

Supplemental Digital Content

eTable 1 - Food groups with a loading $\geq |0.30|$ whose presence or absence characterize each of the three dietary patterns.

Food Group	Plant-based	Western	Health Conscious
Fats		0.55	
Full Fat Dairy			
Low Fat Dairy	0.39	0.42	
Fermented Dairy	0.61		
Meat	(-0.35)	0.43	0.34
Eggs			0.36
Organ Meats			
Fish and Seafood			0.50
Processed Meats		0.55	
Meat Dishes			0.49
Poultry and Waterfowl			0.36
Fried Foods			
Leafy Greens			0.38
Cruciferous Vegetables			0.56
Legumes	0.62		
Fresh Seasonings	0.72		
Starchy Vegetables		0.43	
Vegetable Medley	0.42		0.47
Other Vegetables	0.70		0.32
Tofu			
Fruits			0.53
Whole Grains	0.71		
Refined Grains			0.35
Pasta		0.54	
Pizza		0.32	
French Fries		0.47	
Non-Meat Dishes	0.63		
Stir-Fried Dishes			0.47
Snacks		0.42	
Nuts and Seeds			0.34
Sweets		0.46	
Condiments		0.47	0.41
Tea	0.56		
Coffee		0.34	
Sweet Drinks		0.56	
Artificial Sweeteners			
Eigenvalue	4.05	3.18	3.06
Cumulative Variation	0.11	0.20	0.29

¹Proportion of the total dietary variation in the dataset that is explained by considering 1, 2, or 3 underlying dietary patterns.

eTable 2– Comparison of reported daily consumption frequencies (servings/d) of common food groups by White Caucasian and South Asian women, divided by 1st and 4th quartile.

Food	Plant-Based Diet Adherence				White Caucasian vs South Asian	
	White Caucasian		South Asian		Quartile 1	Quartile 4
	Quartile 1	Quartile 4	Quartile 1	Quartile 4		
Dairy	3.4 (2.6)	3.9 (2.1)	2.5 (1.7)	3.3 (2.3)*	0.306	<0.001
Eggs	0.1 (0.1)	0.3 (0.3)*	0.6 (0.6)	0.2 (0.3)*	<0.001	0.002
Fish	0.1 (0.1)	0.2 (0.2)*	0.1 (0.3)	0.0 (0.1)*	0.03	<0.001
Poultry	0.3 (0.2)	0.2 (0.2)	0.3 (0.3)	0.1 (0.2)*	0.948	<0.001
Red Meat	0.6 (0.3)	0.4 (0.2)*	0.4 (0.4)	0.0 (0.1)*	0.013	<0.001
Breads and Rice	2.7 (2.7)	1.9 (1.1)	3.0 (3.3)	3.8 (1.5)*	0.73	<0.001
Legumes	0.1 (0.1)	0.2 (0.2)*	0.4 (0.4)	0.8 (0.7)*	<0.001	<0.001
Fruit	2.5 (2.5)	2.6 (1.5)	2.5 (2.4)	2.1 (1.4)*	0.97	<0.001
Raw Vegetables	0.8 (0.8)	1.3 (0.9)	1.4 (4.2)	2.7 (1.6)*	0.10	<0.001
Cooked Vegetables	1.3 (0.9)	2.3 (1.3)*	2.2 (1.5)	4.3 (2.2)*	0.01	<0.001
Fried Foods	1.2 (1.0)	0.2 (0.2)	0.4 (0.4)	0.2 (0.2)*	0.02	0.421
Nuts and Seeds	0.4 (0.5)	0.6 (0.6)*	0.3 (0.6)	0.2 (0.3)*	0.57	<0.001
Convenience Foods	1.7 (0.8)	1.3 (0.9)	0.3 (0.7)	0.2 (0.4)*	<0.001	<0.001
Sweet Drinks	4.3 (2.5)	2.2 (1.7)*	0.8 (1.0)	0.5 (0.7)*	<0.00	<0.001
Sweets	2.2 (1.7)	2.1 (1.5)	1.4 (1.3)	1.1 (0.9)	0.15	<0.001
Multivitamin (%)	94.0%	79.3%*	66.3%	78.1%*	<0.001	0.72
Married (%)	93.0%	95.8%*	100.0%	100.0%	<0.001	0.002
Years in Canada (yrs)	28.8 (7.4)	29.5 (8.8)	11.3 (10.3)	7.0 (5.5)*	<0.001	<0.001
Adults living in household (n)	2.2 (0.6)	2.1 (0.7)	3.0 (1.5)	3.5 (1.7)*	<0.001	<0.001
Any Post-Secondary Education (%)	74.1%	93.4%*	87.3%	75.4%*	<0.001	<0.001
Currently Employed (%)	80.2%	88.2%*	55.1%	53.7%	<0.001	<0.001
Household Income ≥ \$ 60K/yr (%)	85.5%	88.6%	55.9%	33.5%*	<0.001	<0.001

Consumption of foods were compared using t-tests. Data are reported as mean servings per day and standard deviation. Quartiles are in white Caucasians (n=2367) and South Asians (n=884). *p<0.05 between Q1 vs Q4.

eTable 3— Multivariable regression in South Asians (n=884) of the role of ‘cooked vegetables’ in the association between the plant-based diet pattern and birthweight.

Variables	With Plant-based diet		Without Plant-based diet	
	β	P value	β	P value
Intercept	-4188.2	<0.001	-4136.4	<0.001
Pre-Pregnancy Weight (kg)	5.1	<0.001	5.1	<0.001
Maternal Height (cm)	5.9	0.007	5.9	0.008
Parity (# of children)	44.1	0.009	46.2	0.006
Gestational age (wks)	154.5	<0.001	154.8	<0.001
Infant Sex (Female = 1)	-93.9	<0.001	-93.5	<0.001
Plant-Based	37.9	0.041	ns	ns
Cooked Vegetables	7.4	0.376	15.6	0.034

The same covariates were included for each ethnic-specific model but non-significant covariates (e.g., ‘smoking’ in South Asians) were removed in the final model (denoted as ‘ns’). Parity was reported as having 0, 1, 2, 3, 4, 5, or 6 (or more) children. The consumption of ‘cooked vegetables’ includes all vegetables asked within the food frequency questionnaire that were not stated as ‘raw’. The consumption of ‘cooked vegetables’ includes all vegetables asked within the food frequency questionnaire that were not stated as ‘raw’.

eFigure 1 – Schema of participant inclusion and exclusion

