<b>uci</b>	<b>p</b>	<b>p_exp</b>
Carbohydrate (g)	Christian believer	0.42	0.65	-0.86	1.7	0.52	0.309
	Christian non-believer	0.59	0.67	-0.73	1.9	0.383	
	Other	2.1	1.1	-0.13	4.3	0.065	
Total Sugars (g)	Christian believer	0.81	0.74	-0.65	2.3	0.278	0.136
	Christian non-believer	1.7	0.78	0.17	3.2	0.029	
	Other	0.51	1.3	-2	3	0.695	
Free sugars (g)	Christian believer	0.86	0.73	-0.58	2.3	0.242	0.027
	Christian non-believer	2	0.77	0.54	3.6	0.008	
	Other	0.1	1.3	-2.4	2.6	0.936	
Starch (g)	Christian believer	-0.3	0.61	-1.5	0.9	0.627	0.025
	Christian non-believer	-1.1	0.64	-2.3	0.17	0.091	
	Other	1.6	1.1	-0.42	3.7	0.118	
NSP (Fibre; g)	Christian believer	-0.24	0.11	-0.45	-0.02	0.032	<0.001
	Christian non-believer	-0.45	0.12	-0.67	-0.22	<0.001	
	Other	0.8	0.19	0.43	1.2	<0.001	
Fat (g)	Christian believer	-0.76	0.26	-1.3	-0.26	0.003	0.022
	Christian non-believer	-0.48	0.27	-1	0.045	0.073	
	Other	-0.81	0.44	-1.7	0.045	0.063	
Mono-unsaturated fat (g)	Christian believer	-0.14	0.094	-0.32	0.046	0.141	0.080
	Christian non-believer	-0.023	0.097	-0.21	0.17	0.815	
	Other	-0.33	0.16	-0.64	-0.013	0.041	
Poly-unsaturated fat (g)	Christian believer	-0.067	0.095	-0.25	0.12	0.482	0.060
	Christian non-believer	-0.17	0.099	-0.36	0.027	0.091	
	Other	0.2	0.16	-0.12	0.52	0.213	
Saturated fat (g)	Christian believer	-0.51	0.18	-0.86	-0.15	0.005	0.007
	Christian non-believer	-0.22	0.19	-0.59	0.15	0.247	
	Other	-0.76	0.31	-1.4	-0.16	0.014	
Omega-3 (g; from fish)	Christian believer	0.005	0.0041	-0.0031	0.013	0.226	0.145
	Christian non-believer	-0.0013	0.0043	-0.0097	0.0071	0.759	
	Other	-0.0042	0.0073	-0.018	0.01	0.56	
Cholesterol (mg)	Christian believer	5.5	1.9	1.9	9.2	0.003	0.002
	Christian non-believer	3.6	2	-0.26	7.4	0.068	
	Other	-3.2	3.3	-9.7	3.2	0.323	
Protein (g)	Christian believer	1.3	0.31	0.65	1.9	<0.001	<0.001
	Christian non-believer	0.48	0.32	-0.15	1.1	0.137	
	Other	-0.17	0.54	-1.2	0.88	0.747	
Thiamin (mg)	Christian believer	0.016	0.0077	0.00064	0.031	0.041	<0.001
	Christian non-believer	-0.0022	0.0081	-0.018	0.014	0.781	
	Other	0.05	0.013	0.024	0.076	<0.001	

Riboflavin (mg)	Christian believer	0.038	0.011	0.015	0.06	0.001	0.012
	Christian non-believer	0.028	0.012	0.0047	0.052	0.019	
	Other	0.019	0.02	-0.019	0.058	0.324	
Niacin equivalent (mg)	Christian believer	0.84	0.16	0.53	1.1	<0.001	<0.001
	Christian non-believer	0.49	0.17	0.16	0.81	0.003	
	Other	0.019	0.27	-0.52	0.56	0.944	
Vitamin B6 (mg)	Christian believer	0.051	0.01	0.031	0.071	<0.001	<0.001
	Christian non-believer	0.039	0.011	0.018	0.06	<0.001	
	Other	0.023	0.017	-0.011	0.058	0.184	
Vitamin B12 (ug)	Christian believer	0.15	0.07	0.013	0.29	0.032	0.061
	Christian non-believer	0.12	0.073	-0.027	0.26	0.111	
	Other	-0.077	0.13	-0.32	0.17	0.54	
Folate (ug)	Christian believer	2	1.5	-0.86	4.9	0.167	<0.001
	Christian non-believer	-0.95	1.6	-4	2.1	0.542	
	Other	9.6	2.5	4.6	15	<0.001	
Vitamin C (mg)	Christian believer	-0.26	0.9	-2	1.5	0.772	0.001
	Christian non-believer	-1.5	0.95	-3.3	0.39	0.122	
	Other	4.5	1.6	1.5	7.6	0.004	
Retinol/ Vitamin A (ug)	Christian believer	5.3	10	-15	25	0.605	0.538
	Christian non-believer	14	11	-6.9	35	0.187	
	Other	11	19	-26	47	0.556	
Carotene (ug)	Christian believer	69	32	4.9	132	0.035	0.003
	Christian non-believer	21	34	-47	88	0.546	
	Other	177	56	68	286	0.002	
Vitamin D (ug)	Christian believer	0.086	0.054	-0.02	0.19	0.111	0.04
	Christian non-believer	-0.023	0.056	-0.13	0.087	0.687	
	Other	-0.031	0.094	-0.22	0.15	0.738	
Vitamin E (mg)	Christian believer	-0.26	0.1	-0.46	-0.063	0.01	<0.001
	Christian non-believer	-0.34	0.1	-0.54	-0.13	0.001	
	Other	0.27	0.17	-0.064	0.61	0.113	
Calcium (mg)	Christian believer	-11	5.1	-21	-1.2	0.028	<0.001
	Christian non-believer	-17	5.3	-28	-7	0.001	
	Other	12	8.7	-4.5	29	0.15	
Phosphorus (mg)	Christian believer	3.2	5.1	-6.7	13	0.527	0.001
	Christian non-believer	-10	5.3	-21	0.069	0.052	
	Other	13	8.7	-3.8	30	0.128	
Magnesium (mg)	Christian believer	-3	1.3	-5.5	-0.55	0.017	<0.001
	Christian non-believer	-6.1	1.3	-8.7	-3.5	<0.001	
	Other	10	2.2	6.1	15	<0.001	
Sodium (mg)	Christian believer	-11	9.6	-30	7.3	0.23	0.026
	Christian non-believer	-27	10	-47	-7.3	0.007	
	Other	-2.3	17	-35	30	0.889	
Potassium (mg)	Christian believer	18	12	-5.9	42	0.14	0.400
	Christian non-believer	11	13	-14	36	0.373	
	Other	-3.1	21	-44	38	0.882	
Iron (mg)	Christian believer	0.039	0.063	-0.084	0.16	0.534	<0.001

	Christian non-believer	-0.078	0.066	-0.21	0.051	0.235	
	Other	0.45	0.11	0.23	0.66	<0.001	
Zinc (mg)	Christian believer	0.098	0.038	0.023	0.17	0.01	0.003
	Christian non-believer	-0.001	0.04	-0.079	0.077	0.98	
	Other	0.067	0.066	-0.063	0.2	0.312	
Selenium (ug)	Christian believer	-1.7	0.59	-2.9	-0.56	0.004	<0.001
	Christian non-believer	-2.7	0.62	-3.9	-1.5	<0.001	
	Other	3.5	1	1.4	5.5	0.001	
Iodine (ug)	Christian believer	2.6	0.92	0.79	4.4	0.005	0.001
	Christian non-believer	0.54	0.96	-1.3	2.4	0.571	
	Other	-1.8	1.6	-4.9	1.4	0.271	

*Table S19: Full results for the mother pregnancy nutrient analyses, with 'frequency of attendance at church/place of worship' as the exposure (reference = not at all) and adjusted for total energy intake. Results are taken from the multiply-imputed datasets (n = 11,812). Note that the Bonferroni-corrected alpha level is 0.05/32 = 0.0016. lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome. NSP = Non-starch polysaccharides.*

<b>outcome</b>	<b>level</b>	<b>coef</b>	<b>se</b>	<b>lci</b>	<b>uci</b>	<b>p</b>	<b>p_exp</b>
Carbohydrate (g)	Min once a month	-0.46	0.66	-1.8	0.84	0.49	0.695
	Min once a year	-0.35	0.5	-1.3	0.64	0.491	
Total Sugars (g)	Min once a month	-2.3	0.74	-3.8	-0.85	0.002	0.006
	Min once a year	-0.067	0.57	-1.2	1.1	0.907	
Free sugars (g)	Min once a month	-3	0.73	-4.4	-1.6	<0.001	<0.001
	Min once a year	-1.1	0.56	-2.2	0.0041	0.051	
Starch (g)	Min once a month	2	0.61	0.77	3.2	0.001	0.001
	Min once a year	-0.26	0.46	-1.2	0.64	0.572	
NSP (Fibre; g)	Min once a month	0.58	0.11	0.36	0.8	<0.001	<0.001
	Min once a year	0.15	0.084	-0.012	0.32	0.069	
Fat (g)	Min once a month	-0.78	0.26	-1.3	-0.27	0.003	<0.001
	Min once a year	-0.68	0.2	-1.1	-0.29	0.001	
Monounsaturated fat (g)	Min once a month	-0.16	0.094	-0.35	0.023	0.085	0.080
	Min once a year	-0.14	0.071	-0.28	0.0036	0.056	
Polyunsaturated fat (g)	Min once a month	0.31	0.096	0.12	0.5	0.001	<0.001
	Min once a year	-0.077	0.072	-0.22	0.065	0.289	
Saturated fat (g)	Min once a month	-0.91	0.18	-1.3	-0.55	<0.001	<0.001
	Min once a year	-0.39	0.14	-0.66	-0.12	0.005	
Omega-3 (g; from fish)	Min once a month	0.015	0.0043	0.0069	0.024	<0.001	<0.001
	Min once a year	0.0086	0.0032	0.0024	0.015	0.007	
Cholesterol (mg)	Min once a month	4.7	1.9	0.98	8.4	0.013	<0.001
	Min once a year	5.9	1.4	3.1	8.7	<0.001	
Protein (g)	Min once a month	2.1	0.31	1.5	2.7	<0.001	<0.001
	Min once a year	1.8	0.24	1.3	2.3	<0.001	
Thiamin (mg)	Min once a month	0.051	0.0077	0.036	0.066	<0.001	<0.001
	Min once a year	0.025	0.0058	0.014	0.037	<0.001	
Riboflavin (mg)	Min once a month	0.042	0.012	0.019	0.065	<0.001	<0.001
	Min once a year	0.037	0.0088	0.02	0.054	<0.001	
Niacin equivalent (mg)	Min once a month	1.3	0.16	1	1.6	<0.001	<0.001
	Min once a year	0.92	0.12	0.69	1.2	<0.001	
Vitamin B6 (mg)	Min once a month	0.063	0.01	0.043	0.083	<0.001	<0.001
	Min once a year	0.045	0.0078	0.03	0.06	<0.001	
Vitamin B12 (ug)	Min once a month	0.21	0.072	0.074	0.36	0.003	<0.001
	Min once a year	0.19	0.054	0.087	0.3	<0.001	
Folate (ug)	Min once a month	7.4	1.5	4.5	10	<0.001	<0.001
	Min once a year	4.6	1.1	2.4	6.8	<0.001	
Vitamin C (mg)	Min once a month	2.8	0.92	0.97	4.6	0.003	<0.001
	Min once a year	3.2	0.69	1.8	4.5	<0.001	
	Min once a month	-0.76	10	-21	19	0.941	0.652

Retinol/ Vitamin A (ug)	Min once a year	6.6	7.8	-8.7	22	0.397	
Carotene (ug)	Min once a month	172	33	107	237	<0.001	<0.001
	Min once a year	100	25	51	149	<0.001	
Vitamin D (ug)	Min once a month	0.35	0.055	0.25	0.46	<0.001	<0.001
	Min once a year	0.11	0.041	0.029	0.19	0.008	
Vitamin E (mg)	Min once a month	0.34	0.1	0.14	0.54	0.001	0.001
	Min once a year	-0.015	0.076	-0.16	0.13	0.845	
Calcium (mg)	Min once a month	-1.5	5.2	-12	8.6	0.773	0.284
	Min once a year	5.4	3.9	-2.2	13	0.163	
Phosphorus (mg)	Min once a month	29	5.2	18	39	<0.001	<0.001
	Min once a year	21	3.9	14	29	<0.001	
Magnesium (mg)	Min once a month	6.6	1.3	4.1	9.1	<0.001	<0.001
	Min once a year	3	0.96	1.1	4.9	0.002	
Sodium (mg)	Min once a month	28	9.7	9.5	47	0.003	0.007
	Min once a year	-1.1	7.3	-15	13	0.882	
Potassium (mg)	Min once a month	4.7	12	-20	29	0.704	<0.001
	Min once a year	38	9.4	20	56	<0.001	
Iron (mg)	Min once a month	0.4	0.063	0.28	0.53	<0.001	<0.001
	Min once a year	0.13	0.048	0.039	0.22	0.006	
Zinc (mg)	Min once a month	0.28	0.038	0.2	0.35	<0.001	<0.001
	Min once a year	0.21	0.029	0.15	0.26	<0.001	
Selenium (ug)	Min once a month	2.3	0.61	1.1	3.5	<0.001	0.001
	Min once a year	0.8	0.46	-0.095	1.7	0.08	
Iodine (ug)	Min once a month	2.7	0.95	0.82	4.5	0.005	<0.001
	Min once a year	3.2	0.72	1.8	4.6	<0.001	

*Table S20: Full results for the mother pregnancy analyses using binary recommended nutrient intake cut-offs, with 'belief in God/divine power' as the exposure (reference = no belief in God/divine power) and adjusted for total energy intake. Results are odds ratios (OR) and 95% confidence intervals taken from the multiply-imputed datasets (n = 11,812). Note that the Bonferroni-corrected alpha level is  $0.05/28 = 0.0018$ . RNI = Reference Nutrient Intake; NSP = Non-starch polysaccharides. lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome.*

<b>outcome</b>	<b>level</b>	<b>OR</b>	<b>lci</b>	<b>uci</b>	<b>p</b>	<b>p_exp</b>
Carbohydrate < minimum (267g)	Not sure	1.33	1.02	1.74	0.037	0.108
	Yes	1.25	0.97	1.62	0.088	
Free sugars > max (27g)	Not sure	1.25	1.02	1.54	0.035	0.054
	Yes	1.08	0.89	1.32	0.439	
NSP (Fibre) < RNI (22.5g)	Not sure	1.02	0.8	1.3	0.87	0.297
	Yes	1.15	0.91	1.45	0.245	
Fat > maximum (78g)	Not sure	1.24	1	1.53	0.053	0.073
	Yes	1.08	0.87	1.32	0.49	
Monounsaturated fat < RNI (29g)	Not sure	0.94	0.74	1.18	0.569	0.418
	Yes	1.04	0.83	1.3	0.72	
Polyunsaturated fat < RNI (14g)	Not sure	0.9	0.77	1.05	0.188	0.060
	Yes	0.84	0.72	0.98	0.022	
Saturated fat > maximum (24g)	Not sure	0.9	0.75	1.07	0.231	0.083
	Yes	0.83	0.69	0.98	0.033	
Omega-3 from fish < 0.25g	Not sure	0.86	0.74	0.99	0.041	0.055
	Yes	0.84	0.73	0.97	0.016	
Protein < RNI (51g)	Not sure	0.91	0.73	1.13	0.387	0.069
	Yes	0.8	0.64	0.99	0.036	
Thiamin < RNI (0.9mg)	Not sure	0.88	0.69	1.12	0.296	0.178
	Yes	0.8	0.62	1.02	0.069	
Riboflavin < RNI (1.4mg)	Not sure	0.83	0.71	0.97	0.017	0.018
	Yes	0.81	0.69	0.94	0.005	
Niacin equivalent < RNI (13.2mg)	Not sure	0.71	0.42	1.19	0.196	0.412
	Yes	0.78	0.47	1.28	0.32	
Vitamin B6 < RNI (1.2mg)	Not sure	0.9	0.71	1.15	0.396	0.442
	Yes	0.85	0.67	1.09	0.204	
Vitamin B12 < RNI (1.5ug)	Not sure	1.18	0.8	1.73	0.399	0.675
	Yes	1.09	0.74	1.59	0.664	
Folate < RNI (300ug)	Not sure	0.89	0.74	1.07	0.215	0.014
	Yes	0.79	0.66	0.94	0.007	
Vitamin C < RNI (50mg)	Not sure	0.98	0.85	1.15	0.841	0.226
	Yes	0.9	0.78	1.05	0.188	
Retinol/Vitamin A < RNI (700ug)	Not sure	0.97	0.77	1.21	0.758	0.849
	Yes	1.01	0.81	1.26	0.927	
Vitamin D < RNI (10ug)	Not sure	1.17	0.67	2.05	0.585	0.850
	Yes	1.08	0.63	1.84	0.783	
Vitamin E < minimum (3.8ug)	Not sure	0.79	0.63	0.99	0.041	0.087
	Yes	0.8	0.64	0.99	0.044	

Calcium < RNI (700ug)	Not sure	1.03	0.85	1.24	0.794	0.900
	Yes	0.99	0.83	1.2	0.957	
Phosphorous < RNI (550mg)	Not sure	1	0.56	1.8	0.993	0.535
	Yes	0.78	0.44	1.4	0.406	
Magnesium < RNI (270mg)	Not sure	1.06	0.9	1.26	0.467	0.028
	Yes	0.91	0.77	1.07	0.258	
Sodium < RNI (1.6g) OR > maximum (2.4g)	Not sure	0.95	0.84	1.07	0.425	0.704
	Yes	0.96	0.85	1.07	0.44	
Potassium < RNI (3500mg)	Not sure	1.01	0.82	1.24	0.929	0.994
	Yes	1.01	0.83	1.23	0.916	
Iron < RNI (14.8mg)	Not sure	0.94	0.73	1.22	0.638	0.866
	Yes	0.94	0.73	1.2	0.601	
Zinc < RNI (7mg)	Not sure	0.89	0.75	1.07	0.211	0.061
	Yes	0.82	0.69	0.97	0.023	
Selenium < RNI (60ug)	Not sure	0.94	0.81	1.09	0.425	0.019
	Yes	0.84	0.72	0.97	0.017	
Iodine < RNI (140ug)	Not sure	0.86	0.74	1	0.049	0.001
	Yes	0.76	0.66	0.88	<0.001	



*Table S21: Full results for the mother pregnancy analyses using binary recommended nutrient intake cut-offs, with 'religious affiliation' as the exposure (reference = no religious affiliation) and adjusted for total energy intake. Results are odds ratios (OR) and 95% confidence intervals taken from the multiply-imputed datasets (n = 11,812). Note that the Bonferroni-corrected alpha level is 0.05/28 = 0.0018. RNI = Reference Nutrient Intake; NSP = Non-starch polysaccharides. lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome.*

<b>outcome</b>	<b>level</b>	<b>OR</b>	<b>lci</b>	<b>uci</b>	<b>p</b>	<b>p_exp</b>
Carbohydrate < minimum (267g)	Christian	1.21	0.95	1.54	0.132	0.326
	Other	1.17	0.73	1.87	0.524	
Free sugars > max (27g)	Christian	1.18	0.98	1.41	0.087	0.212
	Other	1.22	0.84	1.77	0.292	
NSP (Fibre) < RNI (22.5g)	Christian	1.57	1.28	1.93	<0.001	<0.001
	Other	0.74	0.52	1.06	0.101	
Fat > maximum (78g)	Christian	0.98	0.81	1.19	0.848	0.981
	Other	0.99	0.68	1.43	0.953	
Monounsaturated fat < RNI (29g)	Christian	1.17	0.96	1.44	0.122	0.167
	Other	1.39	0.94	2.06	0.102	
Polyunsaturated fat < RNI (14g)	Christian	1.03	0.9	1.18	0.677	0.565
	Other	0.91	0.7	1.18	0.467	
Saturated fat > maximum (24g)	Christian	0.85	0.72	1	0.046	0.134
	Other	0.89	0.65	1.22	0.482	
Omega-3 from fish < 0.25g	Christian	0.99	0.87	1.12	0.873	0.870
	Other	0.94	0.74	1.19	0.601	
Protein < RNI (51g)	Christian	1.01	0.82	1.24	0.939	0.020
	Other	1.67	1.13	2.46	0.01	
Thiamin < RNI (0.9mg)	Christian	0.87	0.68	1.1	0.235	0.437
	Other	1	0.62	1.6	0.988	
Riboflavin < RNI (1.4mg)	Christian	0.92	0.8	1.06	0.275	0.519
	Other	0.98	0.74	1.3	0.902	
Niacin equivalent < RNI (13.2mg)	Christian	0.77	0.46	1.29	0.328	0.337
	Other	1.36	0.49	3.77	0.554	
Vitamin B6 < RNI (1.2mg)	Christian	0.89	0.7	1.13	0.33	0.075
	Other	1.38	0.89	2.14	0.146	
Vitamin B12 < RNI (1.5ug)	Christian	0.87	0.6	1.24	0.435	<0.001
	Other	2.55	1.44	4.52	0.001	
Folate < RNI (300ug)	Christian	0.95	0.81	1.11	0.492	0.003
	Other	0.61	0.46	0.82	0.001	
Vitamin C < RNI (50mg)	Christian	1.02	0.88	1.18	0.821	0.286
	Other	0.81	0.59	1.1	0.176	
Retinol/Vitamin A < RNI (700ug)	Christian	0.91	0.74	1.12	0.354	0.600
	Other	0.86	0.59	1.26	0.442	
Vitamin D < RNI (10ug)	Christian	1.21	0.75	1.95	0.44	0.545
	Other	1.65	0.63	4.29	0.306	
Vitamin E < minimum (3.8ug)	Christian	0.96	0.77	1.2	0.733	0.806
	Other	1.09	0.69	1.73	0.704	

Calcium < RNI (700ug)	Christian	1.23	1.03	1.46	0.021	0.031
	Other	0.96	0.67	1.36	0.8	
Phosphorous < RNI (550mg)	Christian	1.13	0.6	2.11	0.703	0.918
	Other	1.21	0.36	4.03	0.758	
Magnesium < RNI (270mg)	Christian	1.24	1.07	1.44	0.004	<0.001
	Other	0.73	0.55	0.96	0.026	
Sodium < RNI (1.6g) OR > maximum (2.4g)	Christian	1.03	0.92	1.14	0.632	0.212
	Other	1.21	0.98	1.51	0.082	
Potassium < RNI (3500mg)	Christian	0.9	0.74	1.08	0.253	0.383
	Other	1.05	0.72	1.52	0.804	
Iron < RNI (14.8mg)	Christian	1.18	0.95	1.47	0.136	0.001
	Other	0.63	0.43	0.93	0.021	
Zinc < RNI (7mg)	Christian	0.9	0.77	1.06	0.209	0.330
	Other	1.04	0.75	1.43	0.822	
Selenium < RNI (60ug)	Christian	1.1	0.96	1.26	0.179	0.187
	Other	0.92	0.7	1.21	0.544	
Iodine < RNI (140ug)	Christian	0.88	0.77	1.01	0.076	0.140
	Other	1.02	0.78	1.33	0.911	

*Table S22: Full results for the mother pregnancy analyses using binary recommended nutrient intake cut-offs, with 'belief and religious affiliation' as the exposure (reference = non-religious non-believers) and adjusted for total energy intake. Results are odds ratios (OR) and 95% confidence intervals taken from the multiply-imputed datasets (n = 11,812). Note that the Bonferroni-corrected alpha level is  $0.05/28 = 0.0018$ . RNI = Reference Nutrient Intake; NSP = Non-starch polysaccharides. lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome.*

<b>outcome</b>	<b>level</b>	<b>OR</b>	<b>lci</b>	<b>uci</b>	<b>p</b>	<b>p_exp</b>
Carbohydrate < minimum (267g)	Christian believer	1.19	0.91	1.54	0.2	0.538
	Christian non-believer	1.22	0.93	1.61	0.156	
	Other	1.12	0.72	1.74	0.621	
Free sugars > max (27g)	Christian believer	1.11	0.91	1.36	0.298	0.098
	Christian non-believer	1.28	1.04	1.58	0.02	
	Other	1.19	0.84	1.69	0.318	
NSP (Fibre) < RNI (22.5g)	Christian believer	1.51	1.21	1.89	<0.001	<0.001
	Christian non-believer	1.5	1.18	1.91	0.001	
	Other	0.67	0.48	0.94	0.02	
Fat > maximum (78g)	Christian believer	0.94	0.77	1.15	0.557	0.515
	Christian non-believer	1.06	0.85	1.31	0.612	
	Other	1.01	0.72	1.43	0.948	
Monounsaturated fat < RNI (29g)	Christian believer	1.21	0.97	1.51	0.084	0.266
	Christian non-believer	1.13	0.9	1.42	0.289	
	Other	1.34	0.92	1.94	0.123	
Polyunsaturated fat < RNI (14g)	Christian believer	0.96	0.83	1.11	0.592	0.112
	Christian non-believer	1.06	0.91	1.24	0.442	
	Other	0.83	0.65	1.06	0.13	
Saturated fat > maximum (24g)	Christian believer	0.8	0.67	0.95	0.011	0.082
	Christian non-believer	0.86	0.72	1.03	0.102	
	Other	0.81	0.6	1.09	0.158	
Omega-3 from fish < 0.25g	Christian believer	0.96	0.84	1.1	0.601	0.497
	Christian non-believer	1.04	0.9	1.21	0.554	
	Other	0.97	0.77	1.21	0.759	
Protein < RNI (51g)	Christian believer	0.91	0.73	1.14	0.397	0.004
	Christian non-believer	1.13	0.91	1.42	0.276	
	Other	1.5	1.04	2.16	0.029	
Thiamin < RNI (0.9mg)	Christian believer	0.79	0.61	1.03	0.079	0.324
	Christian non-believer	0.89	0.69	1.16	0.403	
	Other	0.88	0.56	1.37	0.563	
Riboflavin < RNI (1.4mg)	Christian believer	0.89	0.76	1.03	0.118	0.463
	Christian non-believer	0.92	0.79	1.08	0.333	
	Other	0.89	0.69	1.16	0.397	
Niacin equivalent < RNI (13.2mg)	Christian believer	0.74	0.42	1.3	0.298	0.603
	Christian non-believer	0.73	0.41	1.3	0.287	
	Other	1.06	0.41	2.75	0.897	
Vitamin B6 < RNI (1.2mg)	Christian believer	0.82	0.63	1.05	0.12	0.194
	Christian non-believer	0.91	0.7	1.18	0.476	

	Other	1.14	0.76	1.72	0.528	
Vitamin B12 < RNI (1.5ug)	Christian believer	0.87	0.58	1.31	0.515	<0.001
	Christian non-believer	0.95	0.63	1.42	0.798	
	Other	2.51	1.46	4.32	0.001	
Folate < RNI (300ug)	Christian believer	0.88	0.75	1.05	0.155	0.001
	Christian non-believer	1.01	0.84	1.21	0.93	
	Other	0.62	0.48	0.82	0.001	
Vitamin C < RNI (50mg)	Christian believer	0.96	0.82	1.12	0.591	0.113
	Christian non-believer	1.05	0.89	1.23	0.578	
	Other	0.78	0.58	1.03	0.08	
Retinol/Vitamin A < RNI (700ug)	Christian believer	0.92	0.74	1.15	0.466	0.618
	Christian non-believer	0.87	0.69	1.09	0.227	
	Other	0.85	0.59	1.22	0.377	
Vitamin D < RNI (10ug)	Christian believer	1.19	0.71	1.99	0.512	0.713
	Christian non-believer	1.28	0.74	2.23	0.38	
	Other	1.6	0.65	3.95	0.306	
Vitamin E < minimum (3.8ug)	Christian believer	0.9	0.71	1.14	0.381	0.772
	Christian non-believer	0.97	0.77	1.24	0.837	
	Other	0.95	0.62	1.46	0.814	
Calcium < RNI (700ug)	Christian believer	1.17	0.97	1.41	0.106	0.042
	Christian non-believer	1.23	1.01	1.5	0.036	
	Other	0.86	0.62	1.2	0.387	
Phosphorous < RNI (550mg)	Christian believer	0.91	0.46	1.8	0.783	0.466
	Christian non-believer	1.32	0.67	2.6	0.417	
	Other	1.06	0.34	3.24	0.922	
Magnesium < RNI (270mg)	Christian believer	1.12	0.95	1.31	0.178	<0.001
	Christian non-believer	1.39	1.17	1.65	<0.001	
	Other	0.71	0.54	0.92	0.01	
Sodium < RNI (1.6g) OR > maximum (2.4g)	Christian believer	1.01	0.9	1.14	0.869	0.724
	Christian non-believer	1.02	0.9	1.16	0.721	
	Other	1.12	0.91	1.37	0.281	
Potassium < RNI (3500mg)	Christian believer	0.9	0.74	1.1	0.31	0.568
	Christian non-believer	0.88	0.71	1.08	0.215	
	Other	1.01	0.72	1.43	0.947	
Iron < RNI (14.8mg)	Christian believer	1.07	0.84	1.36	0.563	<0.001
	Christian non-believer	1.11	0.85	1.43	0.445	
	Other	0.52	0.36	0.74	<0.001	
Zinc < RNI (7mg)	Christian believer	0.83	0.7	0.99	0.039	0.182
	Christian non-believer	0.91	0.76	1.09	0.317	
	Other	0.87	0.65	1.18	0.379	
Selenium < RNI (60ug)	Christian believer	1	0.87	1.16	0.964	0.003
	Christian non-believer	1.2	1.03	1.39	0.021	
	Other	0.88	0.68	1.13	0.324	
Iodine < RNI (140ug)	Christian believer	0.82	0.7	0.94	0.006	0.013
	Christian non-believer	0.94	0.81	1.09	0.424	
	Other	0.93	0.72	1.19	0.55	

*Table S23: Full results for the mother pregnancy analyses using binary recommended nutrient intake cut-offs, with 'frequency of attendance at church/place of worship' as the exposure (reference = not at all) and adjusted for total energy intake. Results are odds ratios (OR) and 95% confidence intervals taken from the multiply-imputed datasets (n = 11,812). Note that the Bonferroni-corrected alpha level is 0.05/28 = 0.0018. RNI = Reference Nutrient Intake; NSP = Non-starch polysaccharides. lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome.*

<b>outcome</b>	<b>level</b>	<b>OR</b>	<b>lci</b>	<b>uci</b>	<b>p</b>	<b>p_exp</b>
Carbohydrate < minimum (267g)	Min once a month	1.04	0.8	1.36	0.77	0.943
	Min once a year	1.03	0.84	1.26	0.792	
Free sugars > max (27g)	Min once a month	0.89	0.73	1.09	0.244	0.499
	Min once a year	0.99	0.84	1.16	0.884	
NSP (Fibre) < RNI (22.5g)	Min once a month	0.95	0.77	1.19	0.672	0.455
	Min once a year	1.09	0.91	1.31	0.344	
Fat > maximum (78g)	Min once a month	0.94	0.76	1.15	0.532	0.015
	Min once a year	0.8	0.68	0.93	0.004	
Monounsaturated fat < RNI (29g)	Min once a month	1.1	0.88	1.38	0.383	0.254
	Min once a year	1.15	0.97	1.36	0.108	
Polyunsaturated fat < RNI (14g)	Min once a month	0.86	0.75	1	0.043	0.094
	Min once a year	1.01	0.9	1.12	0.914	
Saturated fat > maximum (24g)	Min once a month	0.82	0.69	0.98	0.029	0.093
	Min once a year	0.94	0.83	1.08	0.388	
Omega-3 from fish < 0.25g	Min once a month	0.84	0.74	0.96	0.011	0.010
	Min once a year	0.88	0.79	0.97	0.014	
Protein < RNI (51g)	Min once a month	0.86	0.68	1.09	0.208	0.116
	Min once a year	0.84	0.71	1	0.057	
Thiamin < RNI (0.9mg)	Min once a month	0.67	0.49	0.9	0.009	0.010
	Min once a year	0.79	0.64	0.98	0.034	
Riboflavin < RNI (1.4mg)	Min once a month	0.88	0.75	1.02	0.097	<0.001
	Min once a year	0.78	0.69	0.88	<0.001	
Niacin equivalent < RNI (13.2mg)	Min once a month	1.2	0.63	2.26	0.578	0.715
	Min once a year	0.89	0.54	1.46	0.638	
Vitamin B6 < RNI (1.2mg)	Min once a month	0.76	0.57	1	0.053	0.057
	Min once a year	0.82	0.67	1.01	0.067	
Vitamin B12 < RNI (1.5ug)	Min once a month	0.88	0.56	1.37	0.565	0.609
	Min once a year	0.85	0.61	1.2	0.36	
Folate < RNI (300ug)	Min once a month	0.79	0.67	0.93	0.005	0.009
	Min once a year	0.87	0.76	0.99	0.031	
Vitamin C < RNI (50mg)	Min once a month	0.73	0.61	0.87	<0.001	<0.001
	Min once a year	0.78	0.69	0.88	<0.001	
Retinol/Vitamin A < RNI (700ug)	Min once a month	0.91	0.73	1.14	0.418	0.035
	Min once a year	0.81	0.68	0.95	0.01	
Vitamin D < RNI (10ug)	Min once a month	0.63	0.39	1.01	0.057	0.042
	Min once a year	1.22	0.77	1.93	0.401	
Vitamin E < minimum (3.8ug)	Min once a month	0.89	0.68	1.16	0.392	0.093
	Min once a year	0.81	0.66	0.98	0.033	

Calcium < RNI (700ug)	Min once a month	0.99	0.82	1.19	0.881	0.509
	Min once a year	0.92	0.8	1.06	0.256	
Phosphorous < RNI (550mg)	Min once a month	0.67	0.31	1.48	0.323	0.596
	Min once a year	1.02	0.6	1.73	0.954	
Magnesium < RNI (270mg)	Min once a month	0.78	0.67	0.92	0.002	0.009
	Min once a year	0.92	0.81	1.04	0.172	
Sodium < RNI (1.6g) OR > maximum (2.4g)	Min once a month	0.95	0.84	1.06	0.352	0.460
	Min once a year	0.95	0.87	1.04	0.283	
Potassium < RNI (3500mg)	Min once a month	0.89	0.73	1.09	0.272	0.050
	Min once a year	0.83	0.72	0.97	0.016	
Iron < RNI (14.8mg)	Min once a month	0.69	0.55	0.86	0.001	0.003
	Min once a year	0.95	0.79	1.14	0.584	
Zinc < RNI (7mg)	Min once a month	0.77	0.64	0.92	0.005	0.001
	Min once a year	0.8	0.69	0.91	0.001	
Selenium < RNI (60ug)	Min once a month	0.77	0.66	0.89	0.001	0.003
	Min once a year	0.94	0.84	1.05	0.241	
Iodine < RNI (140ug)	Min once a month	0.89	0.77	1.04	0.144	0.005
	Min once a year	0.83	0.74	0.93	0.001	

Table 24: Summary of results for overall intake of 32 nutrients, adjusted for total energy intake. Results are from adjusted analyses on the imputed data up to number with nutrient data; n for mother in pregnancy = 11,812; n for mother 4 years post-partum = 9,296; n for partner at 4 years post-partum = 4,786). '-' indicates that the exposure was not associated, 'Y' indicates that it was, with + or - denoting the direction of association (i.e., Y+ means a positive association; Y- means negative association). Results in bold are based on the Bonferroni-corrected alpha value, results in italics are those with an alpha value less than 0.05 but greater than the Bonferroni-adjusted value. Note that for attendance at a place of worship, results for minimum once a month and minimum once a year have been combined together. Preg = mothers in pregnancy; M4 = mothers at 4 years post-partum; P4 = partners at 4 years post-partum. NSP = Non-starch polysaccharides.

