



Table S1. Maternal Healthy Eating Index–2015 (HEI–2015) subcomponent scores during pregnancy by tertiles of maternal HEI–2015 total scores during pregnancy (n=329).

HEI-2015 subcomponent scores	HEI-2015 Tertiles (T)a			P-value
	T1 (n=106)	T2 (n=107)	T3 (n=106)	
	Mean ± SD			
Total Fruits^b	3.8 ± 1.4	4.6 ± 0.8	4.9 ± 0.3	<0.001*
Whole Fruits^b	4.4 ± 1.1	5.0 ± 0.2	5.0 ± 0.0	<0.001*
Total Vegetables^b	3.4 ± 1.0	3.9 ± 0.9	4.0 ± 0.9	<0.001*
Greens and Beans^b	2.9 ± 1.5	4.3 ± 1.2	4.5 ± 1.0	<0.001*
Whole Grains^c	2.2 ± 1.1	2.8 ± 1.4	3.4 ± 1.7	<0.001*
Refined Grains^{c, d}	7.2 ± 2.1	8.2 ± 1.7	9.1 ± 1.2	<0.001*
Dairy Products^c	7.4 ± 2.3	7.3 ± 2.6	7.3 ± 2.5	0.97
Total Protein Foods^b	4.4 ± 0.9	4.7 ± 0.7	4.9 ± 0.4	<0.001*
Seafood and Plant Proteins^b	3.5 ± 1.4	4.4 ± 1.0	4.9 ± 0.4	<0.001*
Unsaturated:Saturated Fats^c	2.9 ± 1.9	4.7 ± 2.1	7.0 ± 2.3	<0.001*
Sodium^{c, d}	4.8 ± 2.3	5.2 ± 1.8	5.9 ± 2.0	<0.001*
Saturated Fats^{c, d}	3.3 ± 2.4	4.9 ± 2.1	6.4 ± 1.8	<0.001*
Added Sugars^{c, d}	7.3 ± 2.4	8.0 ± 1.9	8.9 ± 1.2	<0.001*

^aHEI-2015 T1: ≤63.9; T2: 64.0-70.9; T3: ≥70.9

^bMaximum of 5 points

^cMaximum of 10 points

^dHigher scores correspond to lower intake

*P<0.05 for tests of differences in maternal diet composition by tertiles of HEI–2015 total scores during pregnancy using one-way ANOVA

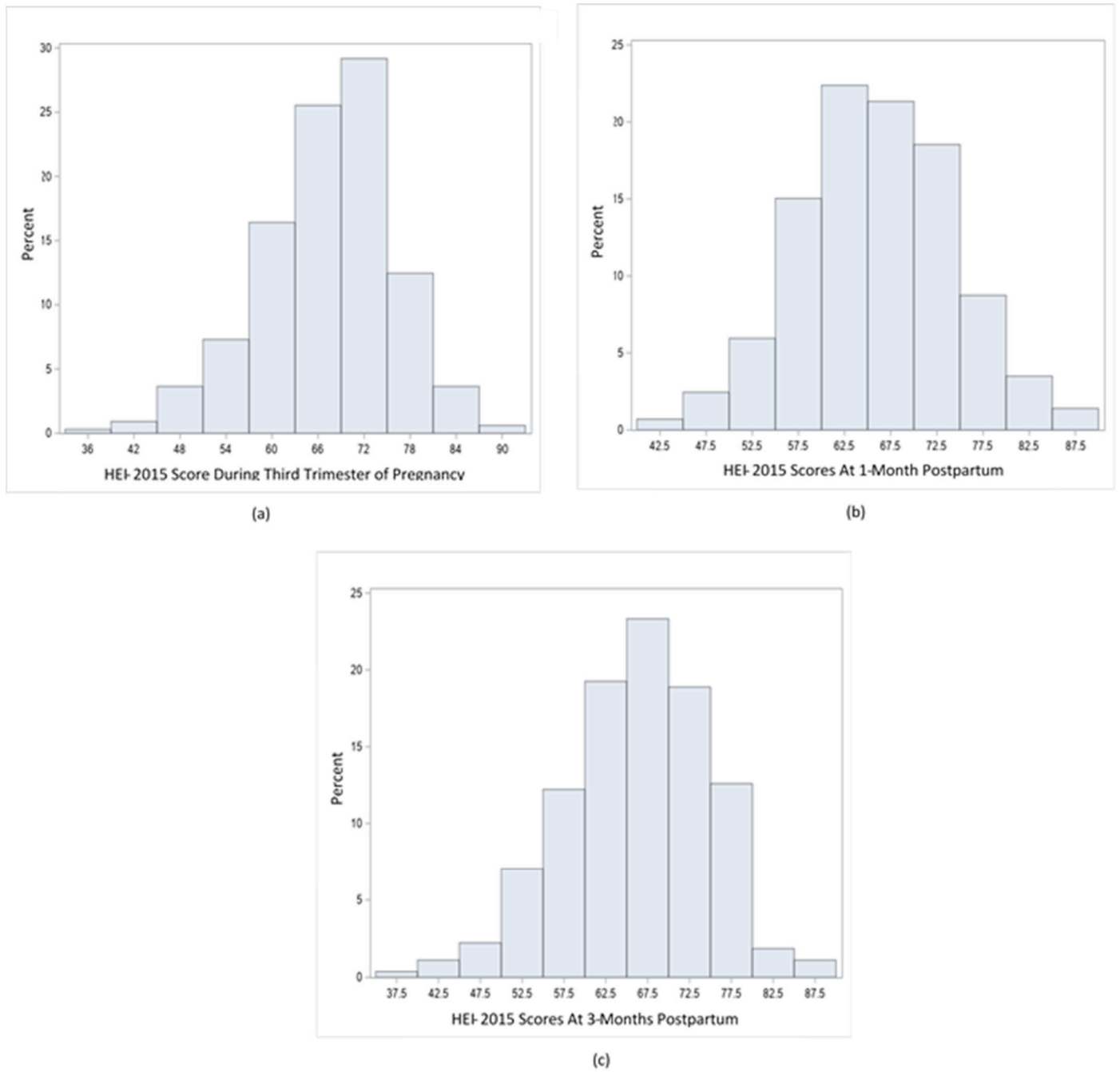


Figure S1. Distribution of Maternal Healthy Eating Index–2015 (HEI–2015) scores: (a) During the third trimester of pregnancy (T1: ≤ 63.9 ; T2: 64.0–70.9; T3: ≥ 70.9); (b) at one month postpartum (T1: ≤ 61.8 ; T2: 61.9–69.7; T3: ≥ 69.8); and (c) at three months postpartum (T1: ≤ 62.8 ; T2: 62.9–70.2; T3: ≥ 70.3). Abbreviations: T1 = tertile 1; T2 = tertile 2; T3 = tertile 3.