**Supplementary Table 1**. Characteristics of participants included in dietary pattern analysis and excluded due to missing information in the food frequency questionnaire.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Women excluded**  |  | **Women included**  | **P-value** |
| **Continuous variables** |  |  |
| (median and interquartile range) | **N = 596** |  | **N = 715** |  |
| Age (years) | 23 (20; 27) |  | 22 (20; 27) | 0.054 |
| Body mass index (kg/m2) | 22.1 (20.5; 25.0) |  | 22.2 (20.4; 25.2) | 0.650 |
| **Categorical variables** (n and %) |  |  |
| Skin color  |  |  |  |  |
| White | 394 (70.2) |  | 499 (70.3) | 0.985 |
| Non-white | 167 (29.8) |  | 211 (29.7) |  |
| Alcohol intake |  |  |  |  |
| Never | 373 (65.7) |  | 494 (69.1) | 0.423 |
| <1 time/week | 111 (19.5) |  | 124 (17.3) |  |
|  ≥ 1 time/ week | 84 (14.8) |  | 97 (13.6) |
| Graduation in nutrition |  |  |  |  |
| First half | 277 (48.8) |  | 355 (49.6) | **0.010** |
| Second half | 219 (38.5) |  | 305 (42.7) |  |
| Graduate | 72 (12.7) |  | 55 (7.7) |
| Family income (number of minimum wagesa) |  |  |  |  |
| < 6 | 373 (73.0) |  | 440 (66.6) | 0.059 |
| 6-10 | 86 (16.8) |  | 135 (20.4) |  |
| > 10  | 52 (10.2) |  | 86 (13.0) |
| Breastfeeding duration (months) |  |  |  |  |
| < 6  | 35 (31.8) |  | 178 (30.3) | 0.694 |
| 6 to <12 | 34 (30.9) |  | 206 (35.1) |  |
| ≥ 12  | 41 (37.3) |  | 203 (34.6) |

 a One minimum wage is equivalent to 724.0 Brazilian real (or US$ 212.9).



**Supplementary Figure 1.** Scree Plot of Eigenvalues according to number of factors retained in factor analysis by principal component.



**Suplementary Figure 2.** Directed Acyclic Graph (DAG) for the association between breastfeeding and dietary patterns adherence.

Notes: Minimal sufficient adjustment: Maternal pre-pregnancy BMI, maternal schooling and mode of delivery.

Legend= exposure; outcome; ancestor of outcome;  ancestor of exposure; ancestor of exposure and outcome; other variable;  causal path;  biasing path. BMI, Body mass index