	Belief in God (ref = no)						Religious Affiliation (ref = None)						Belief and Religious Affiliation (ref = non-religious non-believer)									Attendance at place of worship (ref = Not at all)		
	Not sure			Yes			Christian			Other			Christian non-believer			Christian believer			Other			Min once a month/min once a year		
	Preg	M4	P4	Preg	M4	P4	Preg	M4	P4	Preg	M4	P4	Preg	M4	P4	Preg	M4	P4	Preg	M4	P4	Preg	M4	P4
Carbohydrate (g)	Y-	-	Y+	-	-	<b>Y+</b>	-	-	Y+	Y+	-	-	-	-	-	-	Y+	Y+	-	Y+	-	-	-	Y+
Total sugars (g)	-	-	Y+	-	-	Y+	-	<b>Y+</b>	-	-	-	-	Y+	<b>Y+</b>	-	-	<b>Y+</b>	Y+	-	-	-	Y-	-	-
Free sugars (g)	-	-	-	-	-	-	Y+	<b>Y+</b>	-	-	-	-	Y+	Y+	-	-	Y+	-	-	-	-	<b>Y-</b>	-	-
Starch (g)	-	-	-	-	-	-	-	Y-	-	-	-	-	-	Y-	-	-	-	-	-	Y+	-	<b>Y+</b>	-	Y+
NSP (fibre) (g)	-	-	Y+	-	-	<b>Y+</b>	<b>Y-</b>	Y-	-	<b>Y+</b>	Y+	Y+	<b>Y-</b>	Y-	-	Y-	-	-	<b>Y+</b>	<b>Y+</b>	Y+	<b>Y+</b>	<b>Y+</b>	<b>Y+</b>
Fat (g)	-	-	Y-	-	-	-	Y-	-	-	-	-	-	-	-	-	Y-	-	-	-	-	-	<b>Y-</b>	Y-	Y+
Monounsaturated fat (g)	-	-	-	-	-	-	-	-	-	Y-	-	-	-	-	-	-	-	-	Y-	-	-	-	Y-	-
Polyunsaturated fat (g)	Y+	-	-	Y+	-	-	-	Y-	-	-	-	-	-	Y-	-	-	Y-	-	-	-	-	<b>Y+</b>	-	-
Saturated fat (g)	-	-	Y-	Y-	-	-	Y-	-	-	Y-	-	-	-	-	-	Y-	-	-	Y-	-	-	<b>Y-</b>	-	-
Omega-3 fatty acid from fish (g)	-	-	-	Y+	Y+	-	-	-	-	-	-	Y+	-	-	-	-	Y+	-	-	-	-	<b>Y+</b>	Y+	-
Cholesterol (mg)	-	-	Y-	Y+	Y+	-	<b>Y+</b>	Y+	-	-	Y-	-	-	-	-	Y+	Y+	-	-	Y-	-	<b>Y+</b>	<b>Y+</b>	-
Protein (g)	Y+	<b>Y+</b>	-	<b>Y+</b>	<b>Y+</b>	-	Y+	<b>Y+</b>	Y+	-	-	-	-	<b>Y+</b>	-	<b>Y+</b>	<b>Y+</b>	Y+	-	-	-	<b>Y+</b>	<b>Y+</b>	Y+
Thiamin (mg)	-	-	-	Y+	-	Y+	-	-	-	Y+	Y+	Y+	-	-	-	Y+	-	-	<b>Y+</b>	<b>Y+</b>	Y+	<b>Y+</b>	<b>Y+</b>	<b>Y+</b>

	Belief in God (ref = no)						Religious Affiliation (ref = None)						Belief and Religious Affiliation (ref = non-religious non-believer)									Attendance at place of worship (ref = Not at all)				
	Not sure			Yes			Christian			Other			Christian non-believer			Christian believer			Other			Min once a month/min once a year				
	Preg	M4	P4	Preg	M4	P4	Preg	M4	P4	Preg	M4	P4	Preg	M4	P4	Preg	M4	P4	Preg	M4	P4	Preg	M4	P4	Preg	M4
Riboflavin (mg)	-	-	-	Y+	Y+	Y+	Y+	-	-	-	-	-	Y+	-	-	Y+	Y+	Y+	-	-	-	Y+	Y+	Y+		
Niacin eq. (mg)	Y+	Y+	-	Y+	Y+	-	Y+	Y+	-	-	-	-	Y+	Y+	-	Y+	Y+	-	-	-	-	Y+	Y+	-		
Vitamin B6 (mg)	Y+	Y+	Y+	Y+	Y+	Y+	Y+	Y+	Y+	-	-	-	Y+	Y+	-	Y+	Y+	Y+	-	-	-	Y+	Y+	Y+		
Vitamin B12 (ug)	-	Y+	-	Y+	Y+	-	Y+	Y+	-	-	-	-	-	-	-	Y+	Y+	-	-	-	-	Y+	Y+	Y+		
Folate (ug)	-	-	-	Y+	-	-	-	-	-	Y+	Y+	-	-	-	-	-	-	-	Y+	Y+	-	Y+	Y+	-		
Vitamin C (mg)	-	-	-	-	-	Y+	-	-	-	Y+	Y+	-	-	-	-	-	Y+	Y+	Y+	Y+	Y+	-	Y+	Y+	Y+	
Retinol/Vit. A (ug)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	Y+	
Carotene (ug)	-	-	-	Y+	-	Y+	-	-	-	Y+	Y+	-	-	-	-	Y+	-	-	Y+	-	-	Y+	Y+	Y+		
Vitamin D (ug)	Y+	-	-	Y+	Y+	-	-	Y+	-	-	-	-	-	-	-	Y+	-	-	-	-	-	Y+	Y+	Y+		
Vitamin E (mg)	-	-	-	-	-	-	Y-	Y-	Y-	-	-	-	Y-	Y-	Y-	Y-	Y-	-	-	-	-	Y+	-	-		
Calcium (mg)	-	-	-	-	-	-	Y-	-	-	-	-	-	Y-	-	-	Y-	-	-	-	-	-	-	Y+	-		
Phosphorus (mg)	-	-	-	Y+	Y+	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	Y+	Y+	Y+		
Magnesium (mg)	-	-	-	-	-	-	Y-	Y-	-	Y+	Y+	-	Y-	Y-	Y-	Y-	Y-	-	Y+	Y+	Y+	Y+	Y+	-		
Sodium (mg)	-	-	-	-	-	-	Y-	-	-	-	-	-	Y-	-	-	-	-	-	-	-	-	Y+	Y+	Y+		
Potassium (mg)	-	-	Y+	-	Y+	Y+	-	-	-	-	-	-	-	-	-	-	Y+	Y+	-	-	-	Y+	Y+	-		
Iron (mg)	-	-	Y+	Y+	-	Y+	-	Y-	-	Y+	-	Y+	-	Y-	-	-	-	-	Y+	Y+	Y+	Y+	Y+	Y+		
Zinc (mg)	-	Y+	-	Y+	Y+	Y+	-	Y+	-	-	-	-	-	-	-	Y+	Y+	Y+	-	-	-	Y+	Y+	Y+		
Selenium (ug)	-	-	-	-	-	-	Y-	Y-	-	Y+	Y+	-	Y-	Y-	-	Y-	-	-	Y+	Y+	-	Y+	-	-		
Iodine (ug)	-	-	-	Y+	Y+	Y+	-	Y+	Y+	-	-	-	-	-	-	Y+	Y+	Y+	-	-	-	Y+	Y+	Y+		



*Table 25: Summary of recommended nutrient intake (RNI) results, adjusted for total energy intake.* Results are from adjusted analyses on the imputed data up to number with nutrient data; n for mothers in pregnancy = 11,812; n for mothers 4 years post-partum = 9,296; n for partners 4 years post-partum = 4,786). RNI = Reference Nutrient Intake; NSP = Non-starch polysaccharides. ‘-’ indicates that the exposure was not associated, ‘Y’ indicates that it was, with + or - denoting the direction of association (i.e., Y+ means a positive association [e.g., more likely to miss RNI]; Y- means negative association [e.g., less likely to miss RNI]). Results in bold are based on the Bonferroni-corrected alpha value, results in italics are those with an alpha value less than 0.05 but greater than the Bonferroni-adjusted value. Note that for attendance at a place of worship, results for minimum once a month and minimum once a year have been combined together. UK governmental recommended intake values were available for 28 of the 32 nutrients (here excluding ‘total energy intake’; see table S1), with a cut-off of <0.25g/day used for omega-3 intake (RNIs were not available for carotene, cholesterol, starch or total sugars). Due to small sample sizes for recommended nutrient intakes, it was not possible to assess vitamin D for the mothers at 4 years post-partum, or niacin, phosphorous, vitamin B12, vitamin D or vitamin E for the partners at 4 years post-partum; these time/person-points have 27 and 23 recommended intake comparisons, respectively, compared to the 28 for mothers in pregnancy, and are marked with an ‘NA’ in the table below. Preg = mothers in pregnancy; M4 = mothers 4 years post-partum; P4 = partners 4 years post-partum.

	Belief in God (ref = no)						Religious Affiliation (ref = None)						Belief and Religious Affiliation (ref = non-religious non-believer)									Attendance at place of worship (ref = Not at all)		
	Not sure			Yes			Christian			Other			Christian non-believer			Christian believer			Other			Min once a month/min once a year		
	Preg	M4	P4	Preg	M4	P4	Preg	M4	P4	Preg	M4	P4	Preg	M4	P4	Preg	M4	P4	Preg	M4	P4	Preg	M4	P4
Carbohydrate < min	Y+	-	Y-	-	-	Y-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Free sugars > max	Y+	-	-	-	-	-	-	Y+	-	-	-	-	Y+	-	Y+	-	-	-	-	-	-	-	-	Y+
NSP (fibre) < RNI	-	-	-	-	-	Y-	<b>Y+</b>	Y+	-	-	-	-	<b>Y+</b>	Y+	-	<b>Y+</b>	-	-	Y-	-	Y-	-	-	Y-
Fat > max	-	-	-	-	Y-	-	-	Y-	-	-	-	-	Y+	-	-	Y-	-	-	-	-	-	Y-	Y-	-
Monounsaturated fat < RNI	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	Y-	-	-	-	-	-	-	-	-
Polyunsaturated fat < RNI	-	-	-	Y-	-	-	-	Y+	Y+	-	-	-	Y+	-	-	-	-	-	-	-	-	Y-	Y+	-
Saturated fat > max	-	-	Y-	Y-	-	Y-	Y-	-	-	-	-	-	-	-	Y-	-	-	-	-	-	-	Y-	-	-

	Belief in God (ref = no)						Religious Affiliation (ref = None)						Belief and Religious Affiliation (ref = non-religious non-believer)									Attendance at place of worship (ref = Not at all)					
	Not sure			Yes			Christian			Other			Christian non-believer			Christian believer			Other			Min once a month/min once a year					
	Preg	M4	P4	Preg	M4	P4	Preg	M4	P4	Preg	M4	P4	Preg	M4	P4	Preg	M4	P4	Preg	M4	P4	Preg	M4	P4	Preg	M4	P4
Omega-3 from fish < 0.25g	Y-	-	-	Y-	Y-	-	-	-	-	-	-	-	-	-	-	-	Y-	-	-	-	-	-	-	-	Y-	Y-	-
Protein < RNI	-	-	-	Y-	-	-	-	-	-	Y+	-	-	-	-	-	-	-	-	Y+	-	-	-	-	-	-	-	-
Thiamin < RNI	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	Y-	-	Y-
Riboflavin < RNI	Y-	-	-	Y-	Y-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	Y-	Y-	-
Niacin eq. < RNI	-	Y-	NA	-	-	NA	-	-	NA	-	-	NA	-	-	NA	-	-	NA	-	-	NA	-	-	NA	-	-	NA
Vitamin B6 < RNI	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Vitamin B12 < RNI	-	-	NA	-	-	NA	-	-	NA	Y+	-	NA	-	-	NA	-	-	NA	Y+	-	NA	-	-	NA	-	-	NA
Folate < RNI	-	-	-	Y-	Y-	-	-	-	-	Y-	-	-	-	-	-	-	-	-	Y-	-	-	Y-	Y-	-	-	-	-
Vitamin C < RNI	-	-	-	-	-	Y-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	Y-	-	-
Retinol/Vit. A < RNI	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	Y-	-	Y-
Vitamin D < RNI	-	NA	NA	-	NA	NA	-	NA	NA	-	NA	NA	-	NA	NA	-	NA	NA	-	NA	NA	-	NA	NA	-	NA	NA
Vitamin E < min	Y-	-	NA	Y-	-	NA	-	-	NA	-	-	NA	-	-	NA	-	-	NA	-	-	NA	-	-	NA	Y-	Y-	NA
Calcium < RNI	-	-	-	-	-	-	Y+	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	Y-	-
Phosphorus < RNI	-	-	NA	-	-	NA	-	-	NA	-	-	NA	-	-	NA	-	-	NA	-	-	NA	-	-	NA	-	-	NA
Magnesium < RNI	-	-	-	-	-	-	Y+	Y+	-	Y-	-	-	Y+	Y+	-	-	-	-	Y-	-	-	Y-	-	-	-	-	-
Sodium < RNI OR > max	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	Y+	-
Potassium < RNI	-	-	-	-	Y-	Y-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	Y-	-	-
Iron < RNI	-	-	-	-	-	-	-	Y+	-	Y-	-	-	-	-	-	-	-	-	Y-	-	-	Y-	-	-	-	-	-
Zinc < RNI	-	-	-	Y-	Y-	-	-	-	-	-	-	-	-	-	-	Y-	Y-	-	-	-	-	-	-	-	Y-	Y-	-
Selenium < RNI	-	-	-	Y-	Y-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	Y-	Y-	-
Iodine < RNI	Y-	-	-	Y-	Y-	-	-	-	-	-	-	-	-	-	-	Y-	Y-	-	-	-	-	-	-	-	Y-	Y-	Y-

Table S26: Full results of the mother dietary pattern data 4 years post-partum. Results included complete-case unadjusted, complete-case adjusted and multiply-imputed adjusted results for each dietary component outcome (“health-conscious”, “processed”, “confectionery” and “vegetarian”) and each exposure (belief in God/divine power, religious affiliation, attendance at church/place of worship, and belief and affiliation). As there are four outcomes, a Bonferroni correction to reduce the false discovery rates gives a threshold when using a standard 0.05 alpha value of  $0.05/4 = 0.0125$ . lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome.

outcome	exposure	model	level	n	coef	se	lci	uci	p	p_exp	
“Health-conscious”	Belief in God/divine power (ref = no)	uni	Not sure	6312	0.023	0.04	-0.055	0.101	0.563	<0.001	
			Yes	6312	0.178	0.038	0.104	0.253	<0.001		
		adj	Not sure	6312	0.03	0.039	-0.047	0.106	0.448	<0.001	
			Yes	6312	0.131	0.038	0.057	0.205	0.001		
		MI	Not sure	13689	0.004	0.032	-0.059	0.067	0.9	<0.001	
			Yes	13689	0.103	0.03	0.043	0.163	0.001		
	Religious affiliation (ref = none)	uni	Christian	6239	-0.004	0.035	-0.072	0.064	0.909	0.001	
			Other	6239	0.236	0.072	0.096	0.376	0.001		
		adj	Christian	6239	0.025	0.035	-0.043	0.092	0.478	0.043	
			Other	6239	0.173	0.07	0.037	0.309	0.013		
		MI	Christian	13689	-0.002	0.028	-0.058	0.054	0.942	0.008	
			Other	13689	0.161	0.058	0.047	0.275	0.006		
	Attendance at a church/place of worship (ref = not at all)	uni	Min once a month	6184	0.342	0.036	0.272	0.412	<0.001	<0.001	
			Min once a year	6184	0.24	0.028	0.186	0.294	<0.001		
		adj	Min once a month	6184	0.172	0.036	0.101	0.244	<0.001	<0.001	
			Min once a year	6184	0.151	0.028	0.097	0.205	<0.001		
		MI	Min once a month	13689	0.194	0.031	0.133	0.254	<0.001	<0.001	
			Min once a year	13689	0.144	0.023	0.098	0.19	<0.001		
	Religious belief and affiliation combined (ref = non-religious non-believer)	uni	Christian non-believer	6228	-0.108	0.039	-0.185	-0.031	0.006	<0.001	
			Christian believer	6228	0.08	0.037	0.007	0.154	0.031		
			Other	6228	0.237	0.067	0.107	0.367	<0.001		
		adj	Christian non-believer	6228	-0.03	0.039	-0.106	0.047	0.446	<0.001	
				Christian believer	6228	0.08	0.037	0.007	0.153	0.031	<0.001

			Other	6228	0.196	0.065	0.069	0.322	0.003	
		MI	Christian non-believer	13689	-0.056	0.032	-0.118	0.006	0.076	<0.001
			Christian believer	13689	0.054	0.03	-0.006	0.113	0.076	
			Other	13689	0.168	0.051	0.068	0.268	0.001	
"Processed"	Belief in God/divine power (ref = no)	uni	Not sure	6312	0.004	0.039	-0.072	0.079	0.921	0.983
			Yes	6312	-0.001	0.037	-0.073	0.071	0.979	
		adj	Not sure	6312	-0.015	0.035	-0.084	0.054	0.663	0.007
			Yes	6312	0.057	0.034	-0.01	0.123	0.096	
		MI	Not sure	13689	0.018	0.031	-0.043	0.079	0.561	0.218
			Yes	13689	0.047	0.031	-0.014	0.107	0.133	
	Religious affiliation (ref = none)	uni	Christian	6239	0.16	0.034	0.094	0.227	<0.001	<0.001
			Other	6239	-0.042	0.069	-0.178	0.094	0.544	
		adj	Christian	6239	0.098	0.031	0.037	0.16	0.002	0.005
			Other	6239	0.029	0.063	-0.094	0.153	0.643	
		MI	Christian	13689	0.096	0.029	0.039	0.154	0.001	0.002
			Other	13689	0.033	0.056	-0.077	0.143	0.555	
	Attendance at a church/place of worship (ref = not at all)	uni	Min once a month	6184	-0.251	0.035	-0.318	-0.183	<0.001	<0.001
			Min once a year	6184	-0.133	0.027	-0.186	-0.081	<0.001	
		adj	Min once a month	6184	0.006	0.033	-0.058	0.07	0.86	0.869
			Min once a year	6184	-0.01	0.025	-0.059	0.039	0.679	
		MI	Min once a month	13689	-0.002	0.03	-0.06	0.056	0.939	0.980
			Min once a year	13689	-0.004	0.023	-0.05	0.041	0.847	
	Religious belief and affiliation combined (ref = non-religious non-believer)	uni	Christian non-believer	6228	0.199	0.038	0.124	0.274	<0.001	<0.001
			Christian believer	6228	0.135	0.036	0.064	0.206	<0.001	
			Other	6228	-0.043	0.065	-0.17	0.084	0.506	
adj		Christian non-believer	6228	0.062	0.035	-0.007	0.131	0.079	0.002	
		Christian believer	6228	0.116	0.034	0.05	0.182	0.001		
		Other	6228	0.005	0.059	-0.11	0.12	0.934		
MI		Christian non-believer	13689	0.084	0.032	0.021	0.147	0.01	0.005	
		Christian believer	13689	0.1	0.032	0.038	0.162	0.002		

			Other	13689	0.015	0.051	-0.086	0.116	0.765	
"Confectionery"	Belief in God/divine power (ref = no)	uni	Not sure	6312	0.111	0.041	0.031	0.191	0.006	<0.001
			Yes	6312	0.165	0.039	0.088	0.241	<0.001	
		adj	Not sure	6312	0.087	0.041	0.006	0.167	0.035	0.009
			Yes	6312	0.121	0.04	0.043	0.199	0.002	
		MI	Not sure	13689	0.054	0.033	-0.01	0.119	0.096	0.038
			Yes	13689	0.081	0.032	0.018	0.143	0.012	
	Religious affiliation (ref = none)	uni	Christian	6239	0.097	0.036	0.027	0.167	0.007	0.013
			Other	6239	0.004	0.073	-0.14	0.148	0.954	
		adj	Christian	6239	0.078	0.037	0.007	0.15	0.032	0.054
			Other	6239	-0.013	0.074	-0.157	0.132	0.864	
		MI	Christian	13689	0.082	0.028	0.026	0.137	0.004	0.018
			Other	13689	0.047	0.056	-0.063	0.157	0.4	
	Attendance at a church/place of worship (ref = not at all)	uni	Min once a month	6184	0.274	0.037	0.203	0.346	<0.001	<0.001
			Min once a year	6184	0.095	0.028	0.04	0.15	0.001	
		adj	Min once a month	6184	0.218	0.038	0.143	0.293	<0.001	<0.001
			Min once a year	6184	0.054	0.029	-0.003	0.111	0.063	
		MI	Min once a month	13689	0.177	0.031	0.116	0.237	<0.001	<0.001
			Min once a year	13689	0.052	0.024	0.005	0.098	0.029	
	Religious belief and affiliation combined (ref = non-religious non-believer)	uni	Christian non-believer	6228	0.055	0.04	-0.025	0.134	0.178	0.002
			Christian believer	6228	0.126	0.038	0.05	0.201	0.001	
			Other	6228	0.012	0.069	-0.123	0.146	0.865	
adj		Christian non-believer	6228	0.055	0.041	-0.026	0.135	0.187	0.048	
		Christian believer	6228	0.098	0.039	0.021	0.175	0.013		
		Other	6228	0.005	0.069	-0.13	0.14	0.942		
MI		Christian non-believer	13689	0.066	0.031	0.005	0.127	0.034	0.024	
		Christian believer	13689	0.095	0.031	0.033	0.156	0.003		
		Other	13689	0.043	0.051	-0.058	0.143	0.406		
"Vegetarian"	Belief in God/divine power (ref = no)	uni	Not sure	6312	-0.267	0.04	-0.345	-0.189	<0.001	<0.001
			Yes	6312	-0.242	0.038	-0.317	-0.168	<0.001	

		adj	Not sure	6312	-0.166	0.04	-0.244	-0.088	<0.001	<0.001
			Yes	6312	-0.156	0.038	-0.231	-0.081	<0.001	
		MI	Not sure	13689	-0.147	0.031	-0.209	-0.086	<0.001	<0.001
			Yes	13689	-0.147	0.031	-0.209	-0.085	<0.001	
	Religious affiliation (ref = none)	uni	Christian	6239	-0.409	0.034	-0.477	-0.342	<0.001	<0.001
			Other	6239	0.306	0.07	0.168	0.444	<0.001	
		adj	Christian	6239	-0.306	0.035	-0.374	-0.238	<0.001	<0.001
			Other	6239	0.282	0.07	0.144	0.419	<0.001	
		MI	Christian	13689	-0.296	0.029	-0.353	-0.238	<0.001	<0.001
			Other	13689	0.382	0.069	0.245	0.518	<0.001	
	Attendance at a church/place of worship (ref = not at all)	uni	Min once a month	6184	-0.085	0.036	-0.155	-0.014	0.018	<0.001
			Min once a year	6184	-0.136	0.028	-0.19	-0.081	<0.001	
		adj	Min once a month	6184	-0.127	0.037	-0.2	-0.055	0.001	<0.001
			Min once a year	6184	-0.118	0.028	-0.173	-0.063	<0.001	
		MI	Min once a month	13689	-0.141	0.03	-0.2	-0.082	<0.001	<0.001
			Min once a year	13689	-0.133	0.023	-0.179	-0.087	<0.001	
	Religious belief and affiliation combined (ref = non-religious non-believer)	uni	Christian non-believer	6228	-0.431	0.039	-0.507	-0.355	<0.001	<0.001
			Christian believer	6228	-0.372	0.037	-0.444	-0.299	<0.001	
			Other	6228	0.314	0.066	0.185	0.443	<0.001	
		adj	Christian non-believer	6228	-0.316	0.039	-0.393	-0.239	<0.001	<0.001
			Christian believer	6228	-0.275	0.037	-0.348	-0.201	<0.001	
			Other	6228	0.296	0.065	0.168	0.424	<0.001	
		MI	Christian non-believer	13689	-0.29	0.032	-0.353	-0.228	<0.001	<0.001
			Christian believer	13689	-0.274	0.031	-0.335	-0.213	<0.001	
Other			13689	0.374	0.062	0.252	0.495	<0.001		

Table S27: Full results for the mothers' nutrient intake analyses 4 years post-partum, with 'belief in God/divine power' as the exposure (reference = no belief in God/divine power). Results are taken from the multiply-imputed datasets (n = 9,296). Note that the Bonferroni-corrected alpha level is  $0.05/33 = 0.0015$ . lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome. NSP = Non-starch polysaccharides.

outcome	level	coef	se	lci	uci	p	p_exp
Energy (kJ)	Not sure	28	78	-125	182	0.716	0.001
	Yes	211	76	63	359	0.005	
Carbohydrate (g)	Not sure	0.27	2.4	-4.5	5.1	0.911	<0.001
	Yes	7.3	2.3	2.7	12	0.002	
Total sugars (g)	Not sure	1	1.4	-1.7	3.8	0.466	<0.001
	Yes	4.2	1.4	1.5	6.9	0.002	
Free sugars (g)	Not sure	0.44	1.2	-1.9	2.7	0.708	0.016
	Yes	2.4	1.1	0.22	4.7	0.031	
Starch (g)	Not sure	-0.86	1.4	-3.6	1.9	0.545	<0.001
	Yes	3	1.4	0.34	5.7	0.027	
NSP (Fibre; g)	Not sure	-0.056	0.18	-0.41	0.3	0.754	<0.001
	Yes	0.41	0.17	0.074	0.75	0.017	
Fat (g)	Not sure	0.14	0.9	-1.6	1.9	0.876	0.015
	Yes	1.7	0.86	0.05	3.4	0.044	
Monounsaturated fat (g)	Not sure	0.14	0.3	-0.45	0.73	0.65	0.011
	Yes	0.66	0.29	0.095	1.2	0.022	
Polyunsaturated fat (g)	Not sure	0.024	0.17	-0.3	0.35	0.884	0.026
	Yes	0.3	0.16	-0.012	0.62	0.059	
Saturated fat (g)	Not sure	0.011	0.41	-0.8	0.82	0.978	0.114
	Yes	0.55	0.4	-0.23	1.3	0.165	
Omega-3 (g; from fish)	Not sure	0.0068	0.0084	-0.0097	0.023	0.419	0.004
	Yes	0.022	0.0081	0.0063	0.038	0.006	
Cholesterol (mg)	Not sure	1.4	3.4	-5.2	8	0.681	<0.001
	Yes	11	3.2	4.9	18	0.001	
Protein (g)	Not sure	1.7	0.79	0.19	3.3	0.028	<0.001
	Yes	4.2	0.76	2.7	5.6	<0.001	
Thiamin (mg)	Not sure	0.00012	0.018	-0.035	0.036	0.995	<0.001
	Yes	0.052	0.018	0.018	0.087	0.003	
Riboflavin (mg)	Not sure	0.03	0.022	-0.013	0.072	0.174	<0.001
	Yes	0.089	0.021	0.048	0.13	<0.001	
Niacin equivalent (mg)	Not sure	0.91	0.37	0.18	1.6	0.015	<0.001
	Yes	2	0.36	1.3	2.7	<0.001	
Vitamin B6 (mg)	Not sure	0.037	0.021	-0.0038	0.079	0.075	<0.001
	Yes	0.099	0.02	0.059	0.14	<0.001	
Vitamin B12 (ug)	Not sure	0.16	0.081	0.00024	0.32	0.05	<0.001
	Yes	0.39	0.079	0.24	0.54	<0.001	
Folate (ug)	Not sure	1.5	2.7	-3.8	6.7	0.58	<0.001
	Yes	8.5	2.6	3.4	14	0.001	
Vitamin C (mg)	Not sure	0.14	1.5	-2.8	3.1	0.928	0.006

	Yes	3.2	1.5	0.3	6	0.031	
Retinol/Vitamin A (ug)	Not sure	-0.6	12	-25	24	0.962	0.035
	Yes	20	12	-3.4	43	0.095	
Carotene (ug)	Not sure	21	43	-63	105	0.618	0.036
	Yes	84	41	3.2	166	0.042	
Vitamin D (ug)	Not sure	0.084	0.055	-0.023	0.19	0.124	<0.001
	Yes	0.23	0.053	0.13	0.33	<0.001	
Vitamin E (mg)	Not sure	0.04	0.14	-0.24	0.32	0.778	0.290
	Yes	0.17	0.14	-0.1	0.44	0.219	
Calcium (mg)	Not sure	8.9	11	-13	31	0.425	0.012
	Yes	27	11	5.7	48	0.013	
Phosphorus (mg)	Not sure	16	14	-11	43	0.247	<0.001
	Yes	55	13	29	82	<0.001	
Magnesium (mg)	Not sure	0.021	2.7	-5.3	5.4	0.994	0.001
	Yes	6.5	2.6	1.3	12	0.014	
Sodium (mg)	Not sure	14	26	-37	66	0.59	<0.001
	Yes	83	25	33	133	0.001	
Potassium (mg)	Not sure	19	29	-38	75	0.52	<0.001
	Yes	99	28	44	153	<0.001	
Iron (mg)	Not sure	0.02	0.12	-0.21	0.25	0.862	<0.001
	Yes	0.34	0.11	0.12	0.56	0.002	
Zinc (mg)	Not sure	0.13	0.085	-0.036	0.3	0.125	<0.001
	Yes	0.38	0.082	0.22	0.54	<0.001	
Selenium (ug)	Not sure	0.4	1.1	-1.8	2.6	0.727	0.003
	Yes	2.7	1.1	0.56	4.9	0.014	
Iodine (ug)	Not sure	2.6	2	-1.3	6.5	0.189	<0.001
	Yes	8.9	1.9	5.1	13	<0.001	



Table S28: Full results for the mothers' nutrient intake analyses 4 years post-partum, with 'religious affiliation' as the exposure (reference = no religious affiliation). Results are taken from the multiply-imputed datasets (n = 9,296). Note that the Bonferroni-corrected alpha level is 0.05/33 = 0.0015. lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome. NSP = Non-starch polysaccharides.

outcome	level	coef	se	lci	uci	p	p_exp
Energy (kJ)	Christian	85	70	-53	222	0.227	0.151
	Other	264	141	-13	542	0.062	
Carbohydrate (g)	Christian	3.8	2.2	-0.48	8	0.082	0.046
	Other	10	4.4	1.5	19	0.021	
Total sugars (g)	Christian	4.3	1.3	1.9	6.8	0.001	0.003
	Other	4.1	2.5	-0.87	9.1	0.106	
Free sugars (g)	Christian	3.5	1	1.4	5.5	0.001	0.005
	Other	2.7	2.1	-1.4	6.9	0.201	
Starch (g)	Christian	-0.61	1.3	-3.1	1.9	0.633	0.019
	Other	6	2.6	0.97	11	0.019	
NSP (Fibre; g)	Christian	-0.22	0.16	-0.54	0.095	0.17	<0.001
	Other	1	0.33	0.36	1.6	0.002	
Fat (g)	Christian	0.48	0.81	-1.1	2.1	0.555	0.340
	Other	2.4	1.6	-0.81	5.5	0.144	
Monounsaturated fat (g)	Christian	0.29	0.27	-0.24	0.82	0.291	0.346
	Other	0.73	0.54	-0.34	1.8	0.181	
Polyunsaturated fat (g)	Christian	-0.13	0.15	-0.42	0.16	0.391	0.011
	Other	0.68	0.3	0.099	1.3	0.022	
Saturated fat (g)	Christian	0.22	0.37	-0.51	0.95	0.553	0.684
	Other	0.61	0.75	-0.86	2.1	0.415	
Omega-3 (g; from fish)	Christian	0.014	0.0075	-0.0004	0.029	0.057	0.174
	Other	0.014	0.016	-0.017	0.044	0.383	
Cholesterol (mg)	Christian	8.4	3	2.5	14	0.005	0.004
	Other	-3.6	6.1	-16	8.4	0.555	
Protein (g)	Christian	2.9	0.7	1.5	4.2	<0.001	<0.001
	Other	0.71	1.4	-2.1	3.5	0.618	
Thiamin (mg)	Christian	-0.0034	0.016	-0.035	0.028	0.835	0.004
	Other	0.098	0.033	0.033	0.16	0.003	
Riboflavin (mg)	Christian	0.04	0.019	0.0022	0.078	0.038	0.071
	Other	0.068	0.039	-0.0081	0.14	0.08	
Niacin equivalent (mg)	Christian	1.4	0.34	0.74	2.1	<0.001	<0.001
	Other	0.4	0.68	-0.92	1.7	0.55	
Vitamin B6 (mg)	Christian	0.072	0.019	0.035	0.11	<0.001	0.001
	Other	0.052	0.038	-0.022	0.13	0.166	
Vitamin B12 (ug)	Christian	0.24	0.073	0.098	0.38	0.001	<0.001
	Other	-0.097	0.15	-0.38	0.19	0.509	
Folate (ug)	Christian	2.2	2.4	-2.5	6.9	0.367	0.010
	Other	15	4.8	5.1	24	0.003	
Vitamin C (mg)	Christian	3	1.4	0.38	5.7	0.025	0.003
	Other	9	2.7	3.6	14	0.001	

Retinol/Vitamin A (ug)	Christian	1.1	11	-21	23	0.92	0.657
	Other	-18	22	-61	26	0.423	
Carotene (ug)	Christian	33	39	-42	109	0.387	0.025
	Other	208	77	57	359	0.007	
Vitamin D (ug)	Christian	0.13	0.049	0.037	0.23	0.007	0.027
	Other	0.13	0.1	-0.068	0.32	0.2	
Vitamin E (mg)	Christian	-0.24	0.13	-0.5	0.011	0.06	0.002
	Other	0.53	0.26	0.019	1	0.042	
Calcium (mg)	Christian	4.9	9.9	-14	24	0.618	0.532
	Other	22	20	-17	61	0.263	
Phosphorus (mg)	Christian	19	12	-5.5	43	0.13	0.267
	Other	29	25	-20	78	0.249	
Magnesium (mg)	Christian	-2.7	2.4	-7.4	2.1	0.277	0.001
	Other	14	4.9	4.5	24	0.004	
Sodium (mg)	Christian	18	24	-28	65	0.438	0.556
	Other	47	47	-45	140	0.316	
Potassium (mg)	Christian	53	26	2.3	103	0.041	0.126
	Other	35	52	-67	137	0.502	
Iron (mg)	Christian	-0.065	0.1	-0.27	0.14	0.527	0.006
	Other	0.54	0.21	0.13	0.95	0.01	
Zinc (mg)	Christian	0.16	0.076	0.014	0.31	0.032	0.093
	Other	0.063	0.15	-0.24	0.36	0.677	
Selenium (ug)	Christian	-0.71	1	-2.7	1.3	0.487	<0.001
	Other	6.9	2.1	2.8	11	0.001	
Iodine (ug)	Christian	4.4	1.8	0.85	7.9	0.015	0.052
	Other	2.8	3.6	-4.3	9.8	0.437	

Table S29: Full results for the mothers' nutrient intake analyses 4 years post-partum, with 'belief and religious affiliation' as the exposure (reference = non-religious non-believers). Results are taken from the multiply-imputed datasets (n = 9,296). Note that the Bonferroni-corrected alpha level is 0.05/33 = 0.0015. lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome. NSP = Non-starch polysaccharides.

outcome	level	coef	se	lci	uci	p	p_exp
Energy (kJ)	Christian believer	189	75	41	336	0.012	<0.001
	Christian non-believer	-32	79	-188	123	0.684	
	Other	274	133	14	535	0.039	
Carbohydrate (g)	Christian believer	7.6	2.3	3	12	0.001	<0.001
	Christian non-believer	0.12	2.5	-4.7	4.9	0.963	
	Other	11	4.1	3.4	20	0.005	
Total sugars (g)	Christian believer	5.7	1.4	3.1	8.4	<0.001	<0.001
	Christian non-believer	2.7	1.4	-0.083	5.5	0.057	
	Other	4	2.4	-0.62	8.7	0.089	
Free sugars (g)	Christian believer	4.2	1.1	2	6.4	<0.001	0.002
	Christian non-believer	2.4	1.2	0.08	4.7	0.043	
	Other	2.2	2	-1.7	6.1	0.268	
Starch (g)	Christian believer	1.8	1.4	-0.85	4.5	0.182	<0.001
	Christian non-believer	-2.6	1.4	-5.5	0.15	0.064	
	Other	7.4	2.4	2.7	12	0.002	
NSP (Fibre; g)	Christian believer	0.1	0.17	-0.24	0.44	0.553	<0.001
	Christian non-believer	-0.46	0.18	-0.82	-0.11	0.01	
	Other	1.2	0.3	0.61	1.8	<0.001	
Fat (g)	Christian believer	1.4	0.86	-0.28	3.1	0.103	0.006
	Christian non-believer	-0.68	0.91	-2.5	1.1	0.453	
	Other	2.3	1.5	-0.71	5.3	0.136	
Mono-unsaturated fat (g)	Christian believer	0.59	0.29	0.025	1.2	0.041	0.006
	Christian non-believer	-0.11	0.31	-0.71	0.49	0.721	
	Other	0.68	0.51	-0.32	1.7	0.181	
Poly-unsaturated fat (g)	Christian believer	0.071	0.16	-0.24	0.38	0.656	<0.001
	Christian non-believer	-0.36	0.17	-0.69	-0.025	0.035	
	Other	0.67	0.28	0.12	1.2	0.017	
Saturated fat (g)	Christian believer	0.52	0.4	-0.26	1.3	0.192	0.110
	Christian non-believer	-0.17	0.42	-0.99	0.65	0.683	
	Other	0.58	0.71	-0.81	2	0.416	
Omega-3 (g; from fish)	Christian believer	0.022	0.0081	0.0058	0.037	0.007	0.006
	Christian non-believer	0.0031	0.0085	-0.014	0.02	0.716	
	Other	0.01	0.014	-0.018	0.038	0.482	
Cholesterol (mg)	Christian believer	13	3.2	6.4	19	<0.001	<0.001
	Christian non-believer	1.7	3.4	-4.9	8.3	0.612	
	Other	-3.8	5.7	-15	7.5	0.512	
Protein (g)	Christian believer	4.1	0.76	2.6	5.6	<0.001	<0.001
	Christian non-believer	1.3	0.79	-0.29	2.8	0.11	
	Other	0.88	1.3	-1.7	3.5	0.509	

Thiamin (mg)	Christian believer	0.03	0.017	-0.0038	0.064	0.082	<0.001
	Christian non-believer	-0.029	0.018	-0.065	0.0069	0.114	
	Other	0.12	0.031	0.059	0.18	<0.001	
Riboflavin (mg)	Christian believer	0.073	0.021	0.033	0.11	<0.001	<0.001
	Christian non-believer	0.0076	0.022	-0.035	0.05	0.727	
	Other	0.082	0.036	0.01	0.15	0.025	
Niacin equivalent (mg)	Christian believer	2	0.36	1.3	2.7	<0.001	<0.001
	Christian non-believer	0.68	0.38	-0.058	1.4	0.071	
	Other	0.48	0.63	-0.75	1.7	0.444	
Vitamin B6 (mg)	Christian believer	0.1	0.02	0.062	0.14	<0.001	<0.001
	Christian non-believer	0.038	0.021	-0.0038	0.079	0.075	
	Other	0.056	0.035	-0.012	0.13	0.109	
Vitamin B12 (ug)	Christian believer	0.36	0.078	0.21	0.52	<0.001	<0.001
	Christian non-believer	0.099	0.082	-0.061	0.26	0.225	
	Other	-0.024	0.14	-0.29	0.25	0.862	
Folate (ug)	Christian believer	6.2	2.6	1.1	11	0.016	<0.001
	Christian non-believer	-1.5	2.7	-6.8	3.8	0.576	
	Other	16	4.5	6.7	24	0.001	
Vitamin C (mg)	Christian believer	4.3	1.5	1.5	7.2	0.003	0.001
	Christian non-believer	1.9	1.5	-1.2	4.9	0.229	
	Other	8.6	2.6	3.6	14	0.001	
Retinol/ Vitamin A (ug)	Christian believer	13	12	-10	37	0.268	0.035
	Christian non-believer	-13	13	-37	12	0.317	
	Other	-8.1	21	-49	33	0.696	
Carotene (ug)	Christian believer	60	41	-21	142	0.145	0.018
	Christian non-believer	0.54	43	-84	86	0.99	
	Other	182	72	41	324	0.011	
Vitamin D (ug)	Christian believer	0.21	0.052	0.1	0.31	<0.001	<0.001
	Christian non-believer	0.021	0.055	-0.087	0.13	0.698	
	Other	0.097	0.093	-0.085	0.28	0.295	
Vitamin E (mg)	Christian believer	-0.11	0.14	-0.38	0.16	0.413	<0.001
	Christian non-believer	-0.38	0.15	-0.67	-0.096	0.009	
	Other	0.51	0.24	0.043	0.99	0.033	
Calcium (mg)	Christian believer	16	11	-4.5	37	0.123	0.011
	Christian non-believer	-8.4	11	-30	14	0.454	
	Other	24	19	-13	61	0.202	
Phosphorus (mg)	Christian believer	42	13	15	68	0.002	<0.001
	Christian non-believer	-7.1	14	-35	20	0.611	
	Other	36	23	-10	81	0.128	
Magnesium (mg)	Christian believer	1.9	2.6	-3.2	7	0.467	<0.001
	Christian non-believer	-6.7	2.8	-12	-1.3	0.015	
	Other	16	4.6	6.9	25	0.001	
Sodium (mg)	Christian believer	60	25	10	110	0.018	<0.001
	Christian non-believer	-26	27	-79	26	0.322	
	Other	65	45	-22	153	0.143	
	Christian believer	94	28	40	148	0.001	<0.001

Potassium (mg)	Christian non-believer	0.31	29	-56	57	0.991	
	Other	41	48	-54	136	0.397	
Iron (mg)	Christian believer	0.15	0.11	-0.063	0.37	0.165	<0.001
	Christian non-believer	-0.25	0.12	-0.48	-0.023	0.031	
	Other	0.67	0.19	0.29	1	0.001	
Zinc (mg)	Christian believer	0.31	0.081	0.15	0.47	<0.001	<0.001
	Christian non-believer	0.00029	0.085	-0.17	0.17	0.997	
	Other	0.13	0.14	-0.15	0.41	0.355	
Selenium (ug)	Christian believer	1	1.1	-1.1	3.2	0.361	<0.001
	Christian non-believer	-2.3	1.2	-4.5	0.018	0.052	
	Other	7.3	1.9	3.5	11	<0.001	
Iodine (ug)	Christian believer	7.7	1.9	3.9	11	<0.001	<0.001
	Christian non-believer	0.33	2	-3.6	4.3	0.871	
	Other	3.6	3.4	-3	10	0.282	

Table S30: Full results for the mothers' nutrient intake analyses 4 years post-partum, with 'frequency of attendance at church/place of worship' as the exposure (reference = not at all). Results are taken from the multiply-imputed datasets (n = 9,296). Note that the Bonferroni-corrected alpha level is  $0.05/33 = 0.0015$ . lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome. NSP = Non-starch polysaccharides.

outcome	level	coef	se	lci	uci	p	p_exp
Energy (kJ)	Min once a month	377	75	231	523	<0.001	<0.001
	Min once a year	208	57	96	320	<0.001	
Carbohydrate (g)	Min once a month	12	2.3	7.9	17	<0.001	<0.001
	Min once a year	6.1	1.8	2.6	9.6	0.001	
Total sugars (g)	Min once a month	5.6	1.3	3	8.2	<0.001	<0.001
	Min once a year	3.4	1	1.4	5.4	0.001	
Free sugars (g)	Min once a month	2.2	1.1	0.027	4.4	0.047	0.078
	Min once a year	1.4	0.86	-0.25	3.1	0.094	
Starch (g)	Min once a month	6.7	1.4	4	9.3	<0.001	<0.001
	Min once a year	2.7	1	0.63	4.7	0.01	
NSP (Fibre; g)	Min once a month	1	0.17	0.69	1.4	<0.001	<0.001
	Min once a year	0.45	0.13	0.2	0.71	0.001	
Fat (g)	Min once a month	3.7	0.85	2	5.3	<0.001	<0.001
	Min once a year	1.6	0.65	0.28	2.9	0.017	
Monounsaturated fat (g)	Min once a month	1.3	0.29	0.69	1.8	<0.001	<0.001
	Min once a year	0.47	0.22	0.043	0.9	0.031	
Polyunsaturated fat (g)	Min once a month	0.46	0.16	0.15	0.77	0.004	0.012
	Min once a year	0.18	0.12	-0.055	0.42	0.132	
Saturated fat (g)	Min once a month	1.4	0.39	0.68	2.2	<0.001	0.001
	Min once a year	0.65	0.3	0.053	1.2	0.033	
Omega-3 (g; from fish)	Min once a month	0.0084	0.008	-0.0073	0.024	0.296	0.001
	Min once a year	0.023	0.0061	0.011	0.035	<0.001	
Cholesterol (mg)	Min once a month	16	3.2	9.4	22	<0.001	<0.001
	Min once a year	13	2.4	8.5	18	<0.001	
Protein (g)	Min once a month	5.5	0.75	4.1	7	<0.001	<0.001
	Min once a year	3.5	0.58	2.4	4.7	<0.001	
Thiamin (mg)	Min once a month	0.096	0.017	0.063	0.13	<0.001	<0.001
	Min once a year	0.042	0.013	0.016	0.068	0.002	
Riboflavin (mg)	Min once a month	0.15	0.021	0.11	0.19	<0.001	<0.001
	Min once a year	0.064	0.016	0.033	0.095	<0.001	
Niacin equivalent (mg)	Min once a month	2.7	0.36	1.9	3.4	<0.001	<0.001
	Min once a year	1.6	0.27	1	2.1	<0.001	
Vitamin B6 (mg)	Min once a month	0.13	0.02	0.093	0.17	<0.001	<0.001
	Min once a year	0.083	0.015	0.053	0.11	<0.001	
Vitamin B12 (ug)	Min once a month	0.37	0.078	0.22	0.52	<0.001	<0.001
	Min once a year	0.32	0.059	0.2	0.44	<0.001	
Folate (ug)	Min once a month	15	2.5	10	20	<0.001	<0.001
	Min once a year	9.2	2	5.3	13	<0.001	
Vitamin C (mg)	Min once a month	5.9	1.4	3.1	8.8	<0.001	<0.001

	Min once a year	6.3	1.1	4.2	8.5	<0.001	
Retinol/ Vitamin A (ug)	Min once a month	33	12	9.4	56	0.006	0.001
	Min once a year	28	9.1	10	46	0.002	
Carotene (ug)	Min once a month	228	41	148	309	<0.001	<0.001
	Min once a year	118	31	57	180	<0.001	
Vitamin D (ug)	Min once a month	0.28	0.052	0.18	0.39	<0.001	<0.001
	Min once a year	0.19	0.04	0.11	0.26	<0.001	
Vitamin E (mg)	Min once a month	0.32	0.14	0.053	0.59	0.019	0.047
	Min once a year	0.15	0.1	-0.051	0.36	0.141	
Calcium (mg)	Min once a month	61	11	40	82	<0.001	<0.001
	Min once a year	28	8.1	12	44	0.001	
Phosphorus (mg)	Min once a month	96	13	70	121	<0.001	<0.001
	Min once a year	49	10	29	68	<0.001	
Magnesium (mg)	Min once a month	16	2.6	10	21	<0.001	<0.001
	Min once a year	7.5	2	3.6	11	<0.001	
Sodium (mg)	Min once a month	146	25	96	195	<0.001	<0.001
	Min once a year	62	19	24	99	0.001	
Potassium (mg)	Min once a month	143	27	90	197	<0.001	<0.001
	Min once a year	105	21	63	146	<0.001	
Iron (mg)	Min once a month	0.67	0.11	0.45	0.88	<0.001	<0.001
	Min once a year	0.39	0.084	0.22	0.55	<0.001	
Zinc (mg)	Min once a month	0.68	0.081	0.53	0.84	<0.001	<0.001
	Min once a year	0.36	0.062	0.24	0.48	<0.001	
Selenium (ug)	Min once a month	4.9	1.1	2.7	7	<0.001	<0.001
	Min once a year	2.6	0.84	0.94	4.2	0.002	
Iodine (ug)	Min once a month	11	1.9	7.7	15	<0.001	<0.001
	Min once a year	6.6	1.5	3.7	9.4	<0.001	

*Table S31: Full results for the mothers' analyses using binary recommended nutrient intake cut-offs 4 years post-partum, with 'belief in God/divine power' as the exposure (reference = no belief in God/divine power). Results are odds ratios (OR) and 95% confidence intervals taken from the multiply-imputed datasets (n = 9,296). Note that the Bonferroni-corrected alpha level is 0.05/28 = 0.0018. EAR = Estimated Average Requirement; RNI = Reference Nutrient Intake; NSP = Non-starch polysaccharides. Note that as so few participants were above the RNI threshold for vitamin D at 4 years post-partum, it was not possible to include this variable in these analyses (hence why the number of comparisons is one less than the 29 from pregnancy). lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome.*

<b>outcome</b>	<b>level</b>	<b>OR</b>	<b>lci</b>	<b>uci</b>	<b>p</b>	<b>p_exp</b>
Energy < EAR (8,400kJ)	Not sure	0.95	0.83	1.09	0.46	0.001
	Yes	0.82	0.72	0.93	0.003	
Carbohydrate < minimum (267g)	Not sure	1	0.86	1.16	0.992	<0.001
	Yes	0.83	0.72	0.96	0.01	
Free sugars > max (27g)	Not sure	1.17	0.95	1.43	0.132	0.058
	Yes	1.27	1.04	1.54	0.018	
NSP (Fibre) < RNI (22.5g)	Not sure	1.03	0.84	1.27	0.775	0.230
	Yes	0.91	0.75	1.11	0.372	
Fat > maximum (78g)	Not sure	0.99	0.87	1.13	0.883	0.070
	Yes	1.1	0.96	1.25	0.16	
Monounsaturated fat < RNI (29g)	Not sure	0.96	0.83	1.11	0.609	0.027
	Yes	0.86	0.75	0.99	0.035	
Polyunsaturated fat < RNI (14g)	Not sure	1.04	0.91	1.2	0.57	0.009
	Yes	0.9	0.79	1.03	0.122	
Saturated fat > maximum (24g)	Not sure	1.02	0.89	1.18	0.741	0.191
	Yes	1.11	0.96	1.27	0.151	
Omega-3 from fish < 0.25g	Not sure	0.95	0.82	1.1	0.461	0.003
	Yes	0.82	0.71	0.95	0.007	
Protein < RNI (45g)	Not sure	0.73	0.55	0.99	0.041	0.110
	Yes	0.78	0.59	1.03	0.084	
Thiamin < RNI (0.8mg)	Not sure	0.92	0.65	1.31	0.648	0.562
	Yes	0.84	0.59	1.18	0.314	
Riboflavin < RNI (1.1mg)	Not sure	0.91	0.77	1.08	0.277	<0.001
	Yes	0.74	0.62	0.87	<0.001	
Niacin equivalent < RNI (13.2mg)	Not sure	0.33	0.15	0.69	0.003	0.007
	Yes	0.43	0.22	0.85	0.015	
Vitamin B6 < RNI (1.2mg)	Not sure	0.75	0.56	1	0.052	0.023
	Yes	0.68	0.51	0.89	0.006	
Vitamin B12 < RNI (1.5ug)	Not sure	0.76	0.48	1.19	0.23	0.157
	Yes	0.64	0.41	1.01	0.054	
Folate < RNI (200ug)	Not sure	0.94	0.8	1.09	0.399	<0.001
	Yes	0.78	0.67	0.91	0.001	
Vitamin C < RNI (40mg)	Not sure	1	0.76	1.32	0.986	0.026
	Yes	0.76	0.58	1.01	0.058	
	Not sure	1.02	0.88	1.17	0.802	0.373



Retinol/Vitamin A < RNI (600ug)	Yes	0.95	0.83	1.09	0.47	
Vitamin E < minimum (3ug)	Not sure	0.7	0.41	1.2	0.198	0.403
	Yes	0.86	0.52	1.41	0.543	
Calcium < RNI (700ug)	Not sure	1.03	0.87	1.22	0.703	0.019
	Yes	0.87	0.74	1.03	0.113	
Phosphorous < RNI (550mg)	Not sure	0.43	0.22	0.87	0.02	0.058
	Yes	0.59	0.31	1.11	0.1	
Magnesium < RNI (270mg)	Not sure	1.02	0.89	1.17	0.804	0.011
	Yes	0.89	0.78	1.01	0.075	
Sodium < RNI (1.6g) OR > maximum (2.4g)	Not sure	1.01	0.88	1.16	0.918	0.007
	Yes	1.16	1.01	1.33	0.03	
Potassium < RNI (3500mg)	Not sure	0.95	0.83	1.09	0.456	<0.001
	Yes	0.79	0.69	0.9	<0.001	
Iron < RNI (14.8mg)	Not sure	1.04	0.85	1.27	0.711	0.123
	Yes	0.9	0.74	1.1	0.307	
Zinc < RNI (7mg)	Not sure	0.88	0.76	1.02	0.094	<0.001
	Yes	0.74	0.64	0.85	<0.001	
Selenium < RNI (60ug)	Not sure	0.84	0.72	1	0.044	0.001
	Yes	0.74	0.63	0.88	<0.001	
Iodine < RNI (140ug)	Not sure	0.97	0.85	1.11	0.663	<0.001
	Yes	0.76	0.67	0.87	<0.001	

*Table S32: Full results for the mothers' analyses using binary recommended nutrient intake cut-offs 4 years post-partum, with 'religious affiliation' as the exposure (reference = no religious affiliation). Results are odds ratios (OR) and 95% confidence intervals taken from the multiply-imputed datasets (n = 9,296). Note that the Bonferroni-corrected alpha level is 0.05/28 = 0.0018. EAR = Estimated Average Requirement; RNI = Reference Nutrient Intake; NSP = Non-starch polysaccharides. Note that as so few participants were above the RNI threshold for vitamin D at 4 years post-partum, it was not possible to include this variable in these analyses (hence why the number of comparisons is one less than the 29 from pregnancy). lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome.*

<b>outcome</b>	<b>level</b>	<b>OR</b>	<b>lci</b>	<b>uci</b>	<b>p</b>	<b>p_exp</b>
Energy < EAR (8,400kJ)	Christian	0.92	0.82	1.04	0.191	0.347
	Other	0.87	0.68	1.11	0.267	
Carbohydrate < minimum (267g)	Christian	0.87	0.76	0.99	0.038	0.091
	Other	0.82	0.63	1.07	0.137	
Free sugars > max (27g)	Christian	1.23	1.02	1.47	0.026	0.072
	Other	1.31	0.89	1.91	0.169	
NSP (Fibre) < RNI (22.5g)	Christian	1.16	0.97	1.38	0.098	0.017
	Other	0.79	0.57	1.09	0.155	
Fat > maximum (78g)	Christian	0.99	0.88	1.11	0.828	0.387
	Other	1.15	0.91	1.47	0.249	
Monounsaturated fat < RNI (29g)	Christian	0.91	0.8	1.04	0.186	0.422
	Other	0.94	0.72	1.23	0.663	
Polyunsaturated fat < RNI (14g)	Christian	1.07	0.94	1.21	0.297	0.039
	Other	0.81	0.63	1.03	0.09	
Saturated fat > maximum (24g)	Christian	1.06	0.93	1.21	0.355	0.636
	Other	1.02	0.79	1.32	0.877	
Omega-3 from fish < 0.25g	Christian	0.91	0.8	1.03	0.145	0.334
	Other	0.96	0.74	1.24	0.76	
Protein < RNI (45g)	Christian	0.88	0.67	1.16	0.361	0.543
	Other	1.06	0.61	1.84	0.828	
Thiamin < RNI (0.8mg)	Christian	1.06	0.75	1.5	0.731	0.338
	Other	0.6	0.27	1.35	0.221	
Riboflavin < RNI (1.1mg)	Christian	0.91	0.78	1.07	0.258	0.492
	Other	0.88	0.64	1.21	0.432	
Niacin equivalent < RNI (13.2mg)	Christian	0.67	0.34	1.34	0.256	0.526
	Other	0.74	0.15	3.6	0.704	
Vitamin B6 < RNI (1.2mg)	Christian	0.78	0.6	1.01	0.063	0.177
	Other	0.81	0.47	1.4	0.453	
Vitamin B12 < RNI (1.5ug)	Christian	0.72	0.48	1.09	0.122	0.159
	Other	1.18	0.56	2.49	0.667	
Folate < RNI (200ug)	Christian	0.98	0.85	1.13	0.753	0.156
	Other	0.74	0.55	1.01	0.061	
Vitamin C < RNI (40mg)	Christian	0.92	0.71	1.19	0.509	0.301
	Other	0.59	0.3	1.16	0.125	
Retinol/Vitamin A < RNI (600ug)	Christian	0.94	0.82	1.06	0.307	0.537
	Other	0.9	0.7	1.16	0.41	

Vitamin E < minimum (3ug)	Christian	1.06	0.63	1.78	0.829	0.893
	Other	0.83	0.27	2.59	0.752	
Calcium < RNI (700ug)	Christian	1.01	0.87	1.18	0.888	0.950
	Other	0.97	0.71	1.33	0.836	
Phosphorous < RNI (550mg)	Christian	0.88	0.46	1.7	0.7	0.625
	Other	0.46	0.1	2.23	0.336	
Magnesium < RNI (270mg)	Christian	1.09	0.96	1.23	0.185	0.007
	Other	0.77	0.6	0.98	0.037	
Sodium < RNI (1.6g) OR > maximum (2.4g)	Christian	1.05	0.93	1.19	0.429	0.358
	Other	1.2	0.93	1.55	0.16	
Potassium < RNI (3500mg)	Christian	0.88	0.78	1	0.043	0.131
	Other	0.91	0.71	1.16	0.435	
Iron < RNI (14.8mg)	Christian	1.09	0.91	1.29	0.355	0.196
	Other	0.84	0.61	1.17	0.313	
Zinc < RNI (7mg)	Christian	0.89	0.78	1.02	0.106	0.247
	Other	0.86	0.65	1.14	0.3	
Selenium < RNI (60ug)	Christian	1	0.86	1.17	0.963	0.227
	Other	0.76	0.54	1.07	0.114	
Iodine < RNI (140ug)	Christian	0.9	0.8	1.02	0.092	0.206
	Other	0.86	0.67	1.1	0.23	

*Table S33: Full results for the mothers' analyses using binary recommended nutrient intake cut-offs 4 years post-partum, with 'belief and religious affiliation' as the exposure (reference = non-religious non-believers). Results are odds ratios (OR) and 95% confidence intervals taken from the multiply-imputed datasets (n = 9,296). Note that the Bonferroni-corrected alpha level is 0.05/28 = 0.0018 EAR = Estimated Average Requirement; RNI = Reference Nutrient Intake; NSP = Non-starch polysaccharides. Note that as so few participants were above the RNI threshold for vitamin D at 4 years post-partum, it was not possible to include this variable in these analyses (hence why the number of comparisons is one less than the 29 from pregnancy). lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome.*

<b>outcome</b>	<b>level</b>	<b>OR</b>	<b>lci</b>	<b>uci</b>	<b>p</b>	<b>p_exp</b>
Energy < EAR (8,400kJ)	Christian believer	0.84	0.74	0.96	0.009	0.001
	Christian non-believer	1	0.87	1.15	0.991	
	Other	0.81	0.65	1.02	0.075	
Carbohydrate < minimum (267g)	Christian believer	0.8	0.69	0.92	0.002	0.001
	Christian non-believer	0.95	0.82	1.11	0.516	
	Other	0.8	0.63	1.03	0.081	
Free sugars > max (27g)	Christian believer	1.29	1.06	1.57	0.01	0.068
	Christian non-believer	1.17	0.95	1.44	0.132	
	Other	1.3	0.91	1.86	0.142	
NSP (Fibre) < RNI (22.5g)	Christian believer	1.06	0.88	1.29	0.515	0.003
	Christian non-believer	1.26	1.03	1.55	0.026	
	Other	0.76	0.56	1.02	0.072	
Fat > maximum (78g)	Christian believer	1.05	0.92	1.2	0.444	0.013
	Christian non-believer	0.91	0.79	1.04	0.157	
	Other	1.14	0.91	1.43	0.259	
Monounsaturated fat < RNI (29g)	Christian believer	0.86	0.75	0.99	0.042	0.038
	Christian non-believer	0.99	0.86	1.15	0.924	
	Other	0.95	0.74	1.22	0.676	
Polyunsaturated fat < RNI (14g)	Christian believer	0.97	0.85	1.11	0.676	<0.001
	Christian non-believer	1.18	1.03	1.36	0.02	
	Other	0.79	0.63	0.99	0.044	
Saturated fat > maximum (24g)	Christian believer	1.13	0.98	1.29	0.095	0.148
	Christian non-believer	1.01	0.87	1.17	0.906	
	Other	1.07	0.84	1.36	0.596	
Omega-3 from fish < 0.25g	Christian believer	0.84	0.73	0.97	0.015	0.007
	Christian non-believer	0.99	0.86	1.15	0.913	
	Other	0.92	0.72	1.17	0.496	
Protein < RNI (45g)	Christian believer	0.85	0.63	1.14	0.279	0.737
	Christian non-believer	0.87	0.64	1.19	0.387	
	Other	0.95	0.56	1.61	0.852	
Thiamin < RNI (0.8mg)	Christian believer	0.98	0.68	1.42	0.914	0.329
	Christian non-believer	1.15	0.79	1.68	0.461	
	Other	0.64	0.31	1.33	0.236	
Riboflavin < RNI (1.1mg)	Christian believer	0.8	0.68	0.95	0.011	0.001
	Christian non-believer	1.03	0.87	1.23	0.714	

	Other	0.83	0.62	1.13	0.234	
Niacin equivalent < RNI (13.2mg)	Christian believer	0.66	0.3	1.45	0.302	0.748
	Christian non-believer	0.74	0.34	1.62	0.452	
	Other	0.96	0.25	3.7	0.957	
Vitamin B6 < RNI (1.2mg)	Christian believer	0.72	0.54	0.96	0.024	0.151
	Christian non-believer	0.83	0.62	1.12	0.228	
	Other	0.79	0.47	1.31	0.358	
Vitamin B12 < RNI (1.5ug)	Christian believer	0.66	0.41	1.04	0.075	0.168
	Christian non-believer	0.83	0.52	1.33	0.437	
	Other	1.19	0.59	2.4	0.625	
Folate < RNI (200ug)	Christian believer	0.87	0.75	1.01	0.076	<0.001
	Christian non-believer	1.09	0.93	1.27	0.301	
	Other	0.72	0.54	0.96	0.026	
Vitamin C < RNI (40mg)	Christian believer	0.78	0.59	1.04	0.087	0.019
	Christian non-believer	1.04	0.79	1.38	0.773	
	Other	0.59	0.32	1.08	0.085	
Retinol/Vitamin A < RNI (600ug)	Christian believer	0.91	0.79	1.04	0.164	0.371
	Christian non-believer	0.98	0.85	1.13	0.769	
	Other	0.92	0.72	1.16	0.468	
Vitamin E < minimum (3ug)	Christian believer	1.11	0.64	1.94	0.703	0.911
	Christian non-believer	0.99	0.55	1.78	0.971	
	Other	0.86	0.3	2.42	0.774	
Calcium < RNI (700ug)	Christian believer	0.91	0.77	1.08	0.273	0.013
	Christian non-believer	1.12	0.94	1.32	0.204	
	Other	0.91	0.67	1.23	0.54	
Phosphorous < RNI (550mg)	Christian believer	0.85	0.42	1.73	0.659	0.702
	Christian non-believer	0.82	0.39	1.73	0.61	
	Other	0.4	0.09	1.89	0.249	
Magnesium < RNI (270mg)	Christian believer	0.97	0.85	1.11	0.676	<0.001
	Christian non-believer	1.16	1.02	1.34	0.03	
	Other	0.69	0.54	0.87	0.002	
Sodium < RNI (1.6g) OR > maximum (2.4g)	Christian believer	1.14	0.99	1.3	0.062	0.005
	Christian non-believer	0.96	0.84	1.11	0.603	
	Other	1.21	0.95	1.53	0.121	
Potassium < RNI (3500mg)	Christian believer	0.8	0.7	0.91	0.001	<0.001
	Christian non-believer	1	0.87	1.15	0.959	
	Other	0.89	0.71	1.13	0.342	
Iron < RNI (14.8mg)	Christian believer	0.98	0.81	1.18	0.841	0.008
	Christian non-believer	1.21	0.98	1.48	0.072	
	Other	0.79	0.58	1.07	0.127	
Zinc < RNI (7mg)	Christian believer	0.79	0.68	0.92	0.002	0.001
	Christian non-believer	0.98	0.84	1.14	0.75	
	Other	0.78	0.59	1.02	0.07	
Selenium < RNI (60ug)	Christian believer	0.89	0.75	1.05	0.178	0.002
	Christian non-believer	1.09	0.92	1.29	0.332	
	Other	0.69	0.5	0.96	0.027	

Iodine < RNI (140ug)	Christian believer	0.79	0.69	0.9	0.001	<0.001
	Christian non-believer	1.04	0.91	1.2	0.535	
	Other	0.84	0.67	1.07	0.152	

*Table S34: Full results for the mothers' analyses using binary recommended nutrient intake cut-offs 4 years post-partum, with 'frequency of attendance at church/place of worship' as the exposure (reference = not at all). Results are odds ratios (OR) and 95% confidence intervals taken from the multiply-imputed datasets (n = 9,296). Note that the Bonferroni-corrected alpha level is 0.05/28 = 0.0018. EAR = Estimated Average Requirement; RNI = Reference Nutrient Intake; NSP = Non-starch polysaccharides. Note that as so few participants were above the RNI threshold for vitamin D at 4 years post-partum, it was not possible to include this variable in these analyses (hence why the number of comparisons is one less than the 29 from pregnancy). lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall overall association between the exposure and the outcome.*

<b>outcome</b>	<b>level</b>	<b>OR</b>	<b>lci</b>	<b>uci</b>	<b>p</b>	<b>p_exp</b>
Energy < EAR (8,400kJ)	Min once a month	0.76	0.67	0.86	<0.001	<0.001
	Min once a year	0.89	0.81	0.98	0.023	
Carbohydrate < minimum (267g)	Min once a month	0.73	0.64	0.83	<0.001	<0.001
	Min once a year	0.88	0.79	0.98	0.022	
Free sugars > max (27g)	Min once a month	1.39	1.12	1.73	0.003	0.010
	Min once a year	1.12	0.96	1.3	0.167	
NSP (Fibre) < RNI (22.5g)	Min once a month	0.8	0.67	0.96	0.028	0.058
	Min once a year	0.96	0.83	1.12	0.252	
Fat > maximum (78g)	Min once a month	1.21	1.06	1.37	0.004	0.014
	Min once a year	1.07	0.97	1.18	0.203	
Monounsaturated fat < RNI (29g)	Min once a month	0.81	0.71	0.93	0.003	0.012
	Min once a year	0.93	0.83	1.03	0.152	
Polyunsaturated fat < RNI (14g)	Min once a month	0.89	0.78	1.02	0.085	0.225
	Min once a year	0.98	0.88	1.08	0.682	
Saturated fat > maximum (24g)	Min once a month	1.3	1.13	1.5	<0.001	0.001
	Min once a year	1.1	0.99	1.22	0.084	
Omega-3 from fish < 0.25g	Min once a month	0.84	0.74	0.96	0.013	<0.001
	Min once a year	0.82	0.74	0.91	<0.001	
Protein < RNI (45g)	Min once a month	0.82	0.58	1.15	0.244	0.015
	Min once a year	0.68	0.52	0.89	0.004	
Thiamin < RNI (0.8mg)	Min once a month	0.68	0.45	1.03	0.071	0.062
	Min once a year	0.75	0.56	1.01	0.059	
Riboflavin < RNI (1.1mg)	Min once a month	0.62	0.52	0.75	<0.001	<0.001
	Min once a year	0.77	0.67	0.87	<0.001	
Niacin equivalent < RNI (13.2mg)	Min once a month	0.93	0.34	2.49	0.881	0.826
	Min once a year	0.8	0.38	1.66	0.542	
Vitamin B6 < RNI (1.2mg)	Min once a month	0.68	0.49	0.96	0.028	0.008
	Min once a year	0.72	0.56	0.92	0.008	
Vitamin B12 < RNI (1.5ug)	Min once a month	0.69	0.41	1.17	0.164	0.038
	Min once a year	0.6	0.39	0.91	0.017	
Folate < RNI (200ug)	Min once a month	0.67	0.57	0.79	<0.001	<0.001
	Min once a year	0.75	0.67	0.85	<0.001	
Vitamin C < RNI (40mg)	Min once a month	0.76	0.55	1.05	0.091	0.017
	Min once a year	0.73	0.58	0.92	0.009	
	Min once a month	0.84	0.73	0.96	0.009	0.010

Retinol/Vitamin A < RNI (600ug)	Min once a year	0.89	0.8	0.98	0.023	
Vitamin E < minimum (3ug)	Min once a month	0.48	0.23	1	0.05	0.036
	Min once a year	0.62	0.39	0.99	0.045	
Calcium < RNI (700ug)	Min once a month	0.65	0.54	0.78	<0.001	<0.001
	Min once a year	0.78	0.69	0.89	<0.001	
Phosphorous < RNI (550mg)	Min once a month	0.93	0.4	2.16	0.858	0.965
	Min once a year	0.93	0.5	1.73	0.815	
Magnesium < RNI (270mg)	Min once a month	0.75	0.66	0.85	<0.001	<0.001
	Min once a year	0.88	0.8	0.98	0.014	
Sodium < RNI (1.6g) OR > maximum (2.4g)	Min once a month	1.33	1.16	1.52	<0.001	<0.001
	Min once a year	1.06	0.96	1.18	0.235	
Potassium < RNI (3500mg)	Min once a month	0.74	0.65	0.84	<0.001	<0.001
	Min once a year	0.83	0.75	0.92	<0.001	
Iron < RNI (14.8mg)	Min once a month	0.75	0.63	0.89	0.001	0.005
	Min once a year	0.93	0.8	1.07	0.301	
Zinc < RNI (7mg)	Min once a month	0.57	0.48	0.67	<0.001	<0.001
	Min once a year	0.75	0.67	0.85	<0.001	
Selenium < RNI (60ug)	Min once a month	0.64	0.53	0.77	<0.001	<0.001
	Min once a year	0.76	0.67	0.86	<0.001	
Iodine < RNI (140ug)	Min once a month	0.68	0.59	0.78	<0.001	<0.001
	Min once a year	0.83	0.75	0.92	<0.001	



Table S35: Full results for the mothers' nutrient intake analyses 4 years post-partum, with 'belief in God/divine power' as the exposure (reference = no belief in God/divine power) and adjusted for total energy intake. Results are taken from the multiply-imputed datasets (n = 9,296). Note that the Bonferroni-corrected alpha level is  $0.05/32 = 0.0016$ . lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome. NSP = Non-starch polysaccharides.

outcome	level	coef	se	lci	uci	p	p_exp
Carbohydrate (g)	Not sure	-0.55	0.88	-2.3	1.2	0.531	0.013
	Yes	1.2	0.84	-0.46	2.9	0.156	
Total sugars (g)	Not sure	0.65	0.93	-1.2	2.5	0.485	0.266
	Yes	1.3	0.9	-0.43	3.1	0.137	
Free sugars (g)	Not sure	0.15	0.87	-1.6	1.9	0.859	0.914
	Yes	0.32	0.84	-1.3	2	0.7	
Starch (g)	Not sure	-1.3	0.78	-2.8	0.24	0.097	0.076
	Yes	-0.18	0.75	-1.7	1.3	0.812	
NSP (Fibre; g)	Not sure	-0.098	0.14	-0.37	0.18	0.482	0.100
	Yes	0.11	0.13	-0.16	0.37	0.422	
Fat (g)	Not sure	-0.16	0.35	-0.85	0.53	0.647	0.236
	Yes	-0.48	0.34	-1.1	0.18	0.155	
Monounsaturated fat (g)	Not sure	0.038	0.13	-0.21	0.29	0.769	0.468
	Yes	-0.069	0.12	-0.31	0.17	0.573	
Polyunsaturated fat (g)	Not sure	-0.022	0.11	-0.24	0.19	0.843	0.933
	Yes	-0.038	0.1	-0.24	0.17	0.72	
Saturated fat (g)	Not sure	-0.12	0.21	-0.54	0.3	0.586	0.065
	Yes	-0.39	0.21	-0.8	0.012	0.057	
Omega-3 (g; from fish)	Not sure	0.0061	0.0082	-0.01	0.022	0.457	0.041
	Yes	0.017	0.0079	0.0016	0.033	0.03	
Cholesterol (mg)	Not sure	0.5	2.3	-4.1	5.1	0.83	0.013
	Yes	4.7	2.2	0.33	9.1	0.035	
Protein (g)	Not sure	1.5	0.45	0.61	2.4	0.001	<0.001
	Yes	2.4	0.44	1.6	3.3	<0.001	
Thiamin (mg)	Not sure	-0.0046	0.013	-0.029	0.02	0.718	0.034
	Yes	0.017	0.012	-0.0066	0.042	0.156	
Riboflavin (mg)	Not sure	0.024	0.016	-0.0064	0.055	0.122	0.003
	Yes	0.048	0.015	0.019	0.077	0.001	
Niacin equivalent (mg)	Not sure	0.8	0.24	0.32	1.3	0.001	<0.001
	Yes	1.3	0.24	0.8	1.7	<0.001	
Vitamin B6 (mg)	Not sure	0.031	0.013	0.0055	0.057	0.017	<0.001
	Yes	0.055	0.013	0.03	0.08	<0.001	
Vitamin B12 (ug)	Not sure	0.15	0.071	0.0066	0.28	0.04	<0.001
	Yes	0.28	0.068	0.15	0.41	<0.001	
Folate (ug)	Not sure	0.79	1.9	-2.9	4.5	0.675	0.064
	Yes	3.3	1.8	-0.23	6.9	0.066	
Vitamin C (mg)	Not sure	-0.092	1.4	-2.8	2.6	0.947	0.216
	Yes	1.5	1.3	-1.1	4.1	0.271	
	Not sure	-2.6	11	-25	19	0.816	0.597

Retinol/Vitamin A (ug)	Yes	5.1	11	-16	26	0.634	
Carotene (ug)	Not sure	16	40	-63	95	0.69	0.390
	Yes	45	39	-31	122	0.245	
Vitamin D (ug)	Not sure	0.074	0.047	-0.019	0.17	0.118	0.001
	Yes	0.16	0.045	0.066	0.24	0.001	
Vitamin E (mg)	Not sure	0.0064	0.11	-0.21	0.22	0.954	0.457
	Yes	-0.082	0.11	-0.29	0.12	0.436	
Calcium (mg)	Not sure	5.6	6.5	-7.2	18	0.392	0.643
	Yes	2.5	6.3	-9.9	15	0.696	
Phosphorus (mg)	Not sure	12	7.7	-3.2	27	0.123	0.002
	Yes	24	7.5	9.5	39	0.001	
Magnesium (mg)	Not sure	-0.78	1.6	-4	2.4	0.631	0.489
	Yes	0.56	1.6	-2.5	3.6	0.722	
Sodium (mg)	Not sure	5.7	12	-18	30	0.642	0.108
	Yes	20	12	-3	43	0.089	
Potassium (mg)	Not sure	10	17	-24	44	0.561	0.026
	Yes	36	17	3.5	69	0.03	
Iron (mg)	Not sure	-0.012	0.074	-0.16	0.13	0.871	0.055
	Yes	0.1	0.072	-0.037	0.25	0.148	
Zinc (mg)	Not sure	0.1	0.05	0.007	0.2	0.036	<0.001
	Yes	0.2	0.048	0.1	0.29	<0.001	
Selenium (ug)	Not sure	0.12	0.85	-1.5	1.8	0.886	0.557
	Yes	0.67	0.82	-0.94	2.3	0.416	
Iodine (ug)	Not sure	2.1	1.3	-0.45	4.6	0.108	<0.001
	Yes	4.7	1.2	2.3	7.2	<0.001	

*Table S36: Full results for the mothers' nutrient intake analyses 4 years post-partum, with 'religious affiliation' as the exposure (reference = no religious affiliation) and adjusted for total energy intake. Results are taken from the multiply-imputed datasets (n = 9,296). Note that the Bonferroni-corrected alpha level is  $0.05/32 = 0.0016$ . lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome. NSP = Non-starch polysaccharides.*

<b>outcome</b>	<b>level</b>	<b>coef</b>	<b>se</b>	<b>lci</b>	<b>uci</b>	<b>p</b>	<b>p_exp</b>
Carbohydrate (g)	Christian	1.3	0.78	-0.21	2.8	0.092	0.153
	Other	2.5	1.6	-0.63	5.5	0.119	
Total sugars (g)	Christian	3.2	0.83	1.5	4.8	<0.001	<0.001
	Other	0.52	1.7	-2.7	3.8	0.754	
Free sugars (g)	Christian	2.6	0.77	1.1	4.1	0.001	0.001
	Other	0.059	1.6	-3	3.1	0.97	
Starch (g)	Christian	-1.9	0.69	-3.3	-0.54	0.006	0.001
	Other	2	1.4	-0.79	4.7	0.162	
NSP (Fibre; g)	Christian	-0.34	0.12	-0.59	-0.1	0.006	<0.001
	Other	0.62	0.26	0.12	1.1	0.016	
Fat (g)	Christian	-0.42	0.31	-1	0.19	0.177	0.406
	Other	-0.42	0.63	-1.7	0.82	0.507	
Monounsaturated fat (g)	Christian	-0.0095	0.11	-0.23	0.21	0.933	0.679
	Other	-0.19	0.23	-0.64	0.26	0.405	
Polyunsaturated fat (g)	Christian	-0.26	0.097	-0.46	-0.074	0.006	0.001
	Other	0.26	0.2	-0.13	0.65	0.19	
Saturated fat (g)	Christian	-0.16	0.19	-0.54	0.21	0.4	0.321
	Other	-0.58	0.39	-1.3	0.2	0.144	
Omega-3 (g; from fish)	Christian	0.012	0.0074	-0.0021	0.027	0.094	0.258
	Other	0.0074	0.015	-0.023	0.038	0.632	
Cholesterol (mg)	Christian	5.7	2.1	1.7	9.8	0.005	<0.001
	Other	-12	4.2	-20	-3.5	0.005	
Protein (g)	Christian	2.2	0.4	1.4	2.9	<0.001	<0.001
	Other	-1.5	0.82	-3.1	0.12	0.07	
Thiamin (mg)	Christian	-0.017	0.011	-0.039	0.0047	0.123	0.002
	Other	0.054	0.024	0.0074	0.1	0.023	
Riboflavin (mg)	Christian	0.024	0.014	-0.0037	0.051	0.09	0.231
	Other	0.017	0.028	-0.038	0.071	0.542	
Niacin equivalent (mg)	Christian	1.1	0.22	0.66	1.5	<0.001	<0.001
	Other	-0.56	0.44	-1.4	0.31	0.21	
Vitamin B6 (mg)	Christian	0.055	0.012	0.031	0.078	<0.001	<0.001
	Other	-0.0031	0.024	-0.05	0.043	0.896	
Vitamin B12 (ug)	Christian	0.2	0.063	0.073	0.32	0.002	<0.001
	Other	-0.23	0.13	-0.49	0.016	0.067	
Folate (ug)	Christian	0.095	1.7	-3.2	3.4	0.955	0.036
	Other	8.1	3.4	1.4	15	0.018	
Vitamin C (mg)	Christian	2.4	1.2	-0.062	4.8	0.056	0.015
	Other	6.9	2.5	2	12	0.006	
	Christian	-4.9	10	-24	15	0.625	0.181

Retinol/Vitamin A (ug)	Other	-36	20	-75	2.3	0.066	
Carotene (ug)	Christian	18	36	-53	89	0.627	0.083
	Other	159	73	16	302	0.029	
Vitamin D (ug)	Christian	0.1	0.042	0.019	0.18	0.015	0.048
	Other	0.033	0.087	-0.14	0.2	0.709	
Vitamin E (mg)	Christian	-0.34	0.098	-0.54	-0.15	<0.001	<0.001
	Other	0.21	0.2	-0.18	0.6	0.292	
Calcium (mg)	Christian	-4.8	5.9	-16	6.8	0.419	0.667
	Other	-8	12	-31	15	0.498	
Phosphorus (mg)	Christian	6.2	6.9	-7.3	20	0.367	0.321
	Other	-10	14	-38	17	0.456	
Magnesium (mg)	Christian	-5	1.4	-7.9	-2.2	<0.001	<0.001
	Other	6.7	3	0.87	13	0.024	
Sodium (mg)	Christian	-7.1	11	-28	14	0.515	0.343
	Other	-32	22	-74	11	0.144	
Potassium (mg)	Christian	27	15	-2.8	58	0.076	0.017
	Other	-43	32	-105	19	0.173	
Iron (mg)	Christian	-0.16	0.066	-0.29	-0.031	0.015	0.001
	Other	0.24	0.14	-0.026	0.51	0.077	
Zinc (mg)	Christian	0.088	0.045	0.000044	0.18	0.05	0.002
	Other	-0.17	0.09	-0.35	0.0092	0.063	
Selenium (ug)	Christian	-1.5	0.76	-3	-0.052	0.043	<0.001
	Other	4.3	1.6	1.2	7.4	0.006	
Iodine (ug)	Christian	2.7	1.1	0.43	4.9	0.02	0.007
	Other	-2.4	2.3	-7	2.2	0.303	

Table S37: Full results for the mothers' nutrient intake analyses 4 years post-partum, with 'belief and religious affiliation' as the exposure (reference = non-religious non-believers) and adjusted for total energy intake. Results are taken from the multiply-imputed datasets (n = 9,296). Note that the Bonferroni-corrected alpha level is  $0.05/32 = 0.0016$ . lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome. NSP = Non-starch polysaccharides.

outcome	level	coef	se	lci	uci	p	p_exp
Carbohydrate (g)	Christian believer	2.1	0.83	0.47	3.7	0.012	0.021
	Christian non-believer	1.1	0.88	-0.67	2.8	0.233	
	Other	3.5	1.5	0.63	6.4	0.017	
Total sugars (g)	Christian believer	3.1	0.89	1.4	4.9	<0.001	0.001
	Christian non-believer	3.1	0.93	1.3	5	0.001	
	Other	0.32	1.6	-2.7	3.4	0.835	
Free sugars (g)	Christian believer	2.3	0.83	0.64	3.9	0.006	0.003
	Christian non-believer	2.7	0.87	1	4.4	0.002	
	Other	-0.56	1.5	-3.4	2.3	0.7	
Starch (g)	Christian believer	-1.1	0.74	-2.5	0.4	0.155	<0.001
	Christian non-believer	-2.2	0.78	-3.7	-0.64	0.005	
	Other	3.2	1.3	0.66	5.8	0.014	
NSP (Fibre; g)	Christian believer	-0.17	0.13	-0.43	0.088	0.195	<0.001
	Christian non-believer	-0.42	0.14	-0.69	-0.14	0.003	
	Other	0.81	0.24	0.34	1.3	0.001	
Fat (g)	Christian believer	-0.58	0.33	-1.2	0.07	0.08	0.340
	Christian non-believer	-0.34	0.35	-1	0.34	0.327	
	Other	-0.62	0.59	-1.8	0.54	0.296	
Mono-unsaturated fat (g)	Christian believer	-0.064	0.12	-0.3	0.17	0.599	0.537
	Christian non-believer	0.0028	0.13	-0.25	0.25	0.982	
	Other	-0.27	0.21	-0.69	0.15	0.211	
Poly-unsaturated fat (g)	Christian believer	-0.23	0.1	-0.44	-0.028	0.026	0.002
	Christian non-believer	-0.3	0.11	-0.52	-0.089	0.006	
	Other	0.23	0.18	-0.14	0.59	0.22	
Saturated fat (g)	Christian believer	-0.33	0.21	-0.73	0.072	0.108	0.068
	Christian non-believer	-0.026	0.22	-0.45	0.4	0.904	
	Other	-0.66	0.37	-1.4	0.062	0.073	
Omega-3 (g; from fish)	Christian believer	0.017	0.0079	0.0017	0.033	0.029	0.056
	Christian non-believer	0.0038	0.0083	-0.012	0.02	0.643	
	Other	0.0037	0.014	-0.024	0.031	0.797	
Cholesterol (mg)	Christian believer	6.8	2.2	2.5	11	0.002	<0.001
	Christian non-believer	2.7	2.3	-1.8	7.3	0.242	
	Other	-12	3.9	-20	-4.6	0.002	
Protein (g)	Christian believer	2.5	0.43	1.7	3.4	<0.001	<0.001
	Christian non-believer	1.5	0.45	0.65	2.4	0.001	
	Other	-1.4	0.76	-2.9	0.087	0.065	
Thiamin (mg)	Christian believer	-0.001	0.012	-0.025	0.023	0.934	<0.001
	Christian non-believer	-0.023	0.013	-0.048	0.0013	0.064	
	Other	0.074	0.022	0.031	0.12	0.001	

Riboflavin (mg)	Christian believer	0.037	0.015	0.0075	0.066	0.014	0.046
	Christian non-believer	0.014	0.016	-0.017	0.045	0.383	
	Other	0.029	0.026	-0.022	0.08	0.265	
Niacin equivalent (mg)	Christian believer	1.3	0.24	0.81	1.7	<0.001	<0.001
	Christian non-believer	0.8	0.25	0.31	1.3	0.001	
	Other	-0.51	0.41	-1.3	0.3	0.214	
Vitamin B6 (mg)	Christian believer	0.062	0.013	0.037	0.087	<0.001	<0.001
	Christian non-believer	0.044	0.013	0.018	0.07	0.001	
	Other	-0.0009	0.022	-0.044	0.042	0.966	
Vitamin B12 (ug)	Christian believer	0.26	0.068	0.13	0.4	<0.001	<0.001
	Christian non-believer	0.12	0.071	-0.024	0.26	0.103	
	Other	-0.17	0.12	-0.4	0.067	0.162	
Folate (ug)	Christian believer	1.6	1.8	-2	5.1	0.384	0.009
	Christian non-believer	-0.73	1.9	-4.4	3	0.702	
	Other	8.9	3.2	2.7	15	0.005	
Vitamin C (mg)	Christian believer	2.8	1.3	0.23	5.4	0.033	0.032
	Christian non-believer	2.1	1.4	-0.63	4.8	0.131	
	Other	6.4	2.3	1.8	11	0.006	
Retinol/ Vitamin A (ug)	Christian believer	-0.15	11	-21	21	0.989	0.271
	Christian non-believer	-10	11	-32	12	0.362	
	Other	-27	19	-64	8.8	0.138	
Carotene (ug)	Christian believer	25	39	-51	102	0.513	0.226
	Christian non-believer	6.5	41	-74	87	0.873	
	Other	132	68	-1.8	265	0.053	
Vitamin D (ug)	Christian believer	0.14	0.045	0.05	0.23	0.002	0.001
	Christian non-believer	0.033	0.048	-0.06	0.13	0.488	
	Other	-0.0019	0.08	-0.16	0.16	0.981	
Vitamin E (mg)	Christian believer	-0.34	0.1	-0.54	-0.13	0.001	<0.001
	Christian non-believer	-0.34	0.11	-0.56	-0.13	0.002	
	Other	0.19	0.18	-0.17	0.55	0.309	
Calcium (mg)	Christian believer	-5.2	6.3	-18	7.2	0.409	0.841
	Christian non-believer	-4.7	6.6	-18	8.3	0.482	
	Other	-7.5	11	-29	14	0.492	
Phosphorus (mg)	Christian believer	14	7.4	-0.87	28	0.065	0.017
	Christian non-believer	-2.3	7.7	-18	13	0.762	
	Other	-4.9	13	-30	20	0.701	
Magnesium (mg)	Christian believer	-3.4	1.6	-6.4	-0.36	0.028	<0.001
	Christian non-believer	-5.8	1.6	-9	-2.6	<0.001	
	Other	8.2	2.8	2.8	14	0.003	
Sodium (mg)	Christian believer	3.5	12	-19	26	0.765	0.105
	Christian non-believer	-17	12	-41	7.3	0.172	
	Other	-17	20	-56	23	0.409	
Potassium (mg)	Christian believer	38	17	5.4	70	0.022	0.004
	Christian non-believer	9.8	17	-24	44	0.572	
	Other	-40	29	-97	18	0.176	
Iron (mg)	Christian believer	-0.059	0.071	-0.2	0.08	0.404	<0.001

	Christian non-believer	-0.21	0.074	-0.36	-0.067	0.004	
	Other	0.36	0.13	0.11	0.61	0.005	
Zinc (mg)	Christian believer	0.14	0.048	0.047	0.24	0.003	<0.001
	Christian non-believer	0.029	0.05	-0.07	0.13	0.57	
	Other	-0.11	0.084	-0.27	0.056	0.197	
Selenium (ug)	Christian believer	-0.84	0.81	-2.4	0.76	0.303	<0.001
	Christian non-believer	-1.9	0.86	-3.6	-0.26	0.024	
	Other	4.6	1.5	1.7	7.5	0.002	
Iodine (ug)	Christian believer	4	1.2	1.5	6.4	0.001	<0.001
	Christian non-believer	0.96	1.3	-1.6	3.5	0.457	
	Other	-1.7	2.2	-6	2.5	0.421	

Table S38: Full results for the mothers' nutrient intake analyses 4 years post-partum, with 'frequency of attendance at church/place of worship' as the exposure (reference = not at all) and adjusted for total energy intake. Results are taken from the multiply-imputed datasets (n = 9,296). Note that the Bonferroni-corrected alpha level is 0.05/32 = 0.0016. lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome. NSP = Non-starch polysaccharides.

outcome	level	coef	se	lci	uci	p	p_exp
Carbohydrate (g)	Min once a month	1.5	0.83	-0.12	3.1	0.07	0.175
	Min once a year	0.068	0.64	-1.2	1.3	0.914	
Total sugars (g)	Min once a month	0.5	0.88	-1.2	2.2	0.569	0.660
	Min once a year	0.58	0.68	-0.75	1.9	0.394	
Free sugars (g)	Min once a month	-1.6	0.82	-3.2	0.0094	0.051	0.140
	Min once a year	-0.66	0.63	-1.9	0.59	0.301	
Starch (g)	Min once a month	0.96	0.74	-0.49	2.4	0.194	0.167
	Min once a year	-0.51	0.57	-1.6	0.61	0.371	
NSP (Fibre; g)	Min once a month	0.48	0.13	0.22	0.74	<0.001	0.001
	Min once a year	0.15	0.1	-0.049	0.35	0.139	
Fat (g)	Min once a month	-0.32	0.33	-0.97	0.33	0.34	0.046
	Min once a year	-0.63	0.25	-1.1	-0.13	0.014	
Monounsaturated fat (g)	Min once a month	-0.061	0.12	-0.3	0.18	0.612	0.023
	Min once a year	-0.25	0.092	-0.43	-0.07	0.007	
Polyunsaturated fat (g)	Min once a month	-0.14	0.1	-0.35	0.059	0.165	0.112
	Min once a year	-0.15	0.08	-0.31	0.0036	0.056	
Saturated fat (g)	Min once a month	-0.26	0.2	-0.66	0.15	0.211	0.142
	Min once a year	-0.29	0.16	-0.6	0.019	0.066	
Omega-3 (g; from fish)	Min once a month	-0.0006	0.0078	-0.016	0.015	0.943	0.008
	Min once a year	0.018	0.006	0.0059	0.029	0.003	
Cholesterol (mg)	Min once a month	4	2.2	-0.37	8.3	0.073	<0.001
	Min once a year	6.8	1.7	3.5	10	<0.001	
Protein (g)	Min once a month	2.4	0.43	1.6	3.3	<0.001	<0.001
	Min once a year	1.8	0.33	1.2	2.5	<0.001	
Thiamin (mg)	Min once a month	0.034	0.012	0.01	0.058	0.005	0.020
	Min once a year	0.0072	0.0094	-0.011	0.026	0.442	
Riboflavin (mg)	Min once a month	0.074	0.015	0.045	0.1	<0.001	<0.001
	Min once a year	0.024	0.011	0.0022	0.047	0.032	
Niacin equivalent (mg)	Min once a month	1.3	0.23	0.82	1.7	<0.001	<0.001
	Min once a year	0.83	0.18	0.48	1.2	<0.001	
Vitamin B6 (mg)	Min once a month	0.053	0.013	0.029	0.078	<0.001	<0.001
	Min once a year	0.04	0.0097	0.021	0.059	<0.001	
Vitamin B12 (ug)	Min once a month	0.18	0.068	0.043	0.31	0.009	<0.001
	Min once a year	0.21	0.052	0.11	0.31	<0.001	
Folate (ug)	Min once a month	6.1	1.8	2.6	9.6	0.001	<0.001
	Min once a year	4.1	1.4	1.4	6.8	0.003	
Vitamin C (mg)	Min once a month	2.9	1.3	0.33	5.5	0.027	<0.001
	Min once a year	4.7	1	2.7	6.7	<0.001	
	Min once a month	6	11	-15	27	0.571	0.266



Retinol/ Vitamin A (ug)	Min once a year	13	8.2	-2.8	29	0.106	
Carotene (ug)	Min once a month	159	39	83	235	<0.001	<0.001
	Min once a year	80	30	22	138	0.007	
Vitamin D (ug)	Min once a month	0.15	0.045	0.058	0.23	0.001	<0.001
	Min once a year	0.11	0.034	0.044	0.18	0.001	
Vitamin E (mg)	Min once a month	-0.13	0.1	-0.33	0.074	0.214	0.325
	Min once a year	-0.095	0.08	-0.25	0.062	0.235	
Calcium (mg)	Min once a month	18	6.2	5.6	30	0.004	0.018
	Min once a year	4	4.8	-5.5	13	0.41	
Phosphorus (mg)	Min once a month	40	7.3	25	54	<0.001	<0.001
	Min once a year	18	5.6	6.8	29	0.002	
Magnesium (mg)	Min once a month	4.9	1.5	1.9	7.9	0.001	0.006
	Min once a year	1.7	1.2	-0.63	4	0.153	
Sodium (mg)	Min once a month	33	11	10	55	0.004	0.011
	Min once a year	-0.35	8.8	-18	17	0.968	
Potassium (mg)	Min once a month	32	17	-0.11	65	0.051	0.002
	Min once a year	43	13	18	68	0.001	
Iron (mg)	Min once a month	0.24	0.07	0.11	0.38	0.001	0.001
	Min once a year	0.15	0.054	0.045	0.26	0.005	
Zinc (mg)	Min once a month	0.35	0.048	0.26	0.45	<0.001	<0.001
	Min once a year	0.18	0.036	0.11	0.25	<0.001	
Selenium (ug)	Min once a month	1.2	0.81	-0.42	2.8	0.148	0.323
	Min once a year	0.55	0.63	-0.68	1.8	0.384	
Iodine (ug)	Min once a month	4.1	1.2	1.6	6.5	0.001	0.001
	Min once a year	2.5	0.94	0.65	4.3	0.008	

*Table S39: Full results for the mothers' analyses using binary recommended nutrient intake cut-offs 4 years post-partum, with 'belief in God/divine power' as the exposure (reference = no belief in God/divine power) and adjusted for total energy intake. Results are odds ratios (OR) and 95% confidence intervals taken from the multiply-imputed datasets (n = 9,296). Note that the Bonferroni-corrected alpha level is  $0.05/27 = 0.0019$ . RNI = Reference Nutrient Intake; NSP = Non-starch polysaccharides. Note that as so few participants were above the RNI threshold for vitamin D 4 years post-partum, it was not possible to include this variable in these analyses (hence why the number of comparisons is one less than the 28 from pregnancy). lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome.*

<b>outcome</b>	<b>level</b>	<b>OR</b>	<b>lci</b>	<b>uci</b>	<b>p</b>	<b>p_exp</b>
Carbohydrate < minimum (267g)	Not sure	1.06	0.81	1.37	0.682	0.480
	Yes	0.95	0.74	1.22	0.673	
Free sugars > max (27g)	Not sure	1.17	0.92	1.49	0.19	0.354
	Yes	1.18	0.93	1.48	0.173	
NSP (Fibre) < RNI (22.5g)	Not sure	1.01	0.8	1.28	0.937	0.990
	Yes	1	0.8	1.25	0.986	
Fat > maximum (78g)	Not sure	0.87	0.69	1.09	0.229	0.096
	Yes	0.79	0.63	0.99	0.036	
Monounsaturated fat < RNI (29g)	Not sure	0.95	0.75	1.21	0.671	0.643
	Yes	1.03	0.81	1.29	0.833	
Polyunsaturated fat < RNI (14g)	Not sure	1.09	0.91	1.3	0.344	0.561
	Yes	1.03	0.87	1.23	0.693	
Saturated fat > maximum (24g)	Not sure	0.99	0.8	1.22	0.904	0.492
	Yes	0.91	0.75	1.12	0.381	
Omega-3 from fish < 0.25g	Not sure	0.94	0.81	1.1	0.46	0.024
	Yes	0.85	0.73	0.98	0.023	
Protein < RNI (45g)	Not sure	0.77	0.52	1.14	0.197	0.387
	Yes	0.89	0.61	1.31	0.566	
Thiamin < RNI (0.8mg)	Not sure	1.17	0.75	1.81	0.494	0.712
	Yes	1.04	0.68	1.61	0.845	
Riboflavin < RNI (1.1mg)	Not sure	0.92	0.76	1.12	0.41	0.007
	Yes	0.77	0.63	0.93	0.007	
Niacin equivalent < RNI (13.2mg)	Not sure	0.38	0.15	0.96	0.04	0.102
	Yes	0.47	0.2	1.15	0.098	
Vitamin B6 < RNI (1.2mg)	Not sure	0.78	0.55	1.1	0.158	0.146
	Yes	0.71	0.5	1	0.049	
Vitamin B12 < RNI (1.5ug)	Not sure	0.82	0.5	1.33	0.413	0.434
	Yes	0.73	0.45	1.18	0.196	
Folate < RNI (200ug)	Not sure	0.94	0.78	1.14	0.556	0.046
	Yes	0.82	0.69	0.99	0.04	
Vitamin C < RNI (40mg)	Not sure	1.08	0.81	1.44	0.61	0.101
	Yes	0.85	0.64	1.14	0.291	
Retinol/Vitamin A < RNI (600ug)	Not sure	1.03	0.88	1.21	0.702	0.807
	Yes	1.05	0.9	1.22	0.523	
	Not sure	0.88	0.47	1.68	0.709	0.799

Vitamin E < minimum (3ug)	Yes	1.04	0.56	1.93	0.897	
Calcium < RNI (700ug)	Not sure	1.12	0.9	1.41	0.309	0.276
	Yes	0.99	0.8	1.24	0.955	
Phosphorous < RNI (550mg)	Not sure	0.56	0.23	1.39	0.212	0.454
	Yes	0.75	0.32	1.78	0.521	
Magnesium < RNI (270mg)	Not sure	1.06	0.88	1.27	0.554	0.809
	Yes	1.03	0.86	1.22	0.782	
Sodium < RNI (1.6g) OR > maximum (2.4g)	Not sure	0.99	0.84	1.15	0.868	0.276
	Yes	1.07	0.92	1.25	0.352	
Potassium < RNI (3500mg)	Not sure	0.93	0.77	1.12	0.446	0.066
	Yes	0.83	0.7	1	0.045	
Iron < RNI (14.8mg)	Not sure	1.02	0.79	1.31	0.895	0.989
	Yes	1.01	0.79	1.28	0.951	
Zinc < RNI (7mg)	Not sure	0.83	0.68	1.02	0.073	0.005
	Yes	0.73	0.6	0.89	0.002	
Selenium < RNI (60ug)	Not sure	0.82	0.67	1	0.052	0.030
	Yes	0.76	0.63	0.93	0.008	
Iodine < RNI (140ug)	Not sure	0.99	0.83	1.18	0.89	<0.001
	Yes	0.79	0.67	0.94	0.007	

*Table S40: Full results for the mothers' analyses using binary recommended nutrient intake cut-offs 4 years post-partum, with 'religious affiliation' as the exposure (reference = no religious affiliation) and adjusted for total energy intake. Results are odds ratios (OR) and 95% confidence intervals taken from the multiply-imputed datasets (n = 9,296). Note that the Bonferroni-corrected alpha level is  $0.05/27 = 0.0019$ . RNI = Reference Nutrient Intake; NSP = Non-starch polysaccharides. Note that as so few participants were above the RNI threshold for vitamin D at 4 years post-partum, it was not possible to include this variable in these analyses (hence why the number of comparisons is one less than the 28 from pregnancy). lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome.*

<b>outcome</b>	<b>level</b>	<b>OR</b>	<b>lci</b>	<b>uci</b>	<b>p</b>	<b>p_exp</b>
Carbohydrate < minimum (267g)	Christian	0.83	0.66	1.05	0.129	0.294
	Other	0.94	0.59	1.49	0.796	
Free sugars > max (27g)	Christian	1.25	1.01	1.55	0.04	0.125
	Other	1.19	0.76	1.87	0.453	
NSP (Fibre) < RNI (22.5g)	Christian	1.3	1.06	1.58	0.011	0.004
	Other	0.85	0.59	1.22	0.385	
Fat > maximum (78g)	Christian	0.77	0.63	0.95	0.013	0.043
	Other	0.9	0.6	1.34	0.594	
Monounsaturated fat < RNI (29g)	Christian	0.98	0.8	1.21	0.875	0.252
	Other	1.37	0.89	2.11	0.149	
Polyunsaturated fat < RNI (14g)	Christian	1.22	1.05	1.43	0.012	0.008
	Other	0.89	0.65	1.22	0.474	
Saturated fat > maximum (24g)	Christian	1.04	0.87	1.26	0.657	0.131
	Other	0.73	0.5	1.07	0.104	
Omega-3 from fish < 0.25g	Christian	0.92	0.8	1.05	0.21	0.390
	Other	1	0.77	1.3	0.983	
Protein < RNI (45g)	Christian	0.9	0.63	1.3	0.579	0.255
	Other	1.56	0.76	3.22	0.229	
Thiamin < RNI (0.8mg)	Christian	1.24	0.82	1.88	0.306	0.270
	Other	0.67	0.25	1.75	0.411	
Riboflavin < RNI (1.1mg)	Christian	0.92	0.77	1.1	0.379	0.586
	Other	1.03	0.71	1.5	0.87	
Niacin equivalent < RNI (13.2mg)	Christian	0.66	0.27	1.61	0.356	0.550
	Other	1.47	0.18	12.3	0.722	
Vitamin B6 < RNI (1.2mg)	Christian	0.76	0.55	1.05	0.098	0.218
	Other	0.97	0.5	1.89	0.929	
Vitamin B12 < RNI (1.5ug)	Christian	0.75	0.48	1.17	0.208	0.106
	Other	1.55	0.69	3.51	0.292	
Folate < RNI (200ug)	Christian	1.02	0.86	1.21	0.837	0.537
	Other	0.84	0.58	1.22	0.351	
Vitamin C < RNI (40mg)	Christian	0.95	0.73	1.25	0.736	0.577
	Other	0.69	0.35	1.38	0.296	
Retinol/Vitamin A < RNI (600ug)	Christian	0.97	0.84	1.12	0.664	0.887
	Other	1.01	0.76	1.33	0.971	
Vitamin E < minimum (3ug)	Christian	1.05	0.57	1.94	0.875	0.817
	Other	1.51	0.42	5.37	0.527	

Calcium < RNI (700ug)	Christian	1.08	0.88	1.33	0.445	0.484
	Other	1.28	0.84	1.94	0.246	
Phosphorous < RNI (550mg)	Christian	1.03	0.44	2.46	0.939	0.900
	Other	0.63	0.07	5.9	0.687	
Magnesium < RNI (270mg)	Christian	1.27	1.08	1.49	0.005	0.001
	Other	0.85	0.61	1.18	0.319	
Sodium < RNI (1.6g) OR > maximum (2.4g)	Christian	1.02	0.89	1.17	0.788	0.792
	Other	1.1	0.83	1.46	0.495	
Potassium < RNI (3500mg)	Christian	0.88	0.75	1.04	0.143	0.163
	Other	1.09	0.79	1.51	0.591	
Iron < RNI (14.8mg)	Christian	1.26	1.02	1.56	0.035	0.045
	Other	0.93	0.62	1.39	0.715	
Zinc < RNI (7mg)	Christian	0.87	0.72	1.05	0.144	0.213
	Other	1.07	0.73	1.57	0.722	
Selenium < RNI (60ug)	Christian	1.05	0.87	1.27	0.593	0.584
	Other	0.88	0.58	1.33	0.534	
Iodine < RNI (140ug)	Christian	0.91	0.77	1.06	0.216	0.399
	Other	1.01	0.73	1.39	0.961	

*Table S41: Full results for the mothers' analyses using binary recommended nutrient intake cut-offs 4 years post-partum, with 'belief and religious affiliation' as the exposure (reference = non-religious non-believers) and adjusted for total energy intake. Results are odds ratios (OR) and 95% confidence intervals taken from the multiply-imputed datasets (n = 9,296). Note that the Bonferroni-corrected alpha level is  $0.05/27 = 0.0019$ . RNI = Reference Nutrient Intake; NSP = Non-starch polysaccharides. Note that as so few participants were above the RNI threshold for vitamin D at 4 years post-partum, it was not possible to include this variable in these analyses (hence why the number of comparisons is one less than the 28 from pregnancy). lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome.*

<b>outcome</b>	<b>level</b>	<b>OR</b>	<b>lci</b>	<b>uci</b>	<b>p</b>	<b>p_exp</b>
Carbohydrate < minimum (267g)	Christian believer	0.82	0.63	1.05	0.115	0.444
	Christian non-believer	0.83	0.63	1.08	0.162	
	Other	0.9	0.59	1.36	0.61	
Free sugars > max (27g)	Christian believer	1.24	0.98	1.56	0.072	0.275
	Christian non-believer	1.25	0.98	1.59	0.072	
	Other	1.12	0.73	1.7	0.606	
NSP (Fibre) < RNI (22.5g)	Christian believer	1.23	1	1.53	0.054	0.005
	Christian non-believer	1.3	1.03	1.64	0.026	
	Other	0.79	0.56	1.1	0.16	
Fat > maximum (78g)	Christian believer	0.74	0.59	0.91	0.006	0.048
	Christian non-believer	0.76	0.6	0.95	0.017	
	Other	0.78	0.53	1.13	0.19	
Monounsaturated fat < RNI (29g)	Christian believer	1.02	0.81	1.28	0.858	0.334
	Christian non-believer	0.96	0.76	1.22	0.762	
	Other	1.35	0.91	2	0.13	
Polyunsaturated fat < RNI (14g)	Christian believer	1.16	0.98	1.37	0.086	0.005
	Christian non-believer	1.28	1.07	1.53	0.006	
	Other	0.87	0.65	1.16	0.348	
Saturated fat > maximum (24g)	Christian believer	1	0.82	1.22	0.972	0.136
	Christian non-believer	1.07	0.87	1.32	0.509	
	Other	0.72	0.51	1.03	0.072	
Omega-3 from fish < 0.25g	Christian believer	0.86	0.75	1	0.044	0.054
	Christian non-believer	0.98	0.85	1.14	0.827	
	Other	0.96	0.75	1.22	0.741	
Protein < RNI (45g)	Christian believer	0.94	0.64	1.4	0.774	0.408
	Christian non-believer	0.86	0.57	1.3	0.477	
	Other	1.49	0.75	2.95	0.253	
Thiamin < RNI (0.8mg)	Christian believer	1.2	0.76	1.88	0.432	0.412
	Christian non-believer	1.37	0.87	2.16	0.175	
	Other	0.82	0.34	1.97	0.659	
Riboflavin < RNI (1.1mg)	Christian believer	0.84	0.69	1.02	0.078	0.045
	Christian non-believer	1.02	0.84	1.25	0.813	
	Other	1	0.71	1.42	0.99	
Niacin equivalent < RNI (13.2mg)	Christian believer	0.69	0.25	1.92	0.48	0.451
	Christian non-believer	0.78	0.28	2.12	0.622	

	Other	2.76	0.46	16.7	0.268	
Vitamin B6 < RNI (1.2mg)	Christian believer	0.74	0.52	1.05	0.088	0.321
	Christian non-believer	0.81	0.57	1.16	0.255	
	Other	1.02	0.54	1.91	0.959	
Vitamin B12 < RNI (1.5ug)	Christian believer	0.73	0.45	1.19	0.209	0.122
	Christian non-believer	0.84	0.51	1.39	0.507	
	Other	1.66	0.78	3.57	0.191	
Folate < RNI (200ug)	Christian believer	0.94	0.78	1.13	0.525	0.082
	Christian non-believer	1.11	0.92	1.34	0.286	
	Other	0.84	0.6	1.19	0.324	
Vitamin C < RNI (40mg)	Christian believer	0.84	0.63	1.13	0.254	0.132
	Christian non-believer	1.07	0.79	1.43	0.667	
	Other	0.7	0.38	1.31	0.267	
Retinol/Vitamin A < RNI (600ug)	Christian believer	0.99	0.85	1.15	0.851	0.915
	Christian non-believer	0.96	0.82	1.12	0.597	
	Other	1.03	0.79	1.33	0.847	
Vitamin E < minimum (3ug)	Christian believer	1.18	0.61	2.27	0.629	0.729
	Christian non-believer	1.01	0.51	2.01	0.98	
	Other	1.79	0.56	5.74	0.33	
Calcium < RNI (700ug)	Christian believer	1.02	0.82	1.28	0.839	0.253
	Christian non-believer	1.17	0.94	1.47	0.169	
	Other	1.25	0.84	1.85	0.27	
Phosphorous < RNI (550mg)	Christian believer	1.07	0.42	2.75	0.884	0.953
	Christian non-believer	0.97	0.37	2.52	0.953	
	Other	0.6	0.07	5.54	0.654	
Magnesium < RNI (270mg)	Christian believer	1.18	0.99	1.41	0.063	0.001
	Christian non-believer	1.27	1.05	1.52	0.011	
	Other	0.74	0.54	1	0.051	
Sodium < RNI (1.6g) OR > maximum (2.4g)	Christian believer	1.06	0.91	1.23	0.437	0.377
	Christian non-believer	0.97	0.83	1.13	0.655	
	Other	1.09	0.84	1.41	0.533	
Potassium < RNI (3500mg)	Christian believer	0.84	0.7	1	0.051	0.045
	Christian non-believer	0.97	0.8	1.16	0.71	
	Other	1.09	0.8	1.47	0.593	
Iron < RNI (14.8mg)	Christian believer	1.17	0.93	1.47	0.183	0.038
	Christian non-believer	1.27	0.99	1.63	0.061	
	Other	0.8	0.55	1.16	0.242	
Zinc < RNI (7mg)	Christian believer	0.8	0.65	0.98	0.027	0.086
	Christian non-believer	0.92	0.75	1.13	0.452	
	Other	0.96	0.67	1.38	0.824	
Selenium < RNI (60ug)	Christian believer	0.97	0.79	1.19	0.755	0.169
	Christian non-believer	1.11	0.9	1.37	0.318	
	Other	0.81	0.55	1.19	0.286	
Iodine < RNI (140ug)	Christian believer	0.82	0.69	0.97	0.022	0.001
	Christian non-believer	1.05	0.88	1.25	0.595	
	Other	1.03	0.76	1.39	0.849	

*Table S42: Full results for the mothers' analyses using binary recommended nutrient intake cut-offs 4 years post-partum, with 'frequency of attendance at church/place of worship' as the exposure (reference = not at all) and adjusted for total energy intake. Results are odds ratios (OR) and 95% confidence intervals taken from the multiply-imputed datasets (n = 9,296). Note that the Bonferroni-corrected alpha level is  $0.05/27 = 0.0019$ . RNI = Reference Nutrient Intake; NSP = Non-starch polysaccharides. Note that as so few participants were above the RNI threshold for vitamin D at 4 years post-partum, it was not possible to include this variable in these analyses (hence why the number of comparisons is one less than the 28 from pregnancy). lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome.*

<b>outcome</b>	<b>level</b>	<b>OR</b>	<b>lci</b>	<b>uci</b>	<b>p</b>	<b>p_exp</b>
Carbohydrate < minimum (267g)	Min once a month	0.85	0.67	1.07	0.166	0.223
	Min once a year	1.05	0.87	1.27	0.597	
Free sugars > max (27g)	Min once a month	1.17	0.91	1.51	0.23	0.297
	Min once a year	0.94	0.79	1.13	0.536	
NSP (Fibre) < RNI (22.5g)	Min once a month	0.97	0.79	1.19	0.75	0.628
	Min once a year	1.07	0.9	1.26	0.46	
Fat > maximum (78g)	Min once a month	0.82	0.66	1.02	0.073	0.045
	Min once a year	0.83	0.7	0.98	0.027	
Monounsaturated fat < RNI (29g)	Min once a month	1.14	0.91	1.41	0.251	0.174
	Min once a year	1.16	0.98	1.38	0.077	
Polyunsaturated fat < RNI (14g)	Min once a month	1.16	0.98	1.37	0.081	0.057
	Min once a year	1.15	1.01	1.31	0.035	
Saturated fat > maximum (24g)	Min once a month	1.04	0.85	1.28	0.714	0.442
	Min once a year	0.92	0.79	1.07	0.293	
Omega-3 from fish < 0.25g	Min once a month	0.9	0.78	1.03	0.128	0.005
	Min once a year	0.84	0.76	0.93	0.001	
Protein < RNI (45g)	Min once a month	1.03	0.67	1.57	0.903	0.316
	Min once a year	0.78	0.56	1.09	0.152	
Thiamin < RNI (0.8mg)	Min once a month	0.85	0.52	1.37	0.503	0.779
	Min once a year	0.93	0.66	1.33	0.701	
Riboflavin < RNI (1.1mg)	Min once a month	0.69	0.56	0.85	0.001	0.001
	Min once a year	0.83	0.71	0.96	0.015	
Niacin equivalent < RNI (13.2mg)	Min once a month	1.47	0.45	4.81	0.525	0.811
	Min once a year	1.15	0.46	2.89	0.763	
Vitamin B6 < RNI (1.2mg)	Min once a month	0.81	0.55	1.2	0.289	0.379
	Min once a year	0.84	0.63	1.13	0.256	
Vitamin B12 < RNI (1.5ug)	Min once a month	0.83	0.48	1.44	0.511	0.207
	Min once a year	0.67	0.43	1.05	0.081	
Folate < RNI (200ug)	Min once a month	0.75	0.62	0.92	0.005	0.001
	Min once a year	0.8	0.69	0.92	0.002	
Vitamin C < RNI (40mg)	Min once a month	0.87	0.63	1.21	0.413	0.241
	Min once a year	0.82	0.64	1.04	0.107	
Retinol/Vitamin A < RNI (600ug)	Min once a month	0.97	0.84	1.13	0.709	0.707
	Min once a year	0.95	0.85	1.07	0.41	
	Min once a month	0.42	0.18	0.99	0.048	0.114



Vitamin E < minimum (3ug)	Min once a year	0.74	0.43	1.29	0.296	
Calcium < RNI (700ug)	Min once a month	0.72	0.57	0.91	0.005	0.010
	Min once a year	0.85	0.72	1	0.054	
Phosphorous < RNI (550mg)	Min once a month	1.47	0.51	4.24	0.476	0.555
	Min once a year	1.52	0.65	3.6	0.336	
Magnesium < RNI (270mg)	Min once a month	0.9	0.76	1.07	0.246	0.515
	Min once a year	0.98	0.86	1.11	0.723	
Sodium < RNI (1.6g) OR > maximum (2.4g)	Min once a month	1.17	1.01	1.37	0.038	0.063
	Min once a year	0.97	0.87	1.09	0.657	
Potassium < RNI (3500mg)	Min once a month	0.86	0.72	1.02	0.083	0.083
	Min once a year	0.88	0.77	1	0.059	
Iron < RNI (14.8mg)	Min once a month	0.92	0.74	1.14	0.437	0.554
	Min once a year	1.04	0.87	1.24	0.66	
Zinc < RNI (7mg)	Min once a month	0.56	0.45	0.7	<0.001	<0.001
	Min once a year	0.78	0.67	0.91	0.002	
Selenium < RNI (60ug)	Min once a month	0.7	0.56	0.88	0.002	0.002
	Min once a year	0.83	0.7	0.97	0.017	
Iodine < RNI (140ug)	Min once a month	0.75	0.63	0.9	0.002	0.005
	Min once a year	0.89	0.78	1.01	0.074	

Table S43: Full results of the partner dietary pattern data 4 years post-partum. Results included complete-case unadjusted, complete-case adjusted and multiply-imputed adjusted results for each dietary component outcome (“health-conscious”, “traditional”, “processed/confectionery” and “semi-vegetarian”) and each exposure (belief in God/divine power, religious affiliation, attendance at church/place of worship, and belief and affiliation). As there are four outcomes, a Bonferroni correction to reduce the false discovery rates gives a threshold when using a standard 0.05 alpha value of  $0.05/4 = 0.0125$ . lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome.

outcome	exposure	model	level	n	coef	se	lci	uci	p	p_exp
“Health-conscious”	Belief in God/divine power (ref = no)	uni	Not sure	3414	-0.005	0.044	-0.091	0.08	0.902	0.002
			Yes	3414	0.12	0.043	0.036	0.204	0.005	
		adj	Not sure	3414	0.001	0.039	-0.075	0.077	0.978	0.130
			Yes	3414	0.064	0.038	-0.011	0.139	0.094	
		MI	Not sure	13689	-0.003	0.034	-0.07	0.064	0.937	0.074
			Yes	13689	0.06	0.031	-0.001	0.12	0.054	
	Religious affiliation (ref = none)	uni	Christian	3360	-0.094	0.039	-0.171	-0.018	0.016	<0.001
			Other	3360	0.316	0.086	0.148	0.483	<0.001	
		adj	Christian	3360	-0.049	0.035	-0.118	0.019	0.158	<0.001
			Other	3360	0.238	0.076	0.089	0.387	0.002	
		MI	Christian	13689	-0.074	0.028	-0.129	-0.02	0.008	<0.001
			Other	13689	0.211	0.06	0.093	0.33	0.001	
	Attendance at a church/place of worship (ref = not at all)	uni	Min once a month	3356	0.561	0.052	0.459	0.663	<0.001	<0.001
			Min once a year	3356	0.199	0.039	0.123	0.274	<0.001	
		adj	Min once a month	3356	0.245	0.048	0.151	0.34	<0.001	<0.001
			Min once a year	3356	0.04	0.035	-0.029	0.109	0.258	
		MI	Min once a month	13689	0.242	0.044	0.155	0.33	<0.001	<0.001
			Min once a year	13689	0.041	0.03	-0.019	0.101	0.176	
	Religious belief and affiliation combined (ref = non-religious non-believer)	uni	Christian non-believer	3355	-0.2	0.045	-0.288	-0.112	<0.001	<0.001
			Christian believer	3355	0.003	0.045	-0.085	0.09	0.952	
Other			3355	0.223	0.078	0.071	0.375	0.004		
adj		Christian non-believer	3355	-0.108	0.04	-0.186	-0.029	0.007	<0.001	

			Christian believer	3355	-0.003	0.04	-0.082	0.076	0.939	
			Other	3355	0.156	0.069	0.021	0.292	0.024	
		MI	Christian non-believer	13689	-0.113	0.031	-0.175	-0.052	<0.001	<0.001
			Christian believer	13689	-0.022	0.032	-0.085	0.041	0.498	
			Other	13689	0.187	0.052	0.084	0.29	<0.001	
"Traditional"	Belief in God/divine power (ref = no)	uni	Not sure	3414	0.086	0.042	0.004	0.169	0.041	0.021
			Yes	3414	0.113	0.042	0.032	0.195	0.007	
		adj	Not sure	3414	0.094	0.042	0.01	0.177	0.027	0.011
			Yes	3414	0.123	0.042	0.041	0.205	0.003	
		MI	Not sure	13689	0.051	0.038	-0.025	0.127	0.184	0.257
			Yes	13689	0.059	0.039	-0.018	0.136	0.13	
	Religious affiliation (ref = none)	uni	Christian	3360	0.138	0.038	0.063	0.212	<0.001	0.001
			Other	3360	0.051	0.083	-0.113	0.214	0.543	
		adj	Christian	3360	0.137	0.039	0.061	0.212	<0.001	0.001
			Other	3360	0.036	0.084	-0.128	0.2	0.668	
		MI	Christian	13689	0.105	0.036	0.034	0.175	0.004	0.010
			Other	13689	-0.003	0.076	-0.155	0.148	0.964	
	Attendance at a church/place of worship (ref = not at all)	uni	Min once a month	3356	0.154	0.051	0.054	0.255	0.003	0.001
			Min once a year	3356	0.119	0.038	0.044	0.193	0.002	
		adj	Min once a month	3356	0.188	0.053	0.085	0.292	<0.001	<0.001
			Min once a year	3356	0.118	0.039	0.042	0.194	0.002	
		MI	Min once a month	13689	0.154	0.049	0.057	0.251	0.002	0.001
			Min once a year	13689	0.094	0.034	0.027	0.162	0.006	
	Religious belief and affiliation combined (ref = non-religious non-believer)	uni	Christian non-believer	3355	0.144	0.044	0.058	0.229	0.001	0.003
			Christian believer	3355	0.146	0.044	0.061	0.232	0.001	
Other			3355	0.068	0.076	-0.081	0.216	0.371		
adj		Christian non-believer	3355	0.14	0.044	0.054	0.227	0.002	0.003	
		Christian believer	3355	0.149	0.044	0.062	0.235	0.001		
		Other	3355	0.055	0.076	-0.094	0.204	0.469		
MI		Christian non-believer	13689	0.106	0.039	0.029	0.183	0.007	0.015	

			Christian believer	13689	0.106	0.042	0.023	0.189	0.013	
			Other	13689	0.002	0.064	-0.125	0.13	0.971	
"Processed/ Confectionery"	Belief in God/divine power (ref = no)	uni	Not sure	3414	0.103	0.042	0.021	0.186	0.014	0.003
			Yes	3414	0.139	0.041	0.058	0.22	0.001	
		adj	Not sure	3414	0.071	0.041	-0.01	0.151	0.086	0.013
			Yes	3414	0.12	0.041	0.04	0.2	0.003	
		MI	Not sure	13689	0.073	0.036	0.003	0.144	0.041	0.029
			Yes	13689	0.084	0.031	0.023	0.144	0.007	
	Religious affiliation (ref = none)	uni	Christian	3360	0.187	0.038	0.113	0.261	<0.001	<0.001
			Other	3360	-0.072	0.083	-0.234	0.09	0.382	
		adj	Christian	3360	0.143	0.037	0.07	0.216	<0.001	<0.001
			Other	3360	-0.025	0.081	-0.185	0.134	0.755	
		MI	Christian	13689	0.103	0.032	0.04	0.166	0.002	0.011
			Other	13689	0.014	0.075	-0.135	0.163	0.851	
	Attendance at a church/place of worship (ref = not at all)	uni	Min once a month	3356	0.152	0.051	0.052	0.252	0.003	0.011
			Min once a year	3356	0.039	0.038	-0.035	0.113	0.297	
		adj	Min once a month	3356	0.182	0.051	0.081	0.283	<0.001	0.002
			Min once a year	3356	0.055	0.038	-0.019	0.129	0.143	
		MI	Min once a month	13689	0.146	0.042	0.063	0.228	0.001	0.005
			Min once a year	13689	0.052	0.033	-0.014	0.118	0.12	
	Religious belief and affiliation combined (ref = non-religious non- believer)	uni	Christian non-believer	3355	0.184	0.043	0.099	0.269	<0.001	<0.001
			Christian believer	3355	0.198	0.043	0.113	0.283	<0.001	
Other			3355	-0.034	0.075	-0.181	0.114	0.653		
adj		Christian non-believer	3355	0.129	0.043	0.045	0.213	0.003	0.001	
		Christian believer	3355	0.166	0.043	0.082	0.251	<0.001		
		Other	3355	0.011	0.074	-0.134	0.156	0.88		
MI		Christian non-believer	13689	0.098	0.037	0.024	0.171	0.01	0.012	
		Christian believer	13689	0.113	0.033	0.047	0.178	0.001		
		Other	13689	0.018	0.064	-0.108	0.144	0.774		
	Belief in God/divine power (ref = no)	uni	Not sure	3414	-0.091	0.036	-0.162	-0.021	0.011	0.001

"Semi-vegetarian"		adj	Yes	3414	-0.13	0.035	-0.199	-0.061	<0.001	0.012
			Not sure	3414	-0.078	0.036	-0.148	-0.008	0.029	
		MI	Yes	3414	-0.103	0.035	-0.172	-0.034	0.004	0.192
			Not sure	13689	-0.078	0.047	-0.171	0.014	0.097	
	Religious affiliation (ref = none)	uni	Christian	3360	-0.186	0.032	-0.249	-0.124	<0.001	<0.001
			Other	3360	0.272	0.07	0.135	0.409	<0.001	
		adj	Christian	3360	-0.154	0.032	-0.218	-0.091	<0.001	<0.001
			Other	3360	0.251	0.07	0.113	0.388	<0.001	
		MI	Christian	13689	-0.147	0.035	-0.215	-0.078	<0.001	<0.001
			Other	13689	0.458	0.131	0.197	0.72	0.001	
	Attendance at a church/place of worship (ref = not at all)	uni	Min once a month	3356	-0.157	0.043	-0.242	-0.072	<0.001	0.001
			Min once a year	3356	-0.07	0.032	-0.133	-0.007	0.029	
		adj	Min once a month	3356	-0.14	0.045	-0.228	-0.052	0.002	0.007
			Min once a year	3356	-0.039	0.033	-0.104	0.025	0.229	
		MI	Min once a month	13689	-0.057	0.06	-0.176	0.061	0.339	0.444
			Min once a year	13689	-0.034	0.033	-0.099	0.03	0.292	
	Religious belief and affiliation combined (ref = non-religious non-believer)	uni	Christian non-believer	3355	-0.161	0.037	-0.233	-0.089	<0.001	<0.001
			Christian believer	3355	-0.203	0.037	-0.275	-0.131	<0.001	
			Other	3355	0.246	0.064	0.122	0.371	<0.001	
		adj	Christian non-believer	3355	-0.134	0.037	-0.207	-0.062	<0.001	<0.001
			Christian believer	3355	-0.165	0.037	-0.238	-0.093	<0.001	
			Other	3355	0.231	0.064	0.106	0.356	<0.001	
		MI	Christian non-believer	13689	-0.155	0.04	-0.234	-0.075	<0.001	<0.001
			Christian believer	13689	-0.133	0.038	-0.209	-0.057	0.001	
			Other	13689	0.37	0.108	0.154	0.585	0.001	

Table S44: Full results for the partners' nutrient intake analyses 4 years post-partum, with 'belief in God/divine power' as the exposure (reference = no belief in God/divine power). Results are taken from the multiply-imputed datasets (n = 4,786). Note that the Bonferroni-corrected alpha level is  $0.05/33 = 0.0015$ . lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome. NSP = Non-starch polysaccharides.

outcome	level	coef	se	lci	uci	p	p_exp
Energy (kJ)	Not sure	33	104	-172	237	0.755	0.587
	Yes	-66	103	-268	136	0.523	
Carbohydrate (g)	Not sure	4.8	3.2	-1.5	11	0.135	0.327
	Yes	2.6	3.2	-3.6	8.8	0.406	
Total sugars (g)	Not sure	3.2	1.9	-0.52	7	0.092	0.208
	Yes	2.6	1.9	-1.1	6.3	0.163	
Free sugars (g)	Not sure	2	1.7	-1.3	5.2	0.237	0.482
	Yes	0.77	1.7	-2.5	4	0.641	
Starch (g)	Not sure	1.5	1.9	-2.3	5.2	0.451	0.624
	Yes	-0.16	1.9	-3.9	3.6	0.932	
NSP (Fibre; g)	Not sure	0.49	0.23	0.026	0.95	0.038	0.029
	Yes	0.59	0.23	0.14	1	0.011	
Fat (g)	Not sure	-0.76	1.2	-3.2	1.6	0.537	0.729
	Yes	-0.92	1.2	-3.3	1.4	0.446	
Monounsaturated fat (g)	Not sure	-0.21	0.42	-1	0.61	0.616	0.711
	Yes	-0.34	0.41	-1.1	0.47	0.409	
Polyunsaturated fat (g)	Not sure	-0.14	0.25	-0.62	0.34	0.56	0.627
	Yes	-0.24	0.24	-0.71	0.24	0.332	
Saturated fat (g)	Not sure	-0.5	0.57	-1.6	0.61	0.376	0.547
	Yes	-0.58	0.56	-1.7	0.52	0.302	
Omega-3 (g; from fish)	Not sure	0.012	0.011	-0.0097	0.034	0.28	0.396
	Yes	-0.0007	0.011	-0.022	0.02	0.952	
Cholesterol (mg)	Not sure	-7.3	4.6	-16	1.8	0.115	0.215
	Yes	-6.8	4.5	-16	2	0.131	
Protein (g)	Not sure	0.3	1	-1.7	2.3	0.766	0.941
	Yes	0.31	1	-1.6	2.3	0.753	
Thiamin (mg)	Not sure	0.018	0.022	-0.025	0.062	0.408	0.283
	Yes	0.035	0.022	-0.0083	0.078	0.113	
Riboflavin (mg)	Not sure	0.034	0.028	-0.02	0.088	0.222	0.326
	Yes	0.038	0.027	-0.015	0.091	0.161	
Niacin equivalent (mg)	Not sure	0.37	0.49	-0.59	1.3	0.45	0.746
	Yes	0.17	0.48	-0.78	1.1	0.721	
Vitamin B6 (mg)	Not sure	0.05	0.028	-0.0049	0.11	0.074	0.179
	Yes	0.039	0.028	-0.015	0.094	0.158	
Vitamin B12 (ug)	Not sure	0.011	0.12	-0.22	0.24	0.923	0.744
	Yes	-0.065	0.11	-0.28	0.15	0.563	
Folate (ug)	Not sure	4.7	3.5	-2.2	12	0.183	0.400
	Yes	3.3	3.4	-3.5	10	0.344	
Vitamin C (mg)	Not sure	3.2	1.7	-0.11	6.5	0.058	0.011

	Yes	5	1.7	1.7	8.3	0.003	
Retinol/Vitamin A (ug)	Not sure	-19	18	-55	17	0.305	0.223
	Yes	-31	18	-66	3.9	0.081	
Carotene (ug)	Not sure	76	48	-18	170	0.114	0.055
	Yes	114	47	21	207	0.017	
Vitamin D (ug)	Not sure	0.035	0.075	-0.11	0.18	0.642	0.605
	Yes	-0.035	0.073	-0.18	0.11	0.635	
Vitamin E (mg)	Not sure	-0.19	0.22	-0.62	0.24	0.385	0.363
	Yes	-0.31	0.22	-0.74	0.12	0.153	
Calcium (mg)	Not sure	0.13	14	-28	28	0.993	0.955
	Yes	-3.5	14	-31	24	0.805	
Phosphorus (mg)	Not sure	13	18	-22	48	0.477	0.758
	Yes	10	18	-24	45	0.567	
Magnesium (mg)	Not sure	3.9	3.7	-3.3	11	0.287	0.565
	Yes	2.4	3.6	-4.8	9.5	0.515	
Sodium (mg)	Not sure	20	35	-50	89	0.577	0.815
	Yes	2.1	35	-66	70	0.953	
Potassium (mg)	Not sure	65	36	-5.1	135	0.069	0.082
	Yes	74	35	5.3	143	0.035	
Iron (mg)	Not sure	0.27	0.16	-0.04	0.57	0.088	0.168
	Yes	0.25	0.15	-0.052	0.55	0.106	
Zinc (mg)	Not sure	0.06	0.11	-0.16	0.28	0.59	0.619
	Yes	0.11	0.11	-0.11	0.32	0.327	
Selenium (ug)	Not sure	-0.2	1.6	-3.4	3	0.903	0.383
	Yes	-2	1.6	-5.2	1.2	0.226	
Iodine (ug)	Not sure	3.2	2.5	-1.7	8.1	0.204	0.322
	Yes	3.4	2.4	-1.4	8.2	0.169	

Table S45: Full results for the partners' nutrient intake analyses 4 years post-partum, with 'religious affiliation' as the exposure (reference = no religious affiliation). Results are taken from the multiply-imputed datasets (n = 4,786). Note that the Bonferroni-corrected alpha level is 0.05/33 = 0.0015. lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome. NSP = Non-starch polysaccharides.

outcome	level	coef	se	lci	uci	p	p_exp
Energy (kJ)	Christian	-45	94	-230	139	0.628	0.588
	Other	148	208	-260	555	0.478	
Carbohydrate (g)	Christian	1.3	2.9	-4.4	7.1	0.65	0.765
	Other	4.4	6.3	-8	17	0.49	
Total sugars (g)	Christian	1.8	1.7	-1.6	5.2	0.296	0.439
	Other	-1.5	3.8	-8.9	6	0.698	
Free sugars (g)	Christian	0.77	1.5	-2.2	3.7	0.61	0.573
	Other	-2.4	3.3	-8.9	4.1	0.472	
Starch (g)	Christian	-0.58	1.8	-4	2.9	0.741	0.218
	Other	5.8	3.8	-1.6	13	0.126	
NSP (Fibre; g)	Christian	-0.019	0.21	-0.44	0.4	0.928	0.044
	Other	1.1	0.47	0.17	2	0.02	
Fat (g)	Christian	0.12	1.1	-2	2.3	0.912	0.673
	Other	2.1	2.5	-2.7	7	0.391	
Monounsaturated fat (g)	Christian	0.14	0.37	-0.59	0.87	0.712	0.910
	Other	0.28	0.83	-1.4	1.9	0.739	
Polyunsaturated fat (g)	Christian	-0.29	0.22	-0.73	0.15	0.195	0.273
	Other	0.27	0.51	-0.73	1.3	0.592	
Saturated fat (g)	Christian	0.1	0.51	-0.89	1.1	0.841	0.558
	Other	1.2	1.1	-1	3.5	0.295	
Omega-3 (g; from fish)	Christian	0.0054	0.0098	-0.014	0.025	0.579	0.018
	Other	0.061	0.022	0.018	0.1	0.006	
Cholesterol (mg)	Christian	2.3	4.1	-5.8	10	0.571	0.850
	Other	0.67	9.3	-17	19	0.942	
Protein (g)	Christian	0.79	0.91	-0.99	2.6	0.385	0.591
	Other	1.6	2	-2.3	5.5	0.426	
Thiamin (mg)	Christian	-0.0019	0.02	-0.041	0.038	0.926	0.087
	Other	0.093	0.046	0.0029	0.18	0.043	
Riboflavin (mg)	Christian	0.028	0.025	-0.021	0.076	0.262	0.340
	Other	0.07	0.056	-0.04	0.18	0.211	
Niacin equivalent (mg)	Christian	0.27	0.44	-0.6	1.1	0.54	0.760
	Other	0.58	0.98	-1.3	2.5	0.554	
Vitamin B6 (mg)	Christian	0.029	0.025	-0.021	0.078	0.256	0.525
	Other	0.032	0.057	-0.08	0.14	0.572	
Vitamin B12 (ug)	Christian	0.14	0.1	-0.061	0.34	0.173	0.402
	Other	0.13	0.23	-0.32	0.57	0.581	
Folate (ug)	Christian	-0.8	3.1	-6.9	5.3	0.798	0.298
	Other	9.6	7.1	-4.3	23	0.175	
Vitamin C (mg)	Christian	1.8	1.5	-1.3	4.8	0.255	0.527
	Other	1.1	3.4	-5.6	7.8	0.748	



Retinol/Vitamin A (ug)	Christian	6.6	16	-26	39	0.688	0.901
	Other	12	36	-59	83	0.74	
Carotene (ug)	Christian	47	43	-37	132	0.273	0.417
	Other	1.00E+02	95	-87	287	0.296	
Vitamin D (ug)	Christian	0.015	0.067	-0.12	0.15	0.821	0.435
	Other	0.19	0.15	-0.11	0.49	0.21	
Vitamin E (mg)	Christian	-0.38	0.2	-0.77	0.017	0.061	0.117
	Other	0.15	0.46	-0.75	1	0.743	
Calcium (mg)	Christian	-5	13	-30	20	0.696	0.347
	Other	35	29	-22	91	0.233	
Phosphorus (mg)	Christian	-2.2	16	-34	29	0.89	0.550
	Other	35	36	-36	106	0.329	
Magnesium (mg)	Christian	-4.5	3.3	-11	2	0.173	0.036
	Other	12	7.4	-2.3	27	0.1	
Sodium (mg)	Christian	14	32	-49	77	0.663	0.362
	Other	100	71	-39	239	0.158	
Potassium (mg)	Christian	17	32	-46	80	0.592	0.643
	Other	65	73	-78	208	0.375	
Iron (mg)	Christian	-0.029	0.14	-0.3	0.25	0.836	0.006
	Other	0.92	0.31	0.32	1.5	0.003	
Zinc (mg)	Christian	0.07	0.1	-0.13	0.27	0.482	0.696
	Other	0.15	0.22	-0.28	0.58	0.496	
Selenium (ug)	Christian	-2.4	1.5	-5.3	0.55	0.112	0.021
	Other	5.3	3.2	-0.96	12	0.097	
Iodine (ug)	Christian	3.8	2.3	-0.63	8.3	0.093	0.148
	Other	7.4	5	-2.4	17	0.14	

Table S46: Full results for the partners' nutrient intake analyses 4 years post-partum, with 'belief and religious affiliation' as the exposure (reference = non-religious non-believers). Results are taken from the multiply-imputed datasets (n = 4,786). Note that the Bonferroni-corrected alpha level is 0.05/33 = 0.0015. lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome. NSP = Non-starch polysaccharides.

outcome	level	coef	se	lci	uci	p	p_exp
Energy (kJ)	Christian believer	-65	108	-276	146	0.547	0.626
	Christian non-believer	-5.6	108	-217	206	0.959	
	Other	170	187	-196	537	0.362	
Carbohydrate (g)	Christian believer	1.3	3.3	-5.2	7.9	0.688	0.821
	Christian non-believer	2	3.4	-4.6	8.6	0.558	
	Other	5.1	5.7	-6.1	16	0.368	
Total sugars (g)	Christian believer	2.1	2	-1.8	6	0.287	0.679
	Christian non-believer	1.9	2	-2	5.8	0.347	
	Other	-0.15	3.4	-6.9	6.6	0.966	
Free sugars (g)	Christian believer	0.43	1.7	-3	3.8	0.805	0.781
	Christian non-believer	1.4	1.7	-2	4.8	0.423	
	Other	-1.1	3	-6.9	4.8	0.722	
Starch (g)	Christian believer	-0.92	2	-4.9	3	0.65	0.349
	Christian non-believer	0.007	2	-4	4	0.997	
	Other	5.2	3.4	-1.5	12	0.128	
NSP (Fibre; g)	Christian believer	0.21	0.25	-0.27	0.69	0.382	0.013
	Christian non-believer	-0.13	0.24	-0.61	0.34	0.584	
	Other	1.2	0.43	0.33	2	0.006	
Fat (g)	Christian believer	0.046	1.3	-2.4	2.5	0.971	0.650
	Christian non-believer	0.55	1.3	-1.9	3	0.665	
	Other	2.6	2.2	-1.7	6.9	0.237	
Mono-unsaturated fat (g)	Christian believer	0.072	0.43	-0.76	0.91	0.865	0.860
	Christian non-believer	0.29	0.43	-0.55	1.1	0.5	
	Other	0.45	0.74	-1	1.9	0.541	
Poly-unsaturated fat (g)	Christian believer	-0.27	0.26	-0.77	0.23	0.29	0.399
	Christian non-believer	-0.26	0.26	-0.76	0.24	0.308	
	Other	0.34	0.45	-0.55	1.2	0.451	
Saturated fat (g)	Christian believer	-0.032	0.58	-1.2	1.1	0.956	0.514
	Christian non-believer	0.37	0.59	-0.77	1.5	0.523	
	Other	1.3	1	-0.68	3.3	0.197	
Omega-3 (g; from fish)	Christian believer	0.0021	0.011	-0.02	0.024	0.854	0.527
	Christian non-believer	0.0017	0.011	-0.02	0.024	0.88	
	Other	0.028	0.02	-0.011	0.067	0.156	
Cholesterol (mg)	Christian believer	1.2	4.7	-8	10	0.802	0.900
	Christian non-believer	3.4	4.8	-6	13	0.476	
	Other	0.27	8.2	-16	16	0.974	
Protein (g)	Christian believer	1	1	-1	3.1	0.325	0.772
	Christian non-believer	0.57	1	-1.5	2.6	0.587	
	Other	1.2	1.8	-2.3	4.8	0.488	

Thiamin (mg)	Christian believer	0.018	0.023	-0.027	0.064	0.428	0.036
	Christian non-believer	-0.012	0.023	-0.057	0.033	0.595	
	Other	0.098	0.041	0.017	0.18	0.017	
Riboflavin (mg)	Christian believer	0.041	0.028	-0.014	0.096	0.146	0.385
	Christian non-believer	0.019	0.028	-0.037	0.075	0.501	
	Other	0.067	0.05	-0.032	0.17	0.183	
Niacin equivalent (mg)	Christian believer	0.33	0.5	-0.66	1.3	0.508	0.910
	Christian non-believer	0.21	0.51	-0.78	1.2	0.674	
	Other	0.46	0.88	-1.3	2.2	0.6	
Vitamin B6 (mg)	Christian believer	0.038	0.029	-0.018	0.095	0.186	0.584
	Christian non-believer	0.026	0.029	-0.031	0.083	0.367	
	Other	0.044	0.051	-0.056	0.15	0.388	
Vitamin B12 (ug)	Christian believer	0.093	0.12	-0.14	0.32	0.426	0.620
	Christian non-believer	0.14	0.12	-0.087	0.37	0.222	
	Other	-0.016	0.2	-0.42	0.38	0.938	
Folate (ug)	Christian believer	0.53	3.6	-6.5	7.6	0.883	0.331
	Christian non-believer	-1.1	3.6	-8.1	5.9	0.768	
	Other	10	6.4	-2.3	23	0.109	
Vitamin C (mg)	Christian believer	3.8	1.8	0.36	7.3	0.031	0.105
	Christian non-believer	0.89	1.8	-2.6	4.4	0.614	
	Other	4.1	3.1	-1.9	10	0.184	
Retinol/ Vitamin A (ug)	Christian believer	-6.8	19	-43	30	0.714	0.587
	Christian non-believer	17	19	-20	54	0.374	
	Other	1.2	33	-63	65	0.971	
Carotene (ug)	Christian believer	82	50	-16	180	0.1	0.244
	Christian non-believer	34	49	-63	131	0.492	
	Other	133	86	-35	302	0.121	
Vitamin D (ug)	Christian believer	-0.0043	0.077	-0.15	0.15	0.955	0.991
	Christian non-believer	-0.0071	0.078	-0.16	0.15	0.928	
	Other	0.035	0.14	-0.23	0.3	0.797	
Vitamin E (mg)	Christian believer	-0.38	0.23	-0.83	0.069	0.097	0.228
	Christian non-believer	-0.38	0.23	-0.83	0.069	0.097	
	Other	0.09	0.41	-0.71	0.89	0.826	
Calcium (mg)	Christian believer	-2.9	15	-32	26	0.846	0.554
	Christian non-believer	-6	15	-35	23	0.685	
	Other	30	26	-21	81	0.246	
Phosphorus (mg)	Christian believer	5.6	18	-30	42	0.762	0.575
	Christian non-believer	-6.7	18	-43	29	0.716	
	Other	36	32	-28	99	0.267	
Magnesium (mg)	Christian believer	-2.2	3.8	-9.7	5.2	0.558	0.036
	Christian non-believer	-5.4	3.8	-13	2	0.149	
	Other	13	6.7	-0.17	26	0.053	
Sodium (mg)	Christian believer	13	36	-58	85	0.72	0.621
	Christian non-believer	17	37	-55	89	0.643	
	Other	83	64	-41	208	0.19	
	Christian believer	51	37	-21	123	0.163	0.205

Potassium (mg)	Christian non-believer	4	37	-69	77	0.913	
	Other	106	65	-22	234	0.106	
Iron (mg)	Christian believer	0.065	0.16	-0.25	0.38	0.684	0.008
	Christian non-believer	-0.072	0.16	-0.39	0.24	0.654	
	Other	0.85	0.28	0.31	1.4	0.002	
Zinc (mg)	Christian believer	0.14	0.11	-0.083	0.37	0.215	0.511
	Christian non-believer	0.021	0.11	-0.2	0.25	0.856	
	Other	0.17	0.2	-0.22	0.56	0.381	
Selenium (ug)	Christian believer	-2.7	1.7	-6	0.65	0.115	0.066
	Christian non-believer	-2	1.7	-5.4	1.3	0.238	
	Other	4.2	2.9	-1.5	9.9	0.147	
Iodine (ug)	Christian believer	4.7	2.6	-0.38	9.8	0.07	0.299
	Christian non-believer	2.8	2.6	-2.3	7.9	0.276	
	Other	5.3	4.5	-3.5	14	0.235	

Table S47: Full results for the partners' nutrient intake analyses 4 years post-partum, with 'frequency of attendance at church/place of worship' as the exposure (reference = not at all). Results are taken from the multiply-imputed datasets (n = 4,786). Note that the Bonferroni-corrected alpha level is  $0.05/33 = 0.0015$ . lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome. NSP = Non-starch polysaccharides.

outcome	level	coef	se	lci	uci	p	p_exp
Energy (kJ)	Min once a month	208	131	-49	464	0.113	0.059
	Min once a year	202	95	16	389	0.034	
Carbohydrate (g)	Min once a month	10	4.1	2.2	18	0.012	0.028
	Min once a year	4.6	2.9	-1.2	10	0.117	
Total sugars (g)	Min once a month	3.5	2.4	-1.2	8.3	0.148	0.278
	Min once a year	1.8	1.8	-1.6	5.3	0.294	
Free sugars (g)	Min once a month	0.46	2.1	-3.7	4.6	0.83	0.976
	Min once a year	0.16	1.6	-2.9	3.2	0.919	
Starch (g)	Min once a month	6.5	2.4	1.7	11	0.008	0.019
	Min once a year	2.8	1.8	-0.64	6.2	0.111	
NSP (Fibre; g)	Min once a month	1.3	0.3	0.66	1.8	<0.001	<0.001
	Min once a year	0.24	0.22	-0.18	0.67	0.257	
Fat (g)	Min once a month	3.8	1.5	0.75	6.8	0.014	0.013
	Min once a year	2.5	1.1	0.31	4.7	0.025	
Monounsaturated fat (g)	Min once a month	1.1	0.52	0.12	2.2	0.029	0.017
	Min once a year	0.89	0.38	0.14	1.6	0.019	
Polyunsaturated fat (g)	Min once a month	0.43	0.31	-0.18	1	0.167	0.153
	Min once a year	0.38	0.22	-0.064	0.82	0.094	
Saturated fat (g)	Min once a month	1.7	0.72	0.3	3.1	0.018	0.034
	Min once a year	0.87	0.52	-0.15	1.9	0.095	
Omega-3 (g; from fish)	Min once a month	0.013	0.014	-0.014	0.04	0.346	0.294
	Min once a year	0.015	0.01	-0.0052	0.034	0.148	
Cholesterol (mg)	Min once a month	9.4	5.7	-1.8	21	0.099	0.017
	Min once a year	11	4.1	2.9	19	0.008	
Protein (g)	Min once a month	3.8	1.2	1.3	6.2	0.003	0.001
	Min once a year	2.5	0.91	0.72	4.3	0.006	
Thiamin (mg)	Min once a month	0.11	0.028	0.056	0.17	<0.001	<0.001
	Min once a year	0.045	0.02	0.0048	0.085	0.028	
Riboflavin (mg)	Min once a month	0.073	0.034	0.0058	0.14	0.033	0.003
	Min once a year	0.077	0.025	0.028	0.13	0.002	
Niacin equivalent (mg)	Min once a month	1.4	0.61	0.16	2.6	0.026	0.007
	Min once a year	1.2	0.44	0.35	2.1	0.006	
Vitamin B6 (mg)	Min once a month	0.072	0.035	0.0036	0.14	0.039	0.003
	Min once a year	0.081	0.025	0.031	0.13	0.001	
Vitamin B12 (ug)	Min once a month	0.21	0.14	-0.063	0.48	0.132	0.003
	Min once a year	0.34	0.1	0.14	0.54	0.001	
Folate (ug)	Min once a month	8.9	4.4	0.29	18	0.043	0.034
	Min once a year	6.8	3.2	0.49	13	0.035	
Vitamin C (mg)	Min once a month	8.1	2.2	3.8	12	<0.001	0.001

	Min once a year	3.1	1.6	0.025	6.1	0.048	
Retinol/ Vitamin A (ug)	Min once a month	19	23	-26	63	0.411	0.063
	Min once a year	38	16	6.1	70	0.02	
Carotene (ug)	Min once a month	246	61	127	366	<0.001	<0.001
	Min once a year	56	44	-30	141	0.203	
Vitamin D (ug)	Min once a month	0.25	0.094	0.066	0.44	0.008	0.003
	Min once a year	0.18	0.068	0.05	0.32	0.007	
Vitamin E (mg)	Min once a month	0.25	0.28	-0.3	0.81	0.368	0.392
	Min once a year	0.25	0.2	-0.15	0.65	0.218	
Calcium (mg)	Min once a month	26	18	-9.2	61	0.148	0.124
	Min once a year	23	13	-2.5	49	0.077	
Phosphorus (mg)	Min once a month	54	22	10	97	0.015	0.016
	Min once a year	35	16	2.9	66	0.032	
Magnesium (mg)	Min once a month	8.4	4.6	-0.64	17	0.068	0.096
	Min once a year	5.5	3.4	-1.2	12	0.106	
Sodium (mg)	Min once a month	111	44	25	198	0.011	0.008
	Min once a year	76	32	14	139	0.017	
Potassium (mg)	Min once a month	107	45	19	196	0.017	0.008
	Min once a year	83	33	19	148	0.011	
Iron (mg)	Min once a month	0.62	0.19	0.24	1	0.002	0.001
	Min once a year	0.41	0.14	0.13	0.69	0.004	
Zinc (mg)	Min once a month	0.54	0.14	0.27	0.81	<0.001	<0.001
	Min once a year	0.26	0.1	0.062	0.46	0.01	
Selenium (ug)	Min once a month	2.5	2.1	-1.6	6.5	0.23	0.086
	Min once a year	3.1	1.5	0.21	6.1	0.036	
Iodine (ug)	Min once a month	9	3.1	2.9	15	0.004	0.001
	Min once a year	7.2	2.3	2.7	12	0.002	

*Table S48: Full results for the partners' analyses using binary recommended nutrient intake cut-offs 4 years post-partum, with 'belief in God/divine power' as the exposure (reference = no belief in God/divine power). Results are odds ratios (OR) and 95% confidence intervals taken from the multiply-imputed datasets (n = 4,786). Note that the Bonferroni-corrected alpha level is 0.05/24 = 0.0021. EAR = Estimated Average Requirement; RNI = Reference Nutrient Intake; NSP = Non-starch polysaccharides. Note due to small cell counts of niacin, phosphorous, vitamin B12, vitamin D and vitamin E for partners at 4 years post-partum, it was not possible to include these variables in these analyses (hence why the number of comparisons is five less than the 29 from mothers in pregnancy). lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome.*

<b>outcome</b>	<b>level</b>	<b>OR</b>	<b>lci</b>	<b>uci</b>	<b>p</b>	<b>p_exp</b>
Energy < EAR (10,500kj)	Not sure	1.05	0.9	1.22	0.554	0.209
	Yes	1.14	0.98	1.32	0.087	
Carbohydrate < minimum (333g)	Not sure	0.88	0.75	1.04	0.125	0.282
	Yes	0.9	0.77	1.06	0.216	
Free sugars > max (33g)	Not sure	1.24	0.92	1.66	0.152	0.347
	Yes	1.16	0.87	1.55	0.323	
NSP (Fibre) < RNI (22.5g)	Not sure	0.84	0.7	1.01	0.069	0.036
	Yes	0.79	0.66	0.95	0.011	
Fat > maximum (97g)	Not sure	0.95	0.81	1.1	0.477	0.408
	Yes	0.9	0.78	1.05	0.18	
Monounsaturated fat < RNI (36g)	Not sure	1.04	0.89	1.21	0.654	0.478
	Yes	1.1	0.94	1.29	0.238	
Polyunsaturated fat < RNI (18g)	Not sure	1.04	0.89	1.21	0.617	0.392
	Yes	1.11	0.95	1.3	0.181	
Saturated fat > maximum (31g)	Not sure	0.87	0.74	1.04	0.125	0.101
	Yes	0.83	0.7	0.99	0.035	
Omega-3 from fish < 0.25g	Not sure	0.99	0.84	1.16	0.864	0.894
	Yes	0.96	0.82	1.13	0.644	
Protein < RNI (55.5g)	Not sure	1.14	0.75	1.72	0.539	0.580
	Yes	1.24	0.83	1.86	0.3	
Thiamin < RNI (1mg)	Not sure	0.87	0.59	1.29	0.491	0.787
	Yes	0.94	0.64	1.36	0.729	
Riboflavin < RNI (1.3mg)	Not sure	0.92	0.68	1.25	0.582	0.817
	Yes	0.99	0.74	1.33	0.956	
Vitamin B6 < RNI (1.4mg)	Not sure	1.02	0.65	1.6	0.928	0.694
	Yes	0.86	0.54	1.37	0.513	
Folate < RNI (200ug)	Not sure	0.99	0.77	1.28	0.943	0.745
	Yes	1.08	0.84	1.38	0.555	
Vitamin C < RNI (40mg)	Not sure	0.77	0.56	1.07	0.123	0.100
	Yes	0.7	0.51	0.98	0.039	
Retinol/Vitamin A < RNI (700ug)	Not sure	1.11	0.95	1.29	0.178	0.328
	Yes	1.1	0.95	1.28	0.195	
Calcium < RNI (700ug)	Not sure	0.74	0.51	1.07	0.113	0.198
	Yes	0.97	0.69	1.37	0.88	
	Not sure	0.94	0.79	1.11	0.442	0.734

Magnesium < RNI (300mg)	Yes	0.97	0.83	1.15	0.756	
Sodium < RNI (1.6g) OR > maximum (2.4g)	Not sure	1.07	0.87	1.31	0.545	0.824
	Yes	1.02	0.83	1.25	0.839	
Potassium < RNI (3500mg)	Not sure	0.91	0.77	1.07	0.243	0.495
	Yes	0.94	0.8	1.09	0.406	
Iron < RNI (8.7mg)	Not sure	0.99	0.78	1.25	0.921	0.653
	Yes	0.91	0.72	1.15	0.415	
Zinc < RNI (9.5mg)	Not sure	1.05	0.89	1.23	0.576	0.792
	Yes	1.05	0.9	1.23	0.525	
Selenium < RNI (75ug)	Not sure	0.92	0.75	1.12	0.385	0.364
	Yes	1.05	0.86	1.27	0.648	
Iodine < RNI (140ug)	Not sure	0.95	0.78	1.16	0.643	0.871
	Yes	1	0.82	1.21	0.96	



*Table S49: Full results for the partners' analyses using binary recommended nutrient intake cut-offs 4 years post-partum, with 'religious affiliation' as the exposure (reference = no religious affiliation). Results are odds ratios (OR) and 95% confidence intervals taken from the multiply-imputed datasets (n = 4,786). Note that the Bonferroni-corrected alpha level is 0.05/24 = 0.0021. EAR = Estimated Average Requirement; RNI = Reference Nutrient Intake; NSP = Non-starch polysaccharides. Note due to small cell counts of niacin, phosphorous, vitamin B12, vitamin D and vitamin E for partners at 4 years post-partum, it was not possible to include these variables in these analyses (hence why the number of comparisons is five less than the 29 from mothers in pregnancy). lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome.*

<b>outcome</b>	<b>level</b>	<b>OR</b>	<b>lci</b>	<b>uci</b>	<b>p</b>	<b>p_exp</b>
Energy < EAR (10,500kj)	Christian	1.06	0.92	1.22	0.402	0.693
	Other	1.07	0.79	1.45	0.649	
Carbohydrate < minimum (333g)	Christian	0.91	0.78	1.05	0.201	0.272
	Other	0.8	0.58	1.11	0.179	
Free sugars > max (33g)	Christian	1.08	0.82	1.4	0.588	0.864
	Other	1.05	0.6	1.85	0.855	
NSP (Fibre) < RNI (22.5g)	Christian	0.97	0.83	1.15	0.741	0.192
	Other	0.74	0.52	1.03	0.074	
Fat > maximum (97g)	Christian	0.94	0.82	1.08	0.365	0.657
	Other	0.99	0.73	1.34	0.929	
Monounsaturated fat < RNI (36g)	Christian	1	0.87	1.16	0.947	0.900
	Other	0.94	0.68	1.29	0.685	
Polyunsaturated fat < RNI (18g)	Christian	1.13	0.98	1.3	0.091	0.109
	Other	0.89	0.65	1.22	0.483	
Saturated fat > maximum (31g)	Christian	0.89	0.76	1.04	0.155	0.362
	Other	0.93	0.67	1.31	0.686	
Omega-3 from fish < 0.25g	Christian	1.04	0.9	1.2	0.587	0.411
	Other	0.86	0.63	1.16	0.324	
Protein < RNI (55.5g)	Christian	1.36	0.92	2.02	0.119	0.278
	Other	1.18	0.53	2.62	0.683	
Thiamin < RNI (1mg)	Christian	1.31	0.9	1.91	0.155	0.135
	Other	0.55	0.17	1.72	0.301	
Riboflavin < RNI (1.3mg)	Christian	1.1	0.83	1.44	0.514	0.732
	Other	0.93	0.5	1.73	0.813	
Vitamin B6 < RNI (1.4mg)	Christian	1.19	0.76	1.85	0.452	0.749
	Other	1.22	0.48	3.05	0.678	
Folate < RNI (200ug)	Christian	1.24	0.98	1.57	0.078	0.194
	Other	1.02	0.59	1.75	0.941	
Vitamin C < RNI (40mg)	Christian	0.92	0.68	1.24	0.564	0.454
	Other	0.57	0.22	1.45	0.237	
Retinol/Vitamin A < RNI (700ug)	Christian	0.96	0.84	1.1	0.578	0.643
	Other	0.87	0.64	1.18	0.375	
Calcium < RNI (700ug)	Christian	1.03	0.75	1.42	0.865	0.419
	Other	0.61	0.27	1.37	0.23	
	Christian	1.07	0.92	1.24	0.375	0.200

Magnesium < RNI (300mg)	Other	0.81	0.57	1.14	0.227	
Sodium < RNI (1.6g) OR > maximum (2.4g)	Christian	1.04	0.86	1.25	0.708	0.830
	Other	0.94	0.63	1.39	0.739	
Potassium < RNI (3500mg)	Christian	1.01	0.87	1.17	0.894	0.858
	Other	1.09	0.79	1.51	0.589	
Iron < RNI (8.7mg)	Christian	1.18	0.95	1.48	0.131	0.078
	Other	0.7	0.39	1.25	0.226	
Zinc < RNI (9.5mg)	Christian	1.1	0.95	1.27	0.217	0.394
	Other	0.97	0.7	1.33	0.849	
Selenium < RNI (75ug)	Christian	1.09	0.91	1.31	0.347	0.478
	Other	0.91	0.6	1.37	0.648	
Iodine < RNI (140ug)	Christian	0.98	0.82	1.17	0.798	0.781
	Other	1.11	0.76	1.62	0.595	

*Table S50: Full results for the partners' analyses using binary recommended nutrient intake cut-offs 4 years post-partum, with 'belief and religious affiliation' as the exposure (reference = non-religious non-believers). Results are odds ratios (OR) and 95% confidence intervals taken from the multiply-imputed datasets (n = 4,786). Note that the Bonferroni-corrected alpha level is 0.05/24 = 0.0021. EAR = Estimated Average Requirement; RNI = Reference Nutrient Intake; NSP = Non-starch polysaccharides. Note due to small cell counts of niacin, phosphorous, vitamin B12, vitamin D and vitamin E for partners at 4 years post-partum, it was not possible to include these variables in these analyses (hence why the number of comparisons is five less than the 29 from mothers in pregnancy). lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome.*

<b>outcome</b>	<b>level</b>	<b>OR</b>	<b>lci</b>	<b>uci</b>	<b>p</b>	<b>p_exp</b>
Energy < EAR (10,500kj)	Christian believer	1.1	0.94	1.29	0.224	0.632
	Christian non-believer	1.04	0.89	1.22	0.623	
	Other	1.11	0.85	1.46	0.443	
Carbohydrate < minimum (333g)	Christian believer	0.91	0.77	1.07	0.255	0.497
	Christian non-believer	0.91	0.77	1.07	0.247	
	Other	0.83	0.62	1.11	0.207	
Free sugars > max (33g)	Christian believer	1.1	0.81	1.49	0.548	0.659
	Christian non-believer	1.16	0.85	1.57	0.348	
	Other	1.35	0.78	2.32	0.284	
NSP (Fibre) < RNI (22.5g)	Christian believer	0.89	0.74	1.07	0.22	0.047
	Christian non-believer	1.01	0.84	1.22	0.912	
	Other	0.69	0.51	0.94	0.017	
Fat > maximum (97g)	Christian believer	0.93	0.8	1.09	0.381	0.819
	Christian non-believer	0.95	0.81	1.11	0.542	
	Other	1.01	0.77	1.33	0.947	
Monounsaturated fat < RNI (36g)	Christian believer	1.03	0.88	1.21	0.708	0.908
	Christian non-believer	0.98	0.84	1.15	0.823	
	Other	0.96	0.72	1.27	0.757	
Polyunsaturated fat < RNI (18g)	Christian believer	1.14	0.97	1.34	0.105	0.201
	Christian non-believer	1.11	0.94	1.3	0.212	
	Other	0.9	0.68	1.2	0.48	
Saturated fat > maximum (31g)	Christian believer	0.87	0.73	1.04	0.127	0.492
	Christian non-believer	0.9	0.75	1.08	0.25	
	Other	0.91	0.67	1.23	0.533	
Omega-3 from fish < 0.25g	Christian believer	0.99	0.84	1.17	0.906	0.298
	Christian non-believer	1.13	0.95	1.33	0.156	
	Other	0.96	0.73	1.27	0.767	
Protein < RNI (55.5g)	Christian believer	1.4	0.9	2.2	0.135	0.384
	Christian non-believer	1.43	0.93	2.22	0.105	
	Other	1.37	0.68	2.76	0.382	
Thiamin < RNI (1mg)	Christian believer	1.22	0.81	1.84	0.349	0.171
	Christian non-believer	1.27	0.84	1.93	0.253	
	Other	0.42	0.13	1.31	0.135	
Riboflavin < RNI (1.3mg)	Christian believer	1.07	0.78	1.45	0.687	0.790
	Christian non-believer	1.07	0.78	1.45	0.683	

	Other	0.81	0.45	1.46	0.489	
Vitamin B6 < RNI (1.4mg)	Christian believer	0.95	0.56	1.61	0.854	0.361
	Christian non-believer	1.39	0.85	2.25	0.185	
	Other	1.11	0.47	2.59	0.817	
Folate < RNI (200ug)	Christian believer	1.24	0.94	1.62	0.123	0.304
	Christian non-believer	1.28	0.98	1.67	0.068	
	Other	1.12	0.7	1.8	0.63	
Vitamin C < RNI (40mg)	Christian believer	0.79	0.55	1.13	0.198	0.280
	Christian non-believer	0.99	0.71	1.39	0.965	
	Other	0.57	0.25	1.27	0.167	
Retinol/Vitamin A < RNI (700ug)	Christian believer	0.99	0.85	1.16	0.902	0.826
	Christian non-believer	0.94	0.8	1.1	0.463	
	Other	0.92	0.7	1.21	0.544	
Calcium < RNI (700ug)	Christian believer	1.13	0.78	1.64	0.501	0.779
	Christian non-believer	1	0.69	1.45	0.996	
	Other	0.86	0.45	1.66	0.658	
Magnesium < RNI (300mg)	Christian believer	1.05	0.88	1.24	0.612	0.351
	Christian non-believer	1.09	0.92	1.29	0.319	
	Other	0.84	0.61	1.15	0.269	
Sodium < RNI (1.6g) OR > maximum (2.4g)	Christian believer	1.04	0.84	1.29	0.743	0.961
	Christian non-believer	1.05	0.84	1.3	0.688	
	Other	0.97	0.67	1.39	0.866	
Potassium < RNI (3500mg)	Christian believer	0.97	0.82	1.14	0.717	0.945
	Christian non-believer	1.02	0.86	1.2	0.838	
	Other	0.98	0.73	1.32	0.908	
Iron < RNI (8.7mg)	Christian believer	1.06	0.82	1.36	0.67	0.038
	Christian non-believer	1.26	0.99	1.61	0.063	
	Other	0.67	0.4	1.13	0.131	
Zinc < RNI (9.5mg)	Christian believer	1.07	0.91	1.26	0.432	0.476
	Christian non-believer	1.14	0.96	1.34	0.128	
	Other	1.01	0.76	1.35	0.923	
Selenium < RNI (75ug)	Christian believer	1.13	0.92	1.39	0.245	0.658
	Christian non-believer	1.07	0.87	1.32	0.504	
	Other	0.98	0.68	1.41	0.921	
Iodine < RNI (140ug)	Christian believer	0.97	0.79	1.19	0.783	0.940
	Christian non-believer	0.98	0.8	1.2	0.851	
	Other	1.08	0.77	1.52	0.666	

*Table S51: Full results for the partners' analyses using binary recommended nutrient intake cut-offs 4 years post-partum, with 'frequency of attendance at church/place of worship' as the exposure (reference = not at all). Results are odds ratios (OR) and 95% confidence intervals taken from the multiply-imputed datasets (n = 4,786). Note that the Bonferroni-corrected alpha level is 0.05/24 = 0.0021. EAR = Estimated Average Requirement; RNI = Reference Nutrient Intake; NSP = Non-starch polysaccharides. Note due to small cell counts of niacin, phosphorous, vitamin B12, vitamin D and vitamin E for partners at 4 years post-partum, it was not possible to include these variables in these analyses (hence why the number of comparisons is five less than the 29 from mothers in pregnancy). lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome.*

<b>outcome</b>	<b>level</b>	<b>OR</b>	<b>lci</b>	<b>uci</b>	<b>p</b>	<b>p_exp</b>
Energy < EAR (10,500kj)	Min once a month	0.82	0.68	1	0.046	0.132
	Min once a year	0.94	0.82	1.09	0.424	
Carbohydrate < minimum (333g)	Min once a month	0.81	0.67	1	0.048	0.134
	Min once a year	0.93	0.81	1.08	0.37	
Free sugars > max (33g)	Min once a month	1.86	1.19	2.9	0.007	0.025
	Min once a year	1.05	0.81	1.37	0.716	
NSP (Fibre) < RNI (22.5g)	Min once a month	0.74	0.6	0.92	0.006	0.022
	Min once a year	0.9	0.76	1.06	0.204	
Fat > maximum (97g)	Min once a month	1.19	0.98	1.45	0.073	0.080
	Min once a year	1.13	0.99	1.3	0.076	
Monounsaturated fat < RNI (36g)	Min once a month	0.83	0.68	1.01	0.061	0.069
	Min once a year	0.88	0.76	1.01	0.071	
Polyunsaturated fat < RNI (18g)	Min once a month	0.92	0.75	1.12	0.384	0.410
	Min once a year	0.92	0.79	1.06	0.229	
Saturated fat > maximum (31g)	Min once a month	1.2	0.97	1.5	0.099	0.233
	Min once a year	1	0.85	1.16	0.957	
Omega-3 from fish < 0.25g	Min once a month	0.89	0.73	1.09	0.248	0.512
	Min once a year	0.98	0.85	1.14	0.815	
Protein < RNI (55.5g)	Min once a month	0.75	0.43	1.3	0.297	0.512
	Min once a year	0.87	0.6	1.26	0.459	
Thiamin < RNI (1mg)	Min once a month	0.56	0.3	1.05	0.071	0.191
	Min once a year	0.91	0.64	1.3	0.595	
Riboflavin < RNI (1.3mg)	Min once a month	0.84	0.56	1.24	0.376	0.510
	Min once a year	0.88	0.66	1.16	0.35	
Vitamin B6 < RNI (1.4mg)	Min once a month	0.76	0.4	1.43	0.386	0.533
	Min once a year	0.82	0.53	1.27	0.377	
Folate < RNI (200ug)	Min once a month	0.82	0.57	1.16	0.253	0.471
	Min once a year	0.92	0.73	1.16	0.475	
Vitamin C < RNI (40mg)	Min once a month	0.65	0.38	1.1	0.11	0.277
	Min once a year	0.92	0.67	1.26	0.597	
Retinol/Vitamin A < RNI (700ug)	Min once a month	0.75	0.62	0.91	0.004	0.003
	Min once a year	0.83	0.73	0.96	0.011	
Calcium < RNI (700ug)	Min once a month	0.89	0.56	1.41	0.609	0.790
	Min once a year	0.91	0.65	1.27	0.57	
	Min once a month	0.77	0.61	0.95	0.018	0.063

Magnesium < RNI (300mg)	Min once a year	0.96	0.83	1.12	0.64	
Sodium < RNI (1.6g) OR > maximum (2.4g)	Min once a month	1.22	0.94	1.59	0.142	0.063
	Min once a year	1.23	1.02	1.5	0.032	
Potassium < RNI (3500mg)	Min once a month	0.8	0.65	0.99	0.036	0.049
	Min once a year	0.88	0.76	1.01	0.078	
Iron < RNI (8.7mg)	Min once a month	0.73	0.52	1.04	0.078	0.187
	Min once a year	0.91	0.73	1.13	0.374	
Zinc < RNI (9.5mg)	Min once a month	0.76	0.62	0.94	0.01	0.034
	Min once a year	0.93	0.8	1.08	0.328	
Selenium < RNI (75ug)	Min once a month	0.9	0.69	1.17	0.425	0.376
	Min once a year	0.89	0.74	1.06	0.191	
Iodine < RNI (140ug)	Min once a month	0.66	0.5	0.86	0.002	0.002
	Min once a year	0.79	0.65	0.95	0.012	

Table S52: Full results for the partners' nutrient intake analyses 4 years post-partum, with 'belief in God/divine power' as the exposure (reference = no belief in God/divine power) and adjusted for total energy intake. Results are taken from the multiply-imputed datasets (n = 4,786). Note that the Bonferroni-corrected alpha level is  $0.05/32 = 0.0016$ . lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome. NSP = Non-starch polysaccharides.

outcome	level	coef	se	lci	uci	p	p_exp
Carbohydrate (g)	Not sure	3.9	1.4	1.2	6.5	0.004	0.002
	Yes	4.5	1.3	1.9	7.1	0.001	
Total sugars (g)	Not sure	2.8	1.4	0.11	5.5	0.042	0.027
	Yes	3.5	1.3	0.86	6.1	0.009	
Free sugars (g)	Not sure	1.6	1.3	-0.92	4.2	0.209	0.397
	Yes	1.5	1.3	-1.1	4	0.259	
Starch (g)	Not sure	0.97	1.1	-1.3	3.2	0.397	0.670
	Yes	0.81	1.1	-1.4	3	0.477	
NSP (Fibre; g)	Not sure	0.44	0.19	0.079	0.81	0.017	0.001
	Yes	0.68	0.18	0.32	1	<0.001	
Fat (g)	Not sure	-1.1	0.53	-2.1	-0.058	0.039	0.078
	Yes	-0.23	0.52	-1.2	0.79	0.661	
Monounsaturated fat (g)	Not sure	-0.32	0.19	-0.7	0.053	0.093	0.214
	Yes	-0.11	0.19	-0.47	0.26	0.565	
Polyunsaturated fat (g)	Not sure	-0.2	0.17	-0.54	0.14	0.258	0.525
	Yes	-0.13	0.17	-0.47	0.21	0.467	
Saturated fat (g)	Not sure	-0.65	0.33	-1.3	-0.0049	0.048	0.133
	Yes	-0.29	0.32	-0.91	0.34	0.369	
Omega-3 (g; from fish)	Not sure	0.011	0.011	-0.0098	0.032	0.295	0.471
	Yes	0.00077	0.01	-0.02	0.021	0.941	
Cholesterol (mg)	Not sure	-8.3	3.2	-15	-1.9	0.011	0.036
	Yes	-4.8	3.2	-11	1.4	0.129	
Protein (g)	Not sure	0.049	0.57	-1.1	1.2	0.932	0.226
	Yes	0.83	0.56	-0.28	1.9	0.142	
Thiamin (mg)	Not sure	0.014	0.016	-0.018	0.046	0.395	0.014
	Yes	0.045	0.016	0.013	0.076	0.005	
Riboflavin (mg)	Not sure	0.028	0.02	-0.012	0.068	0.171	0.047
	Yes	0.05	0.02	0.01	0.089	0.013	
Niacin equivalent (mg)	Not sure	0.26	0.32	-0.36	0.88	0.413	0.432
	Yes	0.4	0.31	-0.21	1	0.198	
Vitamin B6 (mg)	Not sure	0.044	0.018	0.008	0.079	0.016	0.010
	Yes	0.053	0.018	0.017	0.088	0.004	
Vitamin B12 (ug)	Not sure	-0.0054	0.1	-0.2	0.19	0.957	0.940
	Yes	-0.031	0.097	-0.22	0.16	0.75	
Folate (ug)	Not sure	4	2.6	-1.1	9	0.125	0.149
	Yes	4.7	2.5	-0.21	9.7	0.06	
Vitamin C (mg)	Not sure	3	1.6	-0.063	6.1	0.055	0.002
	Yes	5.4	1.6	2.3	8.5	0.001	
	Not sure	-21	16	-53	11	0.191	0.237

Retinol/Vitamin A (ug)	Yes	-26	16	-57	5.2	0.102	
Carotene (ug)	Not sure	71	45	-17	159	0.115	0.022
	Yes	123	45	36	211	0.006	
Vitamin D (ug)	Not sure	0.023	0.064	-0.1	0.15	0.717	0.845
	Yes	-0.011	0.063	-0.13	0.11	0.865	
Vitamin E (mg)	Not sure	-0.23	0.18	-0.58	0.12	0.195	0.345
	Yes	-0.23	0.18	-0.58	0.12	0.198	
Calcium (mg)	Not sure	-3.2	9.4	-22	15	0.733	0.758
	Yes	3.3	9.3	-15	21	0.723	
Phosphorus (mg)	Not sure	8.2	10	-11	28	0.415	0.139
	Yes	19	9.9	-0.14	39	0.052	
Magnesium (mg)	Not sure	3	2.3	-1.5	7.6	0.189	0.181
	Yes	4.1	2.3	-0.33	8.6	0.069	
Sodium (mg)	Not sure	10	17	-24	45	0.556	0.461
	Yes	21	17	-12	55	0.215	
Potassium (mg)	Not sure	56	22	13	100	0.011	<0.001
	Yes	92	22	49	135	<0.001	
Iron (mg)	Not sure	0.23	0.1	0.024	0.44	0.028	0.008
	Yes	0.32	0.1	0.11	0.52	0.002	
Zinc (mg)	Not sure	0.033	0.067	-0.099	0.17	0.623	0.027
	Yes	0.16	0.066	0.033	0.29	0.014	
Selenium (ug)	Not sure	-0.53	1.2	-3	1.9	0.67	0.549
	Yes	-1.3	1.2	-3.7	1.1	0.284	
Iodine (ug)	Not sure	2.6	1.7	-0.76	6	0.129	0.029
	Yes	4.5	1.7	1.2	7.8	0.008	



*Table S53: Full results for the partners' nutrient intake analyses 4 years post-partum, with 'religious affiliation' as the exposure (reference = no religious affiliation) and adjusted for total energy intake. Results are taken from the multiply-imputed datasets (n = 4,786). Note that the Bonferroni-corrected alpha level is  $0.05/32 = 0.0016$ . lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome. NSP = Non-starch polysaccharides.*

outcome	level	coef	se	lci	uci	p	p_exp
Carbohydrate (g)	Christian	2.6	1.2	0.17	5.1	0.036	0.096
	Other	0.21	2.7	-5.2	5.6	0.939	
Total sugars (g)	Christian	2.4	1.2	-0.0088	4.8	0.051	0.023
	Other	-3.4	2.7	-8.8	1.9	0.211	
Free sugars (g)	Christian	1.2	1.2	-1.1	3.5	0.289	0.088
	Other	-3.9	2.6	-9.1	1.2	0.134	
Starch (g)	Christian	0.086	1.1	-2	2.2	0.936	0.262
	Other	3.7	2.3	-0.9	8.2	0.115	
NSP (Fibre; g)	Christian	0.042	0.17	-0.29	0.37	0.806	0.046
	Other	0.9	0.38	0.17	1.6	0.016	
Fat (g)	Christian	0.6	0.47	-0.33	1.5	0.204	0.448
	Other	0.56	1.1	-1.5	2.6	0.595	
Monounsaturated fat (g)	Christian	0.3	0.17	-0.039	0.63	0.083	0.102
	Other	-0.24	0.37	-0.98	0.49	0.518	
Polyunsaturated fat (g)	Christian	-0.21	0.16	-0.52	0.094	0.173	0.359
	Other	0.029	0.36	-0.68	0.73	0.936	
Saturated fat (g)	Christian	0.3	0.29	-0.27	0.87	0.295	0.507
	Other	0.55	0.66	-0.75	1.8	0.408	
Omega-3 (g; from fish)	Christian	0.0064	0.0095	-0.012	0.025	0.501	0.023
	Other	0.058	0.022	0.016	0.1	0.007	
Cholesterol (mg)	Christian	3.7	2.9	-1.9	9.4	0.194	0.250
	Other	-3.9	6.4	-16	8.8	0.55	
Protein (g)	Christian	1.1	0.51	0.13	2.1	0.026	0.084
	Other	0.44	1.1	-1.8	2.6	0.695	
Thiamin (mg)	Christian	0.0047	0.015	-0.024	0.033	0.748	0.085
	Other	0.072	0.034	0.0057	0.14	0.033	
Riboflavin (mg)	Christian	0.036	0.018	-0.00021	0.072	0.051	0.147
	Other	0.044	0.042	-0.038	0.13	0.292	
Niacin equivalent (mg)	Christian	0.43	0.28	-0.13	0.99	0.131	0.307
	Other	0.065	0.63	-1.2	1.3	0.918	
Vitamin B6 (mg)	Christian	0.038	0.016	0.0056	0.07	0.021	0.062
	Other	0.0025	0.037	-0.07	0.075	0.946	
Vitamin B12 (ug)	Christian	0.16	0.089	-0.011	0.34	0.067	0.191
	Other	0.051	0.2	-0.34	0.44	0.8	
Folate (ug)	Christian	0.21	2.3	-4.3	4.7	0.925	0.443
	Other	6.3	5.2	-3.9	16	0.225	
Vitamin C (mg)	Christian	2	1.4	-0.81	4.9	0.161	0.348
	Other	0.21	3.2	-6	6.4	0.946	
	Christian	10	15	-18	39	0.489	0.775

Retinol/Vitamin A (ug)	Other	0.66	32	-63	64	0.984	
Carotene (ug)	Christian	54	41	-25	134	0.182	0.368
	Other	78	89	-97	252	0.383	
Vitamin D (ug)	Christian	0.032	0.057	-0.08	0.14	0.578	0.437546
	Other	0.14	0.13	-0.12	0.39	0.291	
Vitamin E (mg)	Christian	-0.32	0.16	-0.64	-0.0026	0.048	0.132
	Other	-0.033	0.37	-0.75	0.69	0.928	
Calcium (mg)	Christian	-0.35	8.6	-17	17	0.967	0.557
	Other	19	19	-19	58	0.318	
Phosphorus (mg)	Christian	4.1	9.1	-14	22	0.652	0.747
	Other	15	20	-25	54	0.47	
Magnesium (mg)	Christian	-3.3	2.1	-7.3	0.79	0.115	0.018
	Other	8.3	4.7	-0.95	17	0.079	
Sodium (mg)	Christian	27	16	-3.7	58	0.084	0.115
	Other	57	35	-11	125	0.099	
Potassium (mg)	Christian	29	20	-9.9	69	0.143	0.358
	Other	25	46	-64	115	0.58	
Iron (mg)	Christian	0.02	0.096	-0.17	0.21	0.837	0.001
	Other	0.76	0.21	0.35	1.2	<0.001	
Zinc (mg)	Christian	0.11	0.061	-0.011	0.23	0.074	0.196
	Other	0.027	0.13	-0.23	0.29	0.838	
Selenium (ug)	Christian	-1.9	1.1	-4.1	0.29	0.088	0.019
	Other	3.9	2.4	-0.9	8.6	0.112	
Iodine (ug)	Christian	4.6	1.6	1.5	7.7	0.004	0.013
	Other	4.8	3.4	-1.9	12	0.161	

Table S54: Full results for the partners' nutrient intake analyses 4 years post-partum, with 'belief and religious affiliation' as the exposure (reference = non-religious non-believers) and adjusted for total energy intake. Results are taken from the multiply-imputed datasets (n = 4,786). Note that the Bonferroni-corrected alpha level is  $0.05/32 = 0.0016$ . lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome. NSP = Non-starch polysaccharides.

outcome	level	coef	se	lci	uci	p	p_exp
Carbohydrate (g)	Christian believer	3.2	1.4	0.42	5.9	0.024	0.143
	Christian non-believer	2.1	1.4	-0.69	5	0.139	
	Other	0.36	2.5	-4.5	5.2	0.885	
Total sugars (g)	Christian believer	3	1.4	0.2	5.7	0.036	0.054
	Christian non-believer	2	1.4	-0.82	4.7	0.168	
	Other	-2.4	2.5	-7.2	2.4	0.331	
Free sugars (g)	Christian believer	1.1	1.3	-1.5	3.7	0.414	0.244
	Christian non-believer	1.5	1.3	-1.2	4.1	0.278	
	Other	-2.8	2.3	-7.4	1.8	0.228	
Starch (g)	Christian believer	0.041	1.2	-2.3	2.4	0.973	0.591
	Christian non-believer	0.09	1.2	-2.3	2.5	0.942	
	Other	2.7	2.1	-1.3	6.8	0.189	
NSP (Fibre; g)	Christian believer	0.3	0.19	-0.08	0.68	0.121	0.003
	Christian non-believer	-0.13	0.19	-0.51	0.25	0.516	
	Other	0.94	0.34	0.27	1.6	0.006	
Fat (g)	Christian believer	0.73	0.54	-0.33	1.8	0.177	0.551
	Christian non-believer	0.61	0.55	-0.47	1.7	0.268	
	Other	0.8	0.93	-1	2.6	0.394	
Mono-unsaturated fat (g)	Christian believer	0.3	0.2	-0.083	0.68	0.124	0.226
	Christian non-believer	0.31	0.2	-0.079	0.7	0.118	
	Other	-0.15	0.34	-0.81	0.51	0.661	
Poly-unsaturated fat (g)	Christian believer	-0.16	0.18	-0.52	0.19	0.367	0.494
	Christian non-believer	-0.25	0.18	-0.6	0.1	0.16	
	Other	0.059	0.32	-0.57	0.69	0.853	
Saturated fat (g)	Christian believer	0.26	0.33	-0.4	0.91	0.441	0.618
	Christian non-believer	0.4	0.34	-0.26	1.1	0.236	
	Other	0.55	0.58	-0.59	1.7	0.342	
Omega-3 (g; from fish)	Christian believer	0.0035	0.011	-0.018	0.025	0.75	0.628
	Christian non-believer	0.0018	0.011	-0.02	0.023	0.869	
	Other	0.025	0.019	-0.013	0.062	0.205	
Cholesterol (mg)	Christian believer	3.2	3.3	-3.3	9.6	0.336	0.361
	Christian non-believer	3.6	3.3	-2.9	10	0.28	
	Other	-5	5.8	-16	6.3	0.39	
Protein (g)	Christian believer	1.5	0.59	0.37	2.7	0.009	0.053
	Christian non-believer	0.61	0.59	-0.56	1.8	0.305	
	Other	-0.081	1	-2.1	1.9	0.937	
Thiamin (mg)	Christian believer	0.028	0.017	-0.0051	0.061	0.098	0.005
	Christian non-believer	-0.011	0.017	-0.044	0.022	0.497	
	Other	0.074	0.03	0.015	0.13	0.014	

Riboflavin (mg)	Christian believer	0.052	0.021	0.012	0.093	0.012	0.091
	Christian non-believer	0.02	0.021	-0.021	0.061	0.337	
	Other	0.037	0.037	-0.036	0.11	0.321	
Niacin equivalent (mg)	Christian believer	0.56	0.33	-0.079	1.2	0.086	0.311
	Christian non-believer	0.23	0.33	-0.41	0.87	0.476	
	Other	-0.13	0.57	-1.3	0.99	0.82	
Vitamin B6 (mg)	Christian believer	0.051	0.019	0.014	0.089	0.007	0.055
	Christian non-believer	0.027	0.019	-0.0095	0.064	0.146	
	Other	0.01	0.033	-0.055	0.075	0.76	
Vitamin B12 (ug)	Christian believer	0.13	0.1	-0.073	0.32	0.215	0.291
	Christian non-believer	0.15	0.1	-0.053	0.35	0.15	
	Other	-0.1	0.18	-0.45	0.25	0.566	
Folate (ug)	Christian believer	2	2.6	-3.2	7.2	0.456	0.330
	Christian non-believer	-0.93	2.6	-6.1	4.2	0.723	
	Other	6.5	4.7	-2.7	16	0.167	
Vitamin C (mg)	Christian believer	4.2	1.7	0.99	7.5	0.011	0.048
	Christian non-believer	0.93	1.7	-2.3	4.2	0.575	
	Other	3.1	2.9	-2.5	8.7	0.282	
Retinol/ Vitamin A (ug)	Christian believer	-1.8	17	-34	31	0.912	0.538
	Christian non-believer	17	17	-16	50	0.303	
	Other	-12	29	-69	45	0.683	
Carotene (ug)	Christian believer	92	47	-0.32	184	0.051	0.189
	Christian non-believer	35	46	-56	126	0.452	
	Other	108	81	-50	266	0.181	
Vitamin D (ug)	Christian believer	0.019	0.065	-0.11	0.15	0.767	0.967
	Christian non-believer	-0.005	0.066	-0.13	0.12	0.939	
	Other	-0.027	0.12	-0.26	0.2	0.818	
Vitamin E (mg)	Christian believer	-0.3	0.19	-0.67	0.064	0.106	0.217
	Christian non-believer	-0.37	0.18	-0.74	-0.013	0.042	
	Other	-0.12	0.33	-0.76	0.52	0.71	
Calcium (mg)	Christian believer	3.8	9.8	-16	23	0.701	0.641
	Christian non-believer	-5.4	9.8	-25	14	0.584	
	Other	13	17	-21	46	0.466	
Phosphorus (mg)	Christian believer	15	10	-5.8	35	0.16	0.177
	Christian non-believer	-5.9	10	-27	15	0.573	
	Other	12	18	-23	48	0.502	
Magnesium (mg)	Christian believer	-0.48	2.4	-5.2	4.2	0.842	0.004
	Christian non-believer	-5.3	2.4	-10	-0.62	0.026	
	Other	8.4	4.2	0.1	17	0.047	
Sodium (mg)	Christian believer	32	18	-3.3	67	0.076	0.331
	Christian non-believer	19	18	-17	54	0.306	
	Other	34	31	-27	95	0.277	
Potassium (mg)	Christian believer	69	23	24	113	0.003	0.006
	Christian non-believer	5.5	23	-40	51	0.811	
	Other	60	41	-20	140	0.14	
Iron (mg)	Christian believer	0.14	0.11	-0.079	0.35	0.215	0.001

	Christian non-believer	-0.066	0.11	-0.28	0.15	0.549	
	Other	0.66	0.19	0.3	1	<0.001	
Zinc (mg)	Christian believer	0.2	0.069	0.06	0.33	0.005	0.016
	Christian non-believer	0.026	0.07	-0.11	0.16	0.715	
	Other	0.032	0.12	-0.2	0.27	0.79	
Selenium (ug)	Christian believer	-2	1.3	-4.5	0.49	0.114	0.083
	Christian non-believer	-2	1.3	-4.5	0.58	0.13	
	Other	2.5	2.2	-1.8	6.8	0.253	
Iodine (ug)	Christian believer	5.8	1.8	2.3	9.3	0.001	0.015
	Christian non-believer	2.9	1.8	-0.61	6.5	0.105	
	Other	2.4	3.1	-3.7	8.4	0.439	

Table S55: Full results for the partners' nutrient intake analyses 4 years post-partum, with 'frequency of attendance at church/place of worship' as the exposure (reference = not at all) and adjusted for total energy intake. Results are taken from the multiply-imputed datasets (n = 4,786). Note that the Bonferroni-corrected alpha level is  $0.05/32 = 0.0016$ . lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome. NSP = Non-starch polysaccharides.

outcome	level	coef	se	lci	uci	p	p_exp
Carbohydrate (g)	Min once a month	4.3	1.7	1	7.7	0.011	0.012
	Min once a year	-1.1	1.2	-3.5	1.4	0.389	
Total sugars (g)	Min once a month	0.78	1.7	-2.6	4.1	0.65	0.654
	Min once a year	-0.81	1.2	-3.3	1.6	0.514	
Free sugars (g)	Min once a month	-1.7	1.6	-4.9	1.5	0.302	0.220
	Min once a year	-1.9	1.2	-4.3	0.43	0.108	
Starch (g)	Min once a month	3.4	1.5	0.56	6.3	0.019	0.045
	Min once a year	-0.19	1	-2.2	1.9	0.859	
NSP (Fibre; g)	Min once a month	0.97	0.24	0.5	1.4	<0.001	<0.001
	Min once a year	-0.026	0.17	-0.36	0.31	0.88	
Fat (g)	Min once a month	1.6	0.67	0.26	2.9	0.019	0.064
	Min once a year	0.36	0.48	-0.58	1.3	0.452	
Monounsaturated fat (g)	Min once a month	0.41	0.24	-0.062	0.88	0.089	0.204
	Min once a year	0.17	0.17	-0.17	0.52	0.319	
Polyunsaturated fat (g)	Min once a month	0.089	0.22	-0.35	0.53	0.69	0.912
	Min once a year	0.042	0.16	-0.27	0.36	0.792	
Saturated fat (g)	Min once a month	0.77	0.41	-0.035	1.6	0.061	0.145
	Min once a year	-0.033	0.3	-0.62	0.55	0.912	
Omega-3 (g; from fish)	Min once a month	0.0087	0.014	-0.018	0.035	0.526	0.540
	Min once a year	0.01	0.0099	-0.0091	0.03	0.298	
Cholesterol (mg)	Min once a month	3	4	-4.9	11	0.451	0.242
	Min once a year	4.8	2.9	-0.9	10	0.099	
Protein (g)	Min once a month	2.1	0.72	0.73	3.5	0.003	0.007
	Min once a year	0.92	0.52	-0.091	1.9	0.075	
Thiamin (mg)	Min once a month	0.081	0.02	0.041	0.12	<0.001	<0.001
	Min once a year	0.016	0.015	-0.013	0.045	0.288	
Riboflavin (mg)	Min once a month	0.036	0.025	-0.013	0.086	0.153	0.053
	Min once a year	0.042	0.018	0.0055	0.078	0.024	
Niacin equivalent (mg)	Min once a month	0.63	0.4	-0.16	1.4	0.117	0.107
	Min once a year	0.51	0.29	-0.051	1.1	0.075	
Vitamin B6 (mg)	Min once a month	0.031	0.023	-0.015	0.076	0.185	0.040
	Min once a year	0.041	0.017	0.0079	0.073	0.015	
Vitamin B12 (ug)	Min once a month	0.11	0.12	-0.14	0.35	0.392	0.024
	Min once a year	0.24	0.089	0.067	0.42	0.007	
Folate (ug)	Min once a month	4.3	3.3	-2.1	11	0.19	0.344
	Min once a year	2.3	2.4	-2.3	6.9	0.334	
Vitamin C (mg)	Min once a month	6.9	2	2.9	11	0.001	0.003
	Min once a year	1.9	1.4	-0.96	4.7	0.194	
	Min once a month	2.7	20	-37	43	0.894	0.286

Retinol/ Vitamin A (ug)	Min once a year	23	15	-6	51	0.121	
Carotene (ug)	Min once a month	215	58	103	328	<0.001	0.001
	Min once a year	26	41	-55	106	0.533	
Vitamin D (ug)	Min once a month	0.18	0.081	0.017	0.33	0.03	0.038
	Min once a year	0.11	0.059	-0.0046	0.23	0.06	
Vitamin E (mg)	Min once a month	-0.0034	0.23	-0.45	0.45	0.988	1.00
	Min once a year	-0.0013	0.16	-0.32	0.32	0.994	
Calcium (mg)	Min once a month	4.5	12	-19	28	0.706	0.916
	Min once a year	2.4	8.6	-15	19	0.779	
Phosphorus (mg)	Min once a month	25	13	0.2	50	0.048	0.142
	Min once a year	6.6	9.1	-11	24	0.471	
Magnesium (mg)	Min once a month	2.8	3	-3	8.6	0.341	0.620
	Min once a year	0.016	2.2	-4.2	4.2	0.994	
Sodium (mg)	Min once a month	51	22	8	94	0.02	0.062
	Min once a year	17	16	-14	49	0.277	
Potassium (mg)	Min once a month	52	28	-3.6	107	0.067	0.113
	Min once a year	29	20	-10	69	0.146	
Iron (mg)	Min once a month	0.39	0.13	0.13	0.66	0.003	0.006
	Min once a year	0.19	0.097	0.0022	0.38	0.047	
Zinc (mg)	Min once a month	0.37	0.084	0.21	0.54	<0.001	<0.001
	Min once a year	0.092	0.061	-0.028	0.21	0.132	
Selenium (ug)	Min once a month	0.4	1.6	-2.7	3.5	0.801	0.617
	Min once a year	1.1	1.1	-1.1	3.4	0.33	
Iodine (ug)	Min once a month	5.4	2.1	1.2	9.6	0.011	0.009
	Min once a year	3.8	1.6	0.65	6.9	0.018	

*Table S56: Full results for the partners' analyses using binary recommended nutrient intake cut-offs 4 years post-partum, with 'belief in God/divine power' as the exposure (reference = no belief in God/divine power) and adjusted for total energy intake. Results are odds ratios (OR) and 95% confidence intervals taken from the multiply-imputed datasets (n = 4,786). Note that the Bonferroni-corrected alpha level is  $0.05/23 = 0.0022$ . RNI = Reference Nutrient Intake; NSP = Non-starch polysaccharides. Note due to small cell counts of niacin, phosphorous, vitamin B12, vitamin D and vitamin E for partners at 4 years post-partum, it was not possible to include these variables in these analyses (hence why the number of comparisons is five less than the 28 from mothers in pregnancy). lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome.*

<b>outcome</b>	<b>level</b>	<b>OR</b>	<b>lci</b>	<b>uci</b>	<b>p</b>	<b>p_exp</b>
Carbohydrate < minimum (333g)	Not sure	0.77	0.59	1	0.047	0.030
	Yes	0.71	0.55	0.92	0.01	
Free sugars > max (33g)	Not sure	1.34	0.96	1.88	0.087	0.140
	Yes	1.35	0.96	1.88	0.081	
NSP (Fibre) < RNI (22.5g)	Not sure	0.84	0.69	1.03	0.097	0.019
	Yes	0.75	0.61	0.92	0.005	
Fat > maximum (97g)	Not sure	0.87	0.68	1.12	0.287	0.543
	Yes	0.9	0.71	1.15	0.403	
Monounsaturated fat < RNI (36g)	Not sure	1.13	0.88	1.45	0.349	0.497
	Yes	1.15	0.9	1.48	0.262	
Polyunsaturated fat < RNI (18g)	Not sure	1.09	0.9	1.31	0.387	0.484
	Yes	1.12	0.93	1.35	0.238	
Saturated fat > maximum (31g)	Not sure	0.76	0.59	0.98	0.033	0.083
	Yes	0.81	0.63	1.03	0.085	
Omega-3 from fish < 0.25g	Not sure	0.99	0.84	1.17	0.911	0.821
	Yes	0.95	0.81	1.12	0.565	
Protein < RNI (55.5g)	Not sure	1.18	0.69	2.03	0.539	0.641
	Yes	1.29	0.76	2.17	0.35	
Thiamin < RNI (1mg)	Not sure	0.78	0.47	1.27	0.311	0.541
	Yes	0.8	0.5	1.29	0.363	
Riboflavin < RNI (1.3mg)	Not sure	0.86	0.61	1.23	0.414	0.678
	Yes	0.88	0.63	1.24	0.477	
Vitamin B6 < RNI (1.4mg)	Not sure	0.98	0.57	1.7	0.954	0.361
	Yes	0.7	0.4	1.25	0.229	
Folate < RNI (200ug)	Not sure	0.94	0.7	1.27	0.708	0.932
	Yes	0.97	0.72	1.29	0.83	
Vitamin C < RNI (40mg)	Not sure	0.76	0.54	1.07	0.115	0.048
	Yes	0.65	0.46	0.92	0.015	
Retinol/Vitamin A < RNI (700ug)	Not sure	1.16	0.98	1.38	0.086	0.223
	Yes	1.1	0.93	1.3	0.254	
Calcium < RNI (700ug)	Not sure	0.66	0.43	1	0.05	0.135
	Yes	0.86	0.58	1.28	0.449	
Magnesium < RNI (300mg)	Not sure	0.87	0.7	1.07	0.191	0.191
	Yes	0.82	0.67	1.02	0.076	
	Not sure	1.12	0.87	1.44	0.388	0.561



Sodium < RNI (1.6g) OR > maximum (2.4g)	Yes	1.14	0.89	1.46	0.309	
Potassium < RNI (3500mg)	Not sure	0.84	0.68	1.03	0.101	0.061
	Yes	0.78	0.64	0.96	0.019	
Iron < RNI (8.7mg)	Not sure	0.94	0.7	1.26	0.673	0.077
	Yes	0.73	0.55	0.98	0.038	
Zinc < RNI (9.5mg)	Not sure	1.07	0.86	1.33	0.545	0.537
	Yes	0.95	0.77	1.18	0.666	
Selenium < RNI (75ug)	Not sure	0.86	0.68	1.09	0.225	0.443
	Yes	0.96	0.76	1.21	0.735	
Iodine < RNI (140ug)	Not sure	0.92	0.72	1.17	0.488	0.613
	Yes	0.89	0.7	1.12	0.324	

*Table S57: Full results for the partners' analyses using binary recommended nutrient intake cut-offs 4 years post-partum, with 'religious affiliation' as the exposure (reference = no religious affiliation) and adjusted for total energy intake. Results are odds ratios (OR) and 95% confidence intervals taken from the multiply-imputed datasets (n = 4,786). Note that the Bonferroni-corrected alpha level is  $0.05/23 = 0.0022$ . RNI = Reference Nutrient Intake; NSP = Non-starch polysaccharides. Note due to small cell counts of niacin, phosphorous, vitamin B12, vitamin D and vitamin E for partners at 4 years post-partum, it was not possible to include these variables in these analyses (hence why the number of comparisons is five less than the 28 from mothers in pregnancy). lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome.*

<b>outcome</b>	<b>level</b>	<b>OR</b>	<b>lci</b>	<b>uci</b>	<b>p</b>	<b>p_exp</b>
Carbohydrate < minimum (333g)	Christian	0.82	0.65	1.04	0.107	0.264
	Other	0.81	0.47	1.37	0.425	
Free sugars > max (33g)	Christian	1.33	0.98	1.81	0.068	0.171
	Other	1.05	0.56	1.99	0.87	
NSP (Fibre) < RNI (22.5g)	Christian	0.99	0.83	1.19	0.946	0.303
	Other	0.75	0.52	1.1	0.14	
Fat > maximum (97g)	Christian	0.92	0.73	1.15	0.448	0.705
	Other	0.86	0.52	1.44	0.57	
Monounsaturated fat < RNI (36g)	Christian	1.03	0.82	1.29	0.792	0.793
	Other	1.2	0.71	2.01	0.499	
Polyunsaturated fat < RNI (18g)	Christian	1.19	1	1.41	0.046	0.091
	Other	0.94	0.64	1.37	0.747	
Saturated fat > maximum (31g)	Christian	0.94	0.75	1.18	0.591	0.801
	Other	0.88	0.54	1.41	0.588	
Omega-3 from fish < 0.25g	Christian	1.04	0.9	1.2	0.618	0.497
	Other	0.87	0.64	1.19	0.39	
Protein < RNI (55.5g)	Christian	1.06	0.64	1.75	0.819	0.891
	Other	1.28	0.47	3.49	0.632	
Thiamin < RNI (1mg)	Christian	1	0.64	1.56	0.985	0.695
	Other	0.6	0.18	2.05	0.415	
Riboflavin < RNI (1.3mg)	Christian	0.9	0.66	1.23	0.516	0.807
	Other	0.88	0.43	1.8	0.734	
Vitamin B6 < RNI (1.4mg)	Christian	0.85	0.5	1.46	0.562	0.561
	Other	1.42	0.49	4.16	0.519	
Folate < RNI (200ug)	Christian	1.09	0.83	1.43	0.541	0.831
	Other	1.04	0.57	1.92	0.888	
Vitamin C < RNI (40mg)	Christian	0.82	0.6	1.13	0.228	0.317
	Other	0.56	0.21	1.47	0.239	
Retinol/Vitamin A < RNI (700ug)	Christian	0.94	0.8	1.1	0.417	0.682
	Other	0.9	0.64	1.28	0.568	
Calcium < RNI (700ug)	Christian	0.79	0.54	1.14	0.211	0.240
	Other	0.5	0.2	1.3	0.155	
Magnesium < RNI (300mg)	Christian	0.99	0.82	1.2	0.925	0.312
	Other	0.72	0.46	1.12	0.145	
	Christian	1.22	0.97	1.53	0.085	0.135

Sodium < RNI (1.6g) OR > maximum (2.4g)	Other	0.9	0.56	1.45	0.669	
Potassium < RNI (3500mg)	Christian	0.92	0.76	1.1	0.36	0.310
	Other	1.21	0.79	1.85	0.373	
Iron < RNI (8.7mg)	Christian	1.05	0.8	1.38	0.712	0.240
	Other	0.61	0.31	1.18	0.144	
Zinc < RNI (9.5mg)	Christian	1.05	0.87	1.28	0.585	0.827
	Other	0.98	0.64	1.49	0.908	
Selenium < RNI (75ug)	Christian	1	0.81	1.24	0.999	0.841
	Other	0.87	0.54	1.4	0.574	
Iodine < RNI (140ug)	Christian	0.84	0.68	1.04	0.118	0.155
	Other	1.16	0.73	1.85	0.535	

*Table S58: Full results for the partners' analyses using binary recommended nutrient intake cut-offs 4 years post-partum, with 'belief and religious affiliation' as the exposure (reference = non-religious non-believers) and adjusted for total energy intake. Results are odds ratios (OR) and 95% confidence intervals taken from the multiply-imputed datasets (n = 4,786). Note that the Bonferroni-corrected alpha level is  $0.05/23 = 0.0022$ . RNI = Reference Nutrient Intake; NSP = Non-starch polysaccharides. Note due to small cell counts of niacin, phosphorous, vitamin B12, vitamin D and vitamin E for partners at 4 years post-partum, it was not possible to include these variables in these analyses (hence why the number of comparisons is five less than the 28 from mothers in pregnancy). lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome.*

<b>outcome</b>	<b>level</b>	<b>OR</b>	<b>lci</b>	<b>uci</b>	<b>p</b>	<b>p_exp</b>
Carbohydrate < minimum (333g)	Christian believer	0.79	0.6	1.03	0.079	0.373
	Christian non-believer	0.86	0.66	1.12	0.265	
	Other	0.82	0.5	1.34	0.43	
Free sugars > max (33g)	Christian believer	1.36	0.96	1.92	0.088	0.156
	Christian non-believer	1.47	1.03	2.09	0.032	
	Other	1.44	0.78	2.65	0.246	
NSP (Fibre) < RNI (22.5g)	Christian believer	0.88	0.72	1.09	0.236	0.050
	Christian non-believer	1.07	0.87	1.32	0.53	
	Other	0.71	0.5	1	0.047	
Fat > maximum (97g)	Christian believer	0.94	0.73	1.22	0.646	0.944
	Christian non-believer	0.94	0.72	1.21	0.613	
	Other	1.02	0.65	1.61	0.929	
Monounsaturated fat < RNI (36g)	Christian believer	1.06	0.82	1.37	0.668	0.920
	Christian non-believer	1	0.77	1.3	0.998	
	Other	1.14	0.71	1.83	0.587	
Polyunsaturated fat < RNI (18g)	Christian believer	1.19	0.98	1.45	0.084	0.190
	Christian non-believer	1.19	0.98	1.44	0.081	
	Other	0.95	0.68	1.35	0.792	
Saturated fat > maximum (31g)	Christian believer	0.92	0.72	1.19	0.541	0.881
	Christian non-believer	0.94	0.72	1.22	0.625	
	Other	0.86	0.56	1.31	0.479	
Omega-3 from fish < 0.25g	Christian believer	0.98	0.83	1.16	0.839	0.267
	Christian non-believer	1.14	0.96	1.34	0.142	
	Other	0.98	0.74	1.3	0.909	
Protein < RNI (55.5g)	Christian believer	1.19	0.68	2.09	0.534	0.674
	Christian non-believer	1.08	0.61	1.91	0.784	
	Other	1.73	0.7	4.29	0.235	
Thiamin < RNI (1mg)	Christian believer	0.93	0.57	1.54	0.788	0.534
	Christian non-believer	0.93	0.56	1.55	0.785	
	Other	0.4	0.11	1.42	0.156	
Riboflavin < RNI (1.3mg)	Christian believer	0.88	0.62	1.25	0.475	0.800
	Christian non-believer	0.87	0.61	1.24	0.443	
	Other	0.76	0.39	1.49	0.43	
Vitamin B6 < RNI (1.4mg)	Christian believer	0.66	0.35	1.24	0.195	0.326
	Christian non-believer	1.04	0.58	1.87	0.899	

	Other	1.26	0.46	3.47	0.65	
Folate < RNI (200ug)	Christian believer	1.08	0.79	1.48	0.618	0.827
	Christian non-believer	1.15	0.84	1.57	0.379	
	Other	1.18	0.69	2.01	0.55	
Vitamin C < RNI (40mg)	Christian believer	0.7	0.48	1.02	0.061	0.176
	Christian non-believer	0.9	0.63	1.28	0.555	
	Other	0.54	0.24	1.25	0.152	
Retinol/Vitamin A < RNI (700ug)	Christian believer	0.96	0.81	1.15	0.693	0.874
	Christian non-believer	0.93	0.78	1.11	0.409	
	Other	0.97	0.71	1.32	0.852	
Calcium < RNI (700ug)	Christian believer	0.92	0.6	1.4	0.681	0.567
	Christian non-believer	0.74	0.48	1.15	0.181	
	Other	0.81	0.38	1.73	0.581	
Magnesium < RNI (300mg)	Christian believer	0.92	0.74	1.15	0.475	0.309
	Christian non-believer	1.06	0.85	1.32	0.618	
	Other	0.76	0.51	1.14	0.186	
Sodium < RNI (1.6g) OR > maximum (2.4g)	Christian believer	1.22	0.94	1.59	0.13	0.279
	Christian non-believer	1.23	0.94	1.6	0.131	
	Other	0.94	0.61	1.44	0.771	
Potassium < RNI (3500mg)	Christian believer	0.83	0.67	1.03	0.084	0.320
	Christian non-believer	0.96	0.77	1.19	0.702	
	Other	0.99	0.68	1.45	0.964	
Iron < RNI (8.7mg)	Christian believer	0.87	0.63	1.18	0.363	0.030
	Christian non-believer	1.19	0.87	1.61	0.274	
	Other	0.56	0.31	1.03	0.062	
Zinc < RNI (9.5mg)	Christian believer	0.97	0.78	1.21	0.814	0.347
	Christian non-believer	1.17	0.93	1.46	0.179	
	Other	1.04	0.71	1.51	0.844	
Selenium < RNI (75ug)	Christian believer	1.04	0.81	1.32	0.765	0.972
	Christian non-believer	0.99	0.77	1.26	0.929	
	Other	0.97	0.64	1.48	0.884	
Iodine < RNI (140ug)	Christian believer	0.82	0.64	1.06	0.13	0.288
	Christian non-believer	0.86	0.67	1.1	0.228	
	Other	1.11	0.74	1.69	0.607	

*Table S59: Full results for the partners' analyses using binary recommended nutrient intake cut-offs 4 years post-partum, with 'frequency of attendance at church/place of worship' as the exposure (reference = not at all) and adjusted for total energy intake. Results are odds ratios (OR) and 95% confidence intervals taken from the multiply-imputed datasets (n = 4,786). Note that the Bonferroni-corrected alpha level is  $0.05/23 = 0.0022$ . RNI = Reference Nutrient Intake; NSP = Non-starch polysaccharides. Note due to small cell counts of niacin, phosphorous, vitamin B12, vitamin D and vitamin E for partners at 4 years post-partum, it was not possible to include these variables in these analyses (hence why the number of comparisons is five less than the 28 from mothers in pregnancy). lci and uci = lower and upper 95% confidence intervals, respectively. The final column (p\_exp) tests the overall association between the exposure and the outcome.*

<b>outcome</b>	<b>level</b>	<b>OR</b>	<b>lci</b>	<b>uci</b>	<b>p</b>	<b>p_exp</b>
Carbohydrate < minimum (333g)	Min once a month	0.9	0.65	1.23	0.497	0.351
	Min once a year	1.14	0.89	1.45	0.296	
Free sugars > max (33g)	Min once a month	1.94	1.17	3.2	0.01	0.031
	Min once a year	0.99	0.73	1.35	0.971	
NSP (Fibre) < RNI (22.5g)	Min once a month	0.76	0.6	0.97	0.026	0.080
	Min once a year	0.97	0.81	1.17	0.755	
Fat > maximum (97g)	Min once a month	0.99	0.72	1.35	0.938	0.766
	Min once a year	1.08	0.86	1.36	0.498	
Monounsaturated fat < RNI (36g)	Min once a month	0.96	0.7	1.31	0.803	0.868
	Min once a year	0.94	0.74	1.19	0.603	
Polyunsaturated fat < RNI (18g)	Min once a month	1.03	0.81	1.31	0.82	0.970
	Min once a year	1	0.83	1.19	0.973	
Saturated fat > maximum (31g)	Min once a month	1.09	0.79	1.5	0.59	0.143
	Min once a year	0.82	0.65	1.03	0.093	
Omega-3 from fish < 0.25g	Min once a month	0.91	0.75	1.12	0.385	0.632
	Min once a year	1.01	0.87	1.17	0.875	
Protein < RNI (55.5g)	Min once a month	0.65	0.32	1.32	0.236	0.489
	Min once a year	0.89	0.56	1.43	0.634	
Thiamin < RNI (1mg)	Min once a month	0.44	0.21	0.95	0.036	0.107
	Min once a year	0.95	0.62	1.47	0.825	
Riboflavin < RNI (1.3mg)	Min once a month	0.85	0.54	1.34	0.485	0.727
	Min once a year	0.92	0.67	1.26	0.588	
Vitamin B6 < RNI (1.4mg)	Min once a month	0.77	0.37	1.62	0.488	0.585
	Min once a year	0.79	0.47	1.32	0.371	
Folate < RNI (200ug)	Min once a month	0.85	0.57	1.28	0.442	0.745
	Min once a year	0.96	0.73	1.27	0.785	
Vitamin C < RNI (40mg)	Min once a month	0.68	0.39	1.17	0.163	0.377
	Min once a year	0.98	0.71	1.37	0.92	
Retinol/Vitamin A < RNI (700ug)	Min once a month	0.78	0.63	0.97	0.027	0.043
	Min once a year	0.87	0.74	1.02	0.08	
Calcium < RNI (700ug)	Min once a month	0.89	0.52	1.52	0.664	0.909
	Min once a year	0.97	0.66	1.42	0.856	
Magnesium < RNI (300mg)	Min once a month	0.79	0.59	1.05	0.11	0.153
	Min once a year	1.07	0.88	1.31	0.487	
	Min once a month	1.16	0.84	1.61	0.366	0.217

Sodium < RNI (1.6g) OR > maximum (2.4g)	Min once a year	1.22	0.96	1.55	0.096	
Potassium < RNI (3500mg)	Min once a month	0.85	0.65	1.12	0.252	0.413
	Min once a year	0.91	0.75	1.11	0.346	
Iron < RNI (8.7mg)	Min once a month	0.73	0.48	1.11	0.14	0.342
	Min once a year	0.95	0.72	1.25	0.721	
Zinc < RNI (9.5mg)	Min once a month	0.78	0.59	1.03	0.08	0.186
	Min once a year	1.01	0.83	1.23	0.906	
Selenium < RNI (75ug)	Min once a month	0.98	0.72	1.34	0.907	0.844
	Min once a year	0.94	0.76	1.16	0.56	
Iodine < RNI (140ug)	Min once a month	0.62	0.44	0.85	0.003	0.005
	Min once a year	0.78	0.62	0.98	0.032	

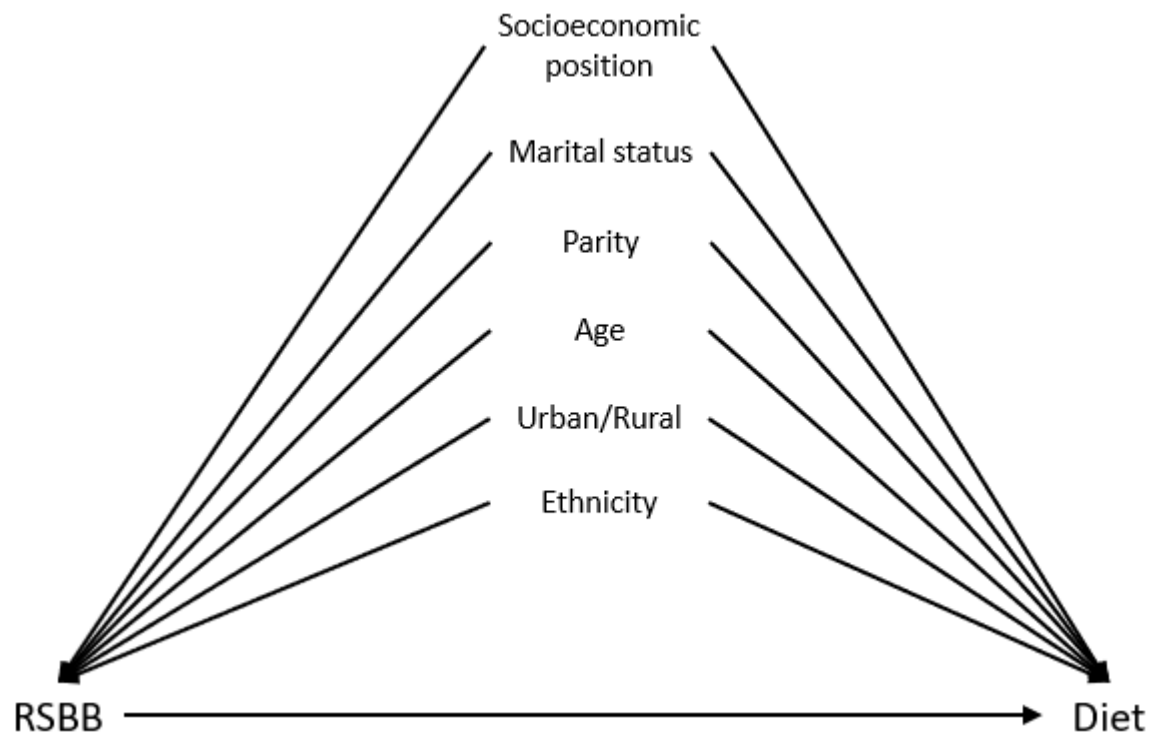


Figure S1: Directed Acyclic Graph (DAG) showing hypothesized causal relations between variables, to inform our choice of confounders. Note that causal relationships between the covariates have not been displayed here.



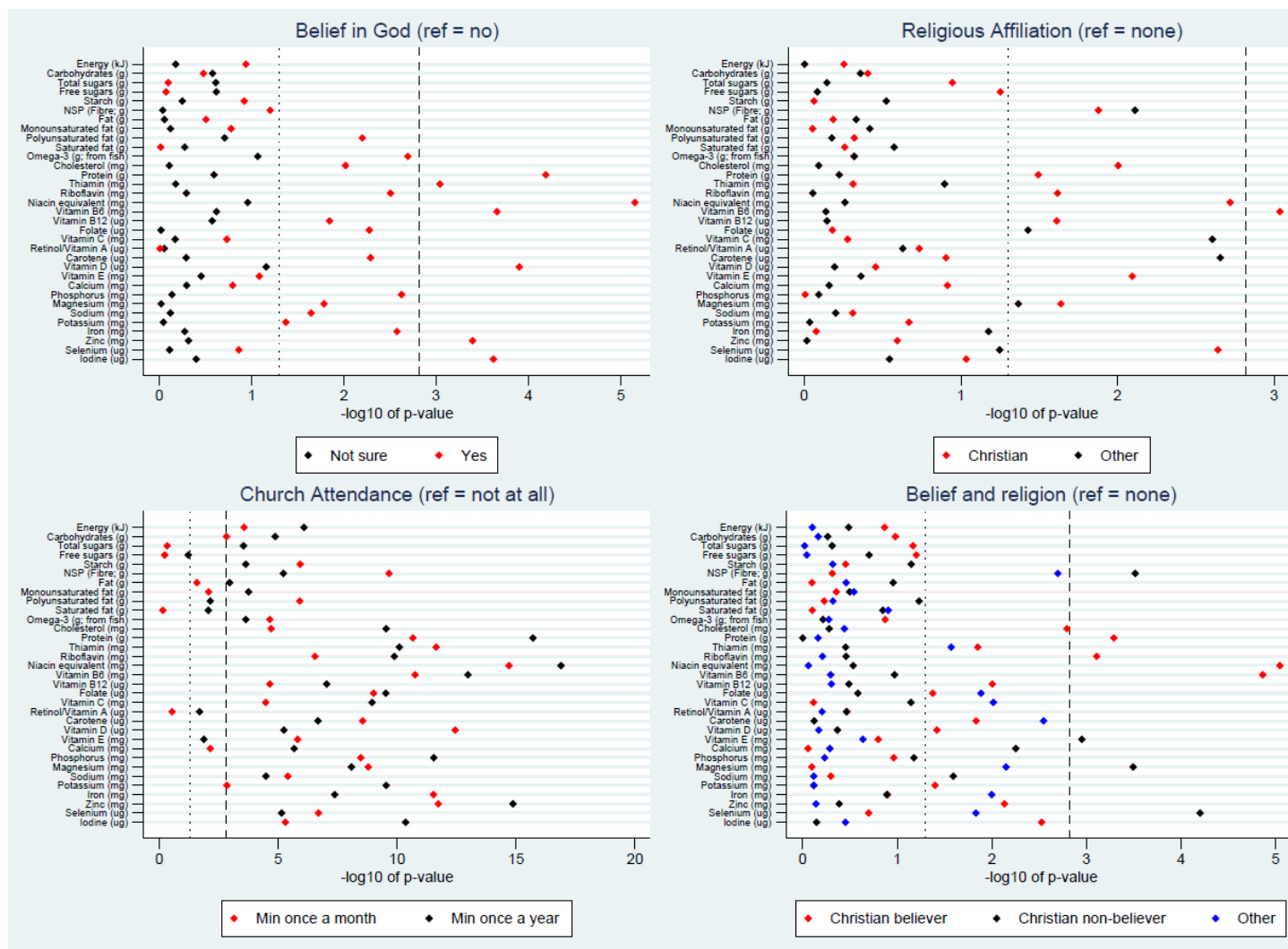


Figure S2: P-values for each RSBB exposure and nutrient intake for mothers in pregnancy. P-values taken from adjusted models using imputed data ( $n = 11,812$ ). The light dashed line indicates a standard 0.05  $p$ -value threshold; the thicker dashed line denotes the Bonferroni-corrected  $p$ -value threshold ( $0.05/33 = 0.0015$ ). NSP = Non-starch polysaccharides.

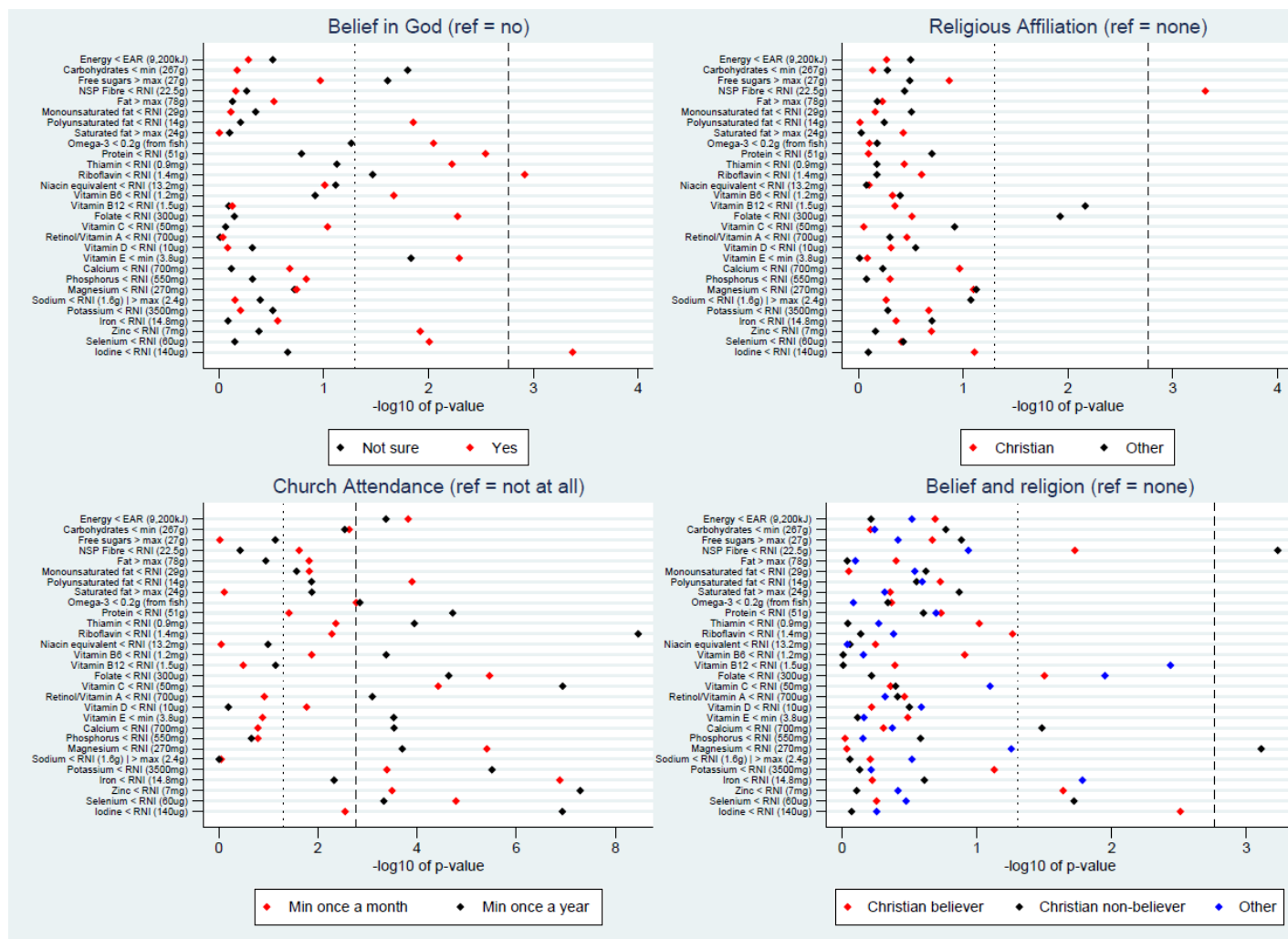


Figure S3: P-values for each RSBB exposure and following recommended nutrient intakes for mothers in pregnancy. P-values taken from adjusted logistic regression models using imputed data (n = 11,812). The light dashed line indicates a standard 0.05 p-value threshold; the thicker dashed line denotes the Bonferroni-corrected p-value threshold (0.05/29 = 0.0017). EAR = Estimated Average Requirement; RNI = Reference Nutrient Intake; NSP = Non-starch polysaccharides.

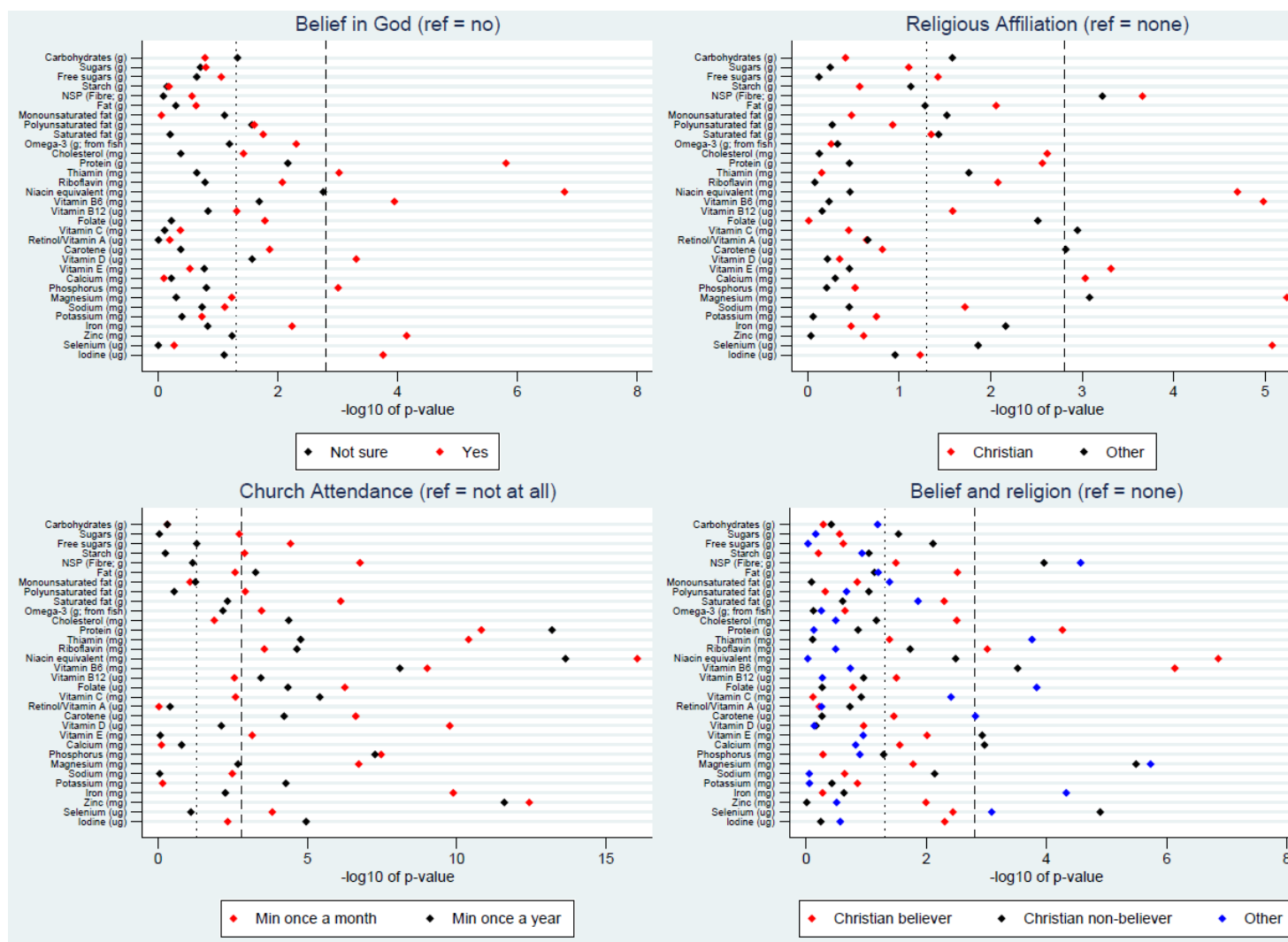


Figure S4: P-values for each RSBB exposure and nutrient intake for mothers in pregnancy when adjusting for total energy intake. P-values taken from adjusted models using imputed data (n = 11,812). The light dashed line indicates a standard 0.05 p-value threshold; the thicker dashed line denotes the Bonferroni-corrected p-value threshold (0.05/32 = 0.0016). NSP = Non-starch polysaccharides.

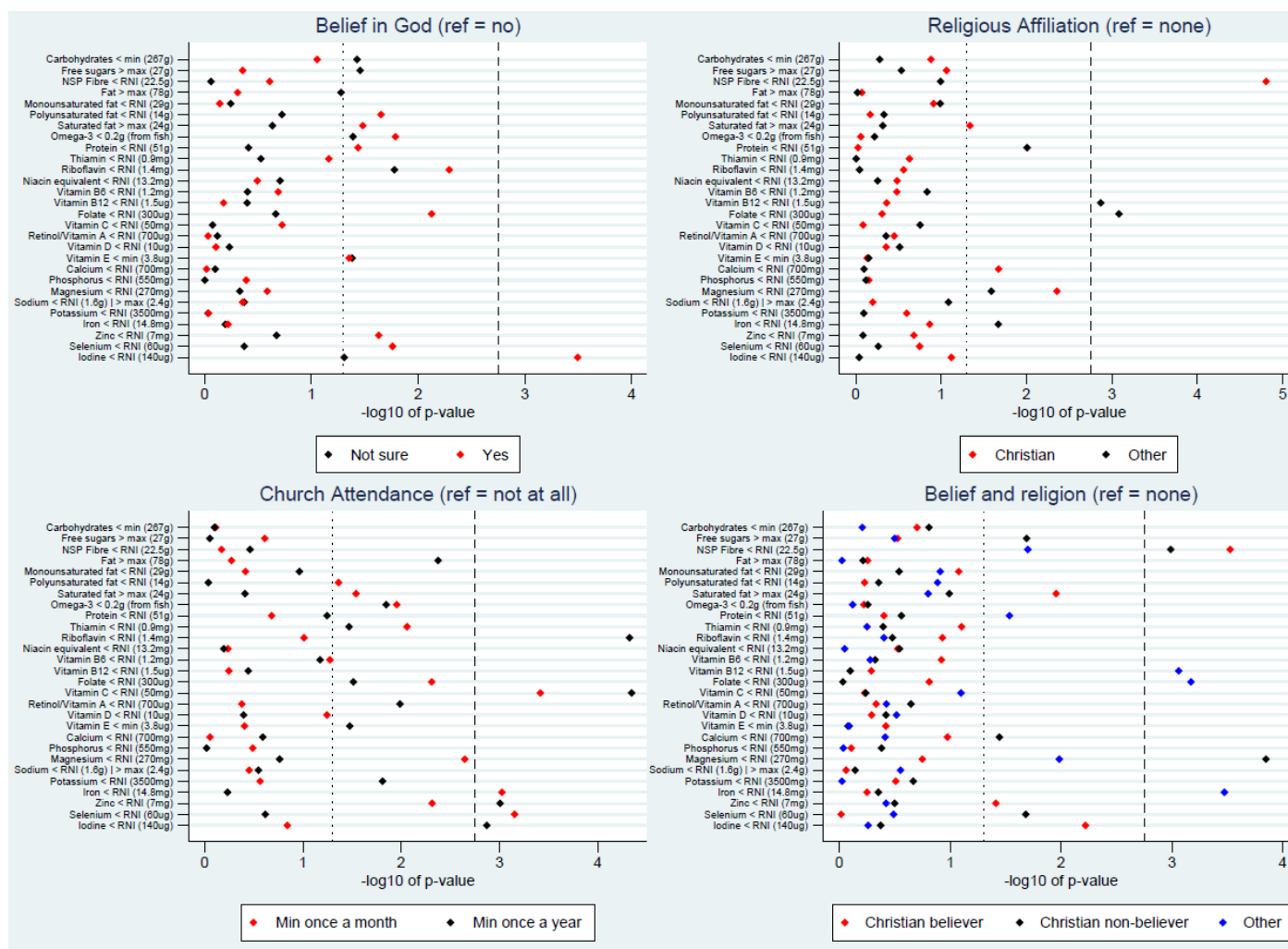


Figure S5: P-values for each RSBB exposure and following recommended nutrient intakes for mothers in pregnancy when adjusting for total energy intake. P-values taken from adjusted logistic regression models using imputed data (n = 11,812). The light dashed line indicates a standard 0.05 p-value threshold; the thicker dashed line denotes the Bonferroni-corrected p-value threshold (0.05/28 = 0.0018). RNI = Reference Nutrient Intake; NSP = Non-starch polysaccharides.

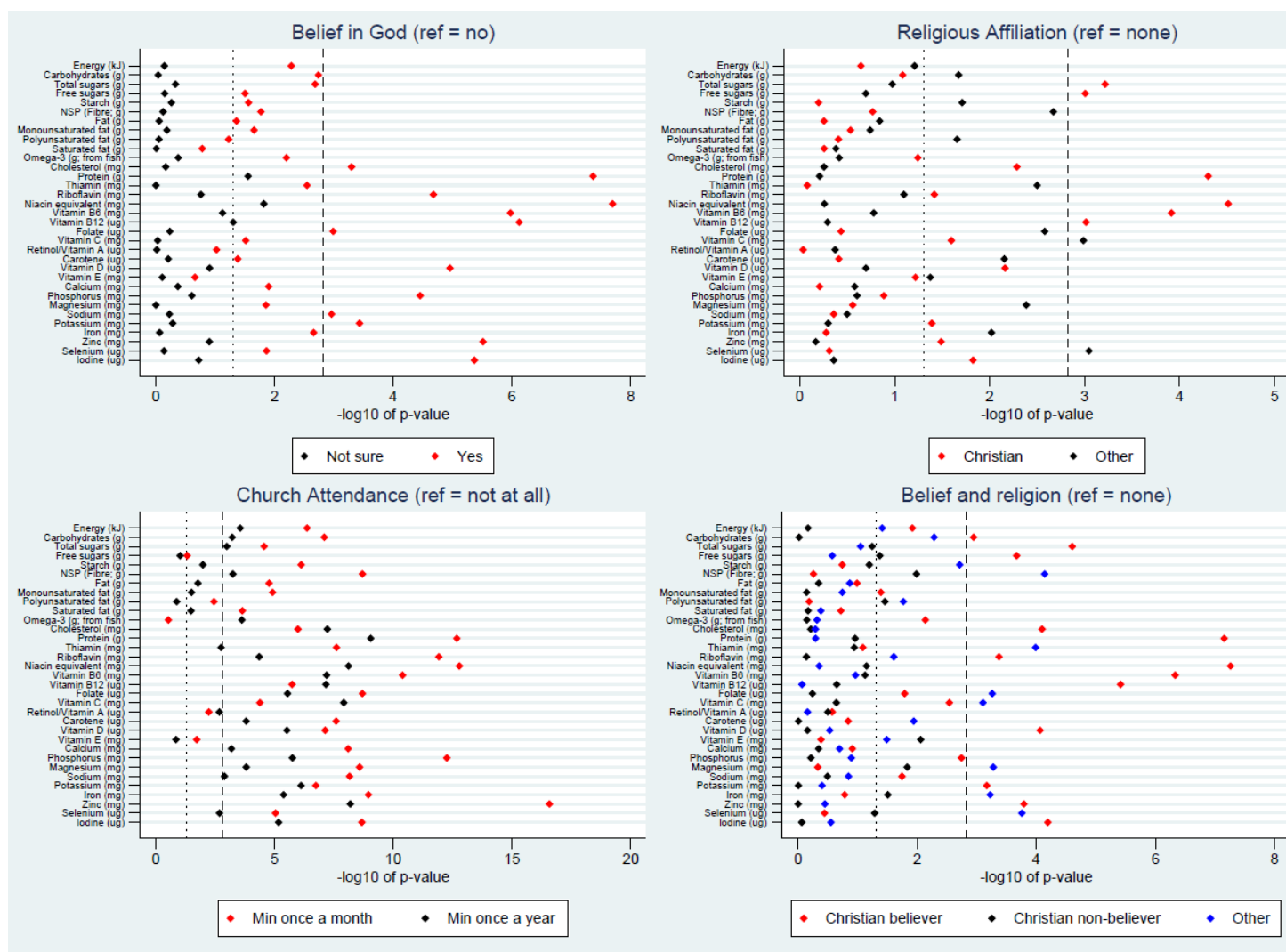


Figure S6: *P*-values for each RSBB exposure and nutrient intake for mothers 4 years post-partum. *P*-values from adjusted models using imputed data ( $n = 9,296$ ). The light dashed line indicates a standard 0.05 *p*-value threshold; the thicker dashed line denotes the Bonferroni-corrected *p*-value threshold ( $0.05/33 = 0.0015$ ). NSP = Non-starch polysaccharides.

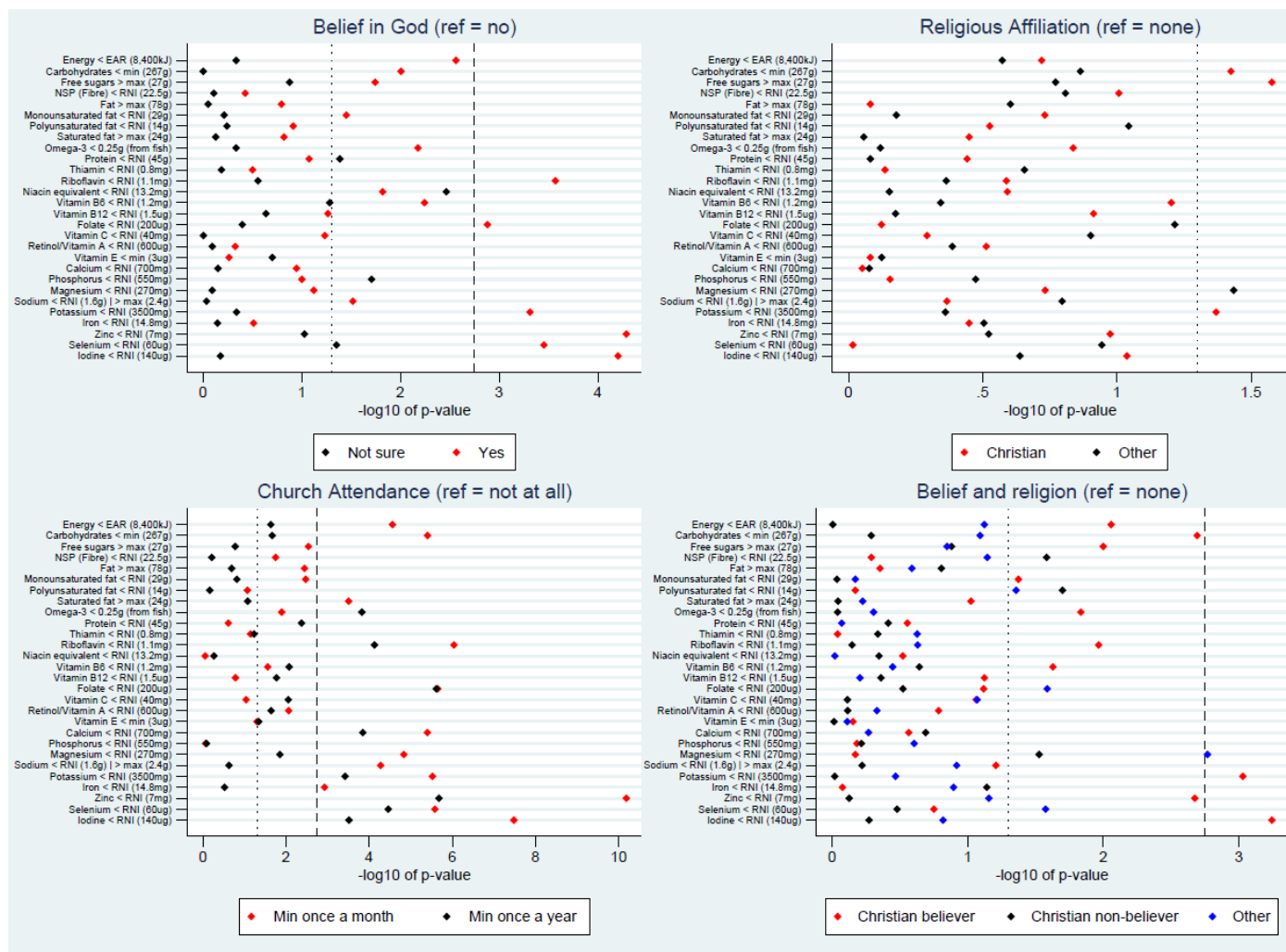


Figure S7: P-values for each RSBB exposure and following recommended nutrient intakes for mothers 4 years post-partum. P-values from adjusted logistic regression models using imputed data (n = 9,296). The light dashed line indicates a standard 0.05 p-value threshold; the thicker dashed line denotes the Bonferroni-corrected p-value threshold (0.05/28 = 0.0018). EAR = Estimated Average Requirement; RNI = Reference Nutrient Intake; NSP = Non-starch polysaccharides.

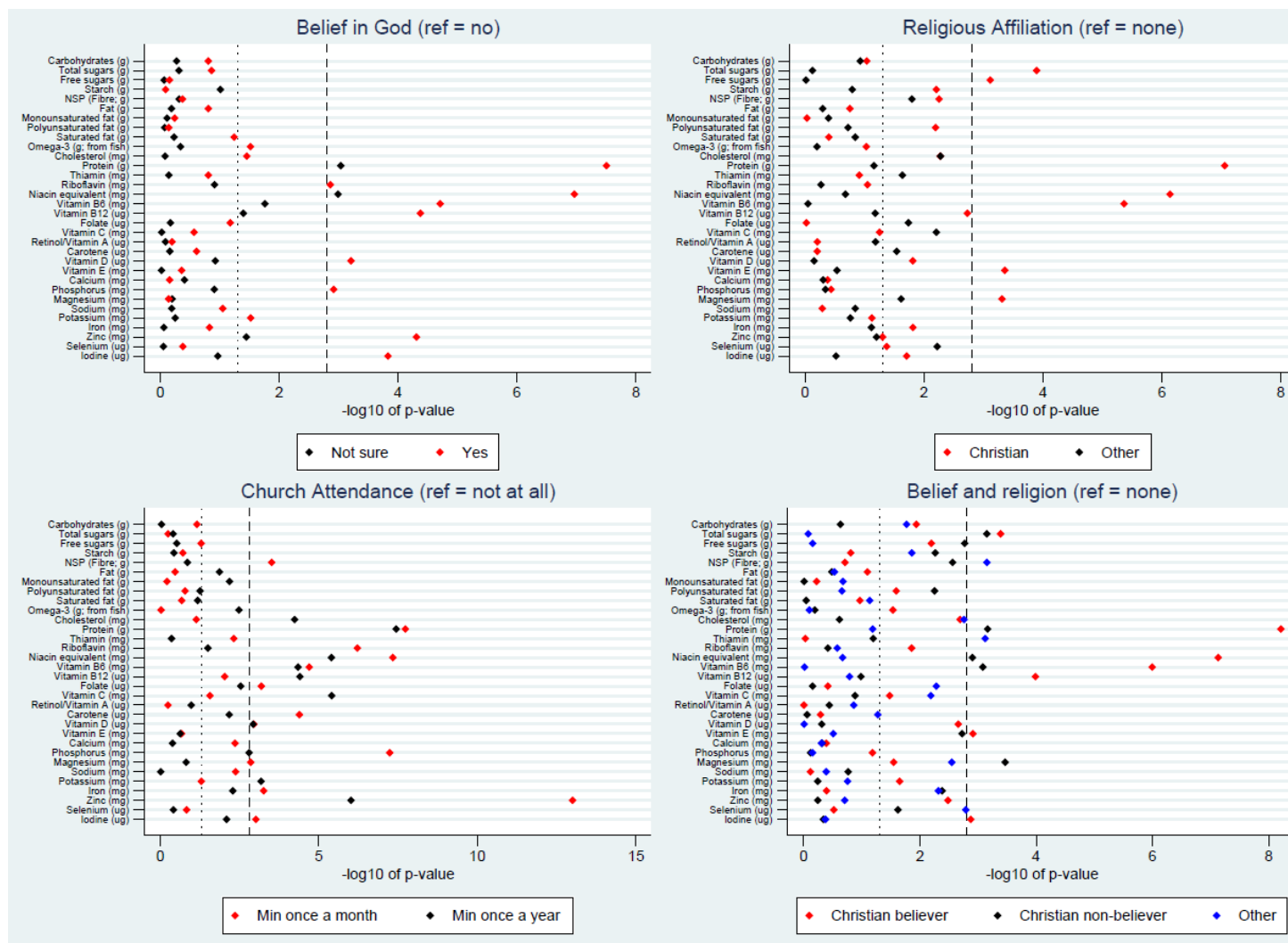


Figure S8: P-values for each RSBB exposure and nutrient intake for mothers 4 years post-partum when adjusting for total energy intake. P-values from adjusted models using imputed data (n = 9,296). The light dashed line indicates a standard 0.05 p-value threshold; the thicker dashed line denotes the Bonferroni-corrected p-value threshold (0.05/32 = 0.0016). NSP = Non-starch polysaccharides.



Figure S9: P-values for each RSBB exposure and following recommended nutrient intakes for mothers 4 years post-partum when adjusting for total energy intake. P-values from adjusted logistic regression models using imputed data (n = 9,296). The light dashed line indicates a standard 0.05 p-value threshold; the thicker dashed line denotes the Bonferroni-corrected p-value threshold ( $0.05/27 = 0.0019$ ). RNI = Reference Nutrient Intake; NSP = Non-starch polysaccharides.



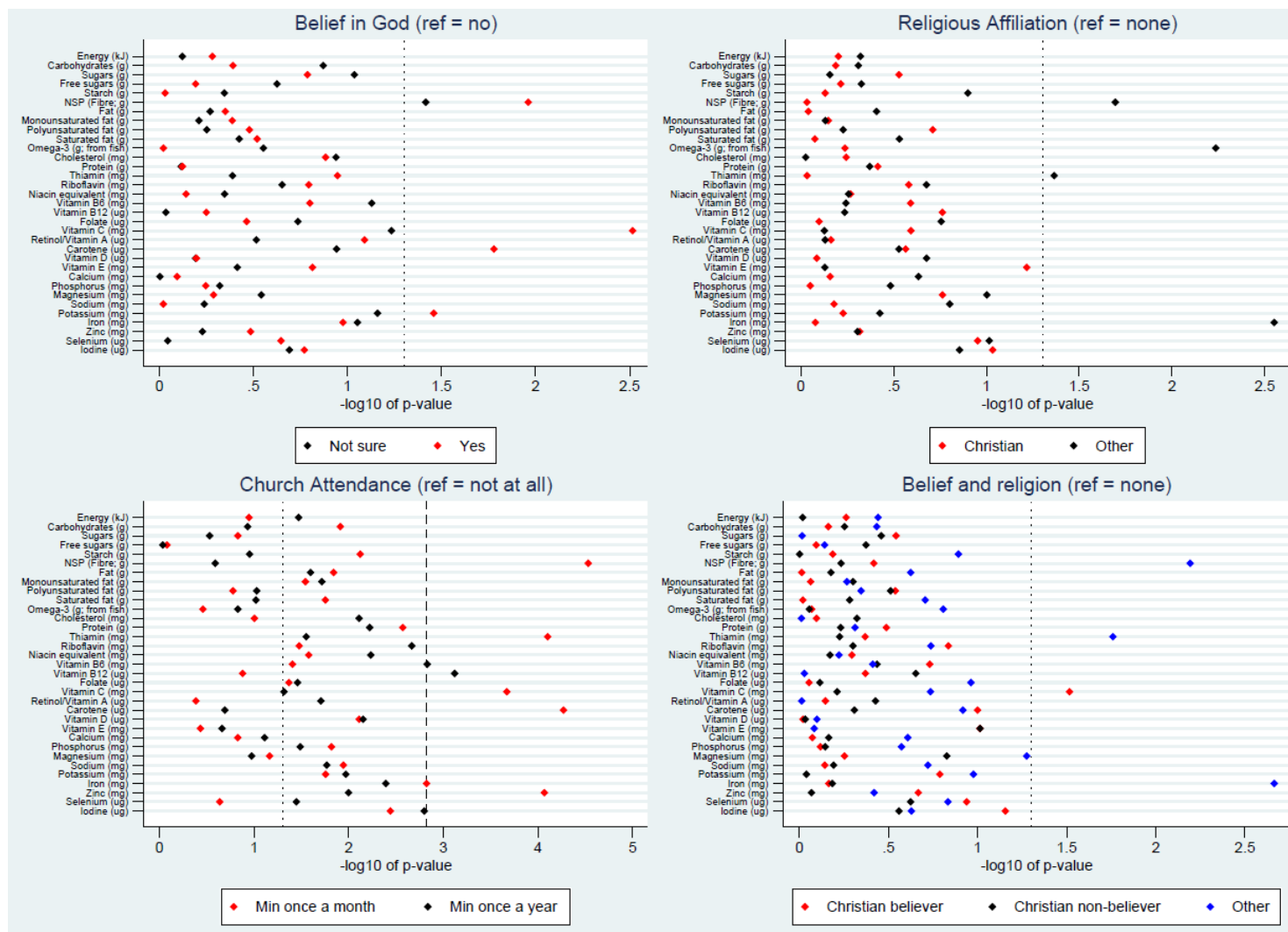


Figure S10: P-values for each RSBB exposure and nutrient intake for partners 4 years post-partum. P-values from adjusted models using imputed data (n = 4,786). The light dashed line indicates a standard 0.05 p-value threshold; the thicker dashed line denotes the Bonferroni-corrected p-value threshold (0.05/33 = 0.0015). NSP = Non-starch polysaccharides.

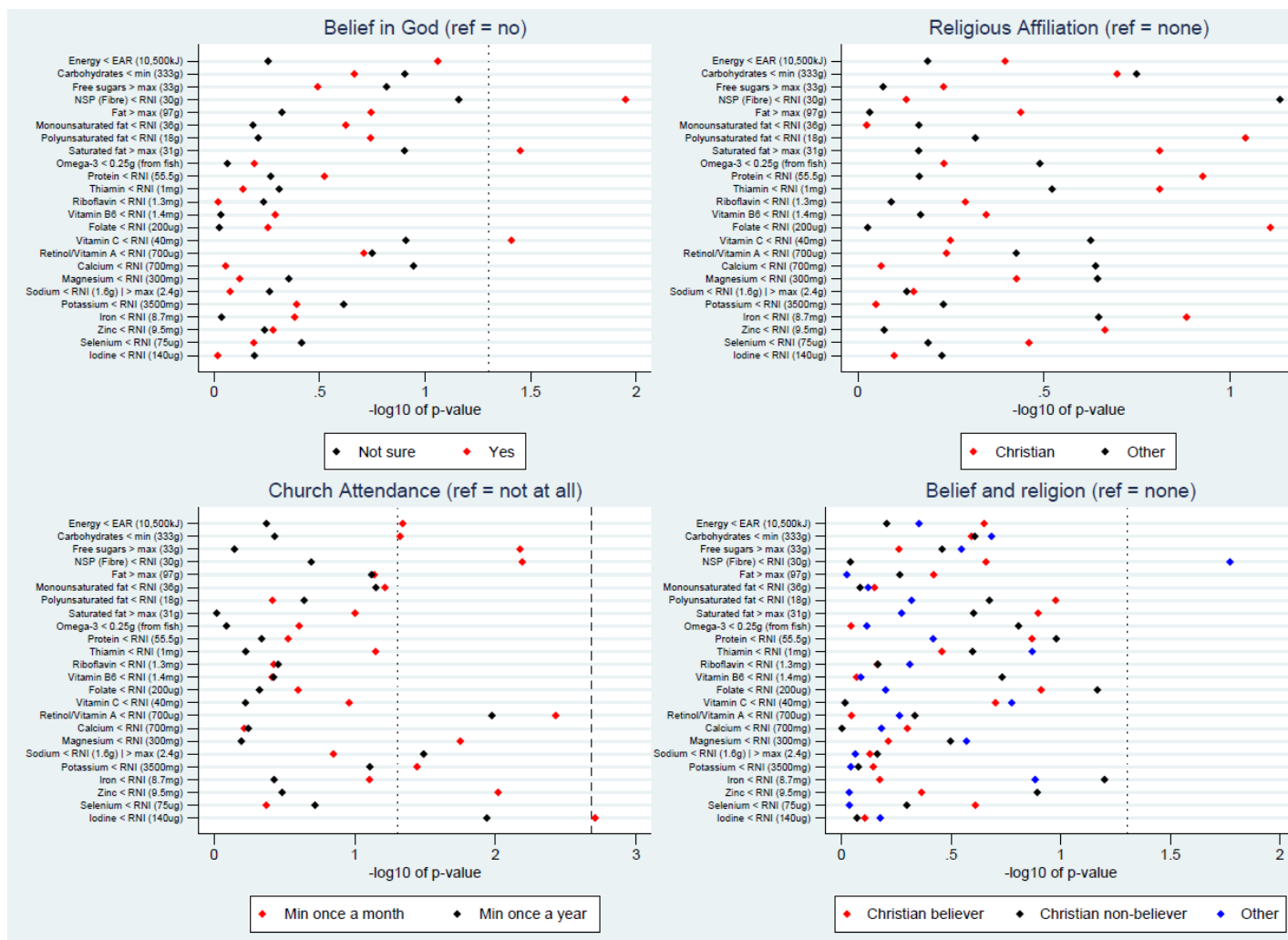


Figure S11: P-values for each RSBB exposure and following recommended nutrient intakes for partners 4 years post-partum. P-values from adjusted logistic regression models using imputed data (n = 4,786). The light dashed line indicates a standard 0.05 p-value threshold; the thicker dashed line denotes the Bonferroni-corrected p-value threshold (0.05/24 = 0.0021). EAR = Estimated Average Requirement; RNI = Reference Nutrient Intake; NSP = Non-starch polysaccharides.

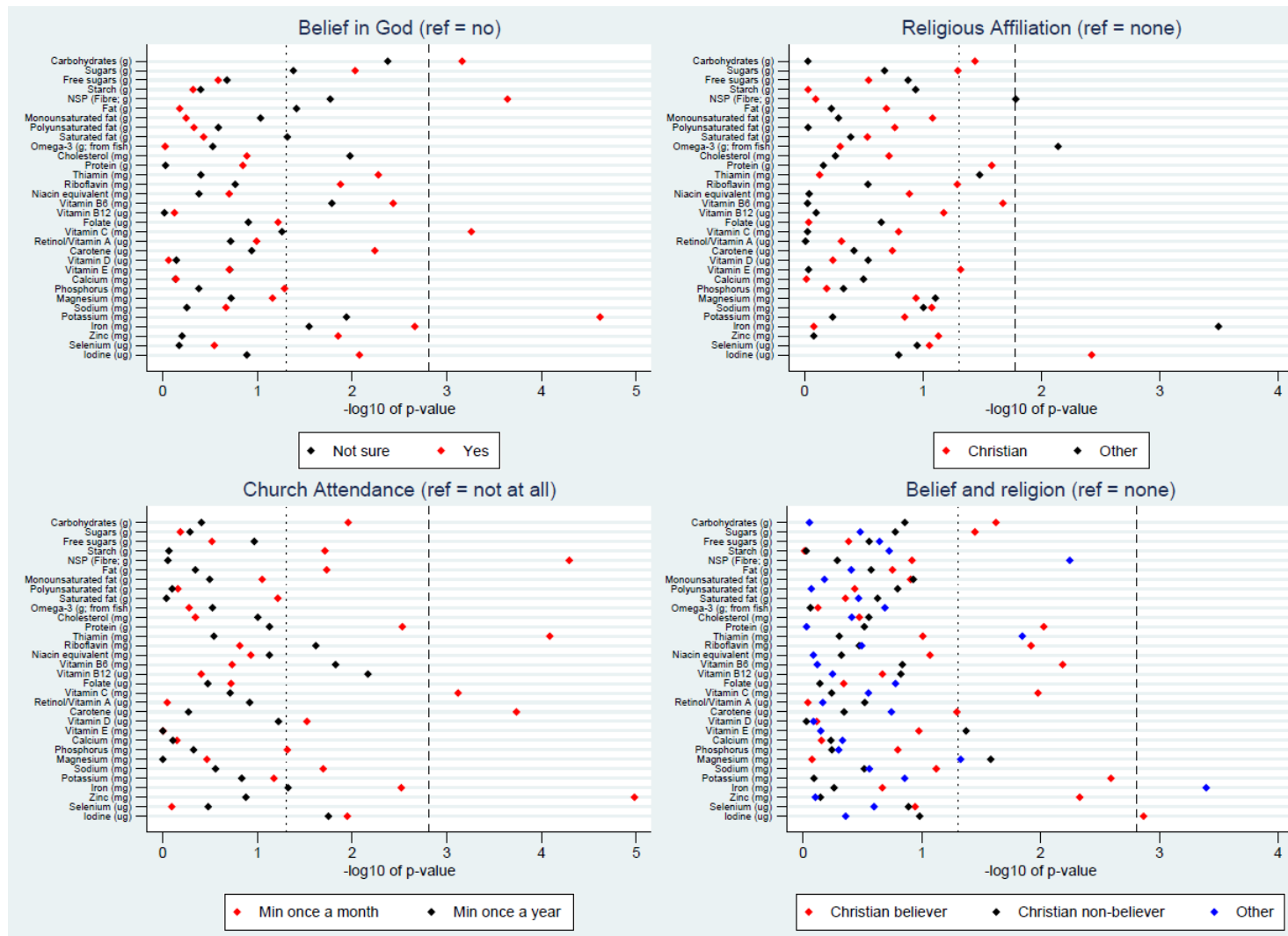


Figure S12: P-values for each RSBB exposure and nutrient intake for partners 4 years post-partum when adjusting for total energy intake. P-values from adjusted models using imputed data (n = 4,786). The light dashed line indicates a standard 0.05 p-value threshold; the thicker dashed line denotes the Bonferroni-corrected p-value threshold (0.05/32 = 0.0016). NSP = Non-starch polysaccharides.

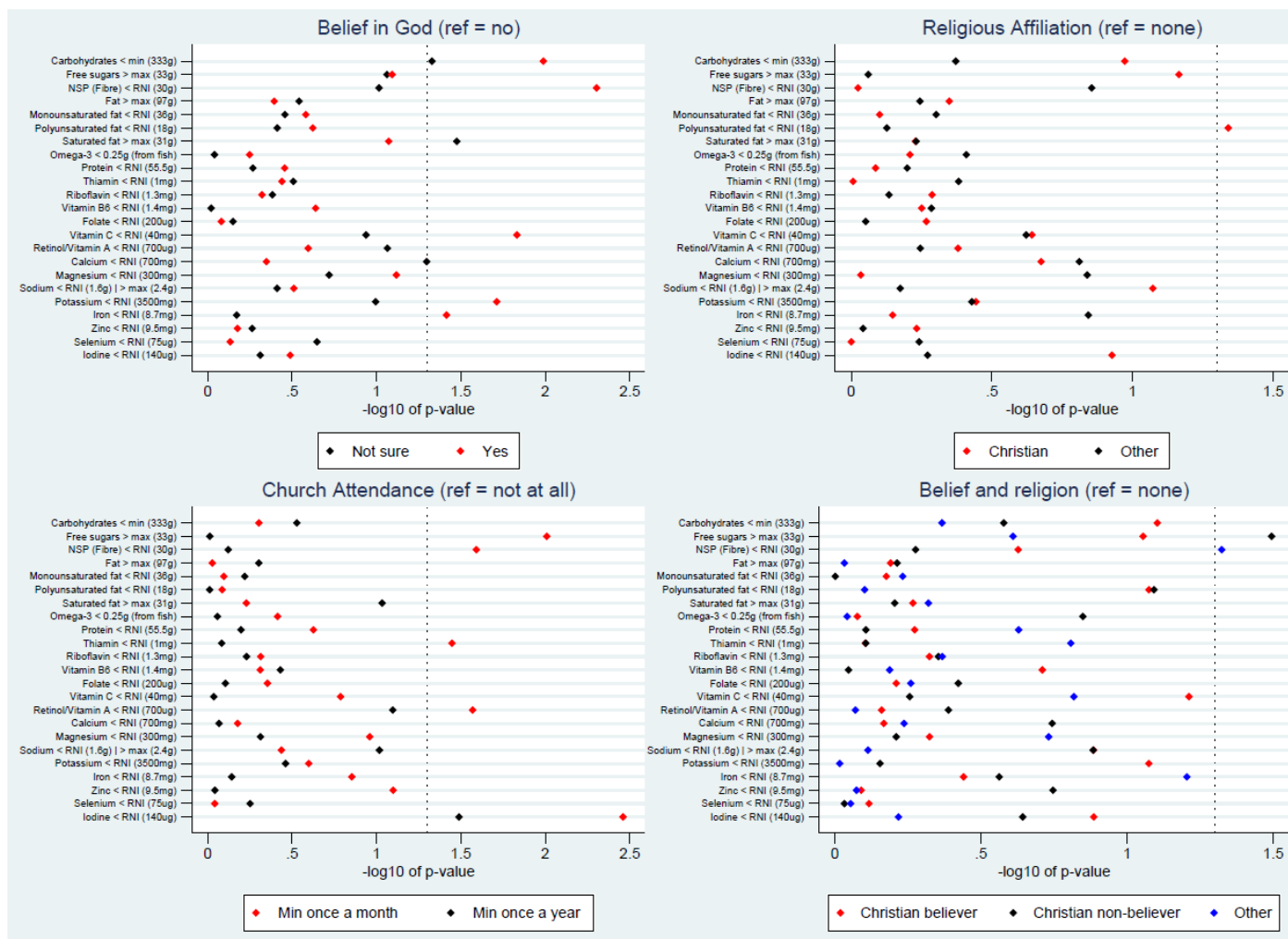


Figure S13: P-values for each RSBB exposure and following recommended nutrient intakes for partners 4 years post-partum when adjusting for total energy intake. P-values from adjusted logistic regression models using imputed data (n = 4,786). The light dashed line indicates a standard 0.05 p-value threshold; the thicker dashed line denotes the Bonferroni-corrected p-value threshold (0.05/23 = 0.0022). RNI = Reference Nutrient Intake; NSP = Non-starch polysaccharides.