Supplementary table 1: Full search strategy for Ovid Medline search

1	exp Asia, Southeastern/
2	exp Asia/
3	exp Asian Continental Ancestry Group/
4	exp Ethnic Groups/
5	exp Asian Americans/
6	exp China/ or exp Taiwan/ or exp Hong Kong/ or exp Macau/
7	exp "Emigrants and Immigrants"/
8	Asia*.mp
9	Chinese.mp
10	Mandarin.mp
11	Cantonese.mp
12	China.mp
13	Thai*.mp
14	Singapore*.mp
15	Malaysia*.mp
16	Indonesia*.mp
17	Taiwan*.mp
18	Vietnam*.mp
19	Viet Nam*.mp
20	Hong Kong*.mp
21	Hong?Kong*.mp
22	Macau*.mp or Macao*.mp
23	or/1-22
24	exp diabetes, gestational/
25	exp pregnancy in diabetics/
26	((gestation* or pregnan* or matern* or prenatal) adj2 (diabet* or prediabet* or niddm or iddm or glyc* or glucos* or hyperglyc* or insulin* or hyperinsulin* or proinsulin* or blood sugar*)).mp
27	(gestational and diab*).mp
28	gdm.mp.
29	gestational diabetes.mp
30	or/24-29
31	23 and 30

Supplementary table 2:

Types of comparisons of included studies

	Individualised intervention as comparison group	Food exchange education as comparison group
Food exchange education	Chen 2017 Ma 2011 Zhang 2013 Zhang 2015a	
Low GI diet	Hu 2014 Liu 2015 Liu 2018 Wang 2016a Wu 2014 Wu 2015	Wang 2016*
Low GL diet	Gai 2012 Jiang 2016 Li 2017 Ma 2015 Zhang 2015	Chen 2015 Huang 2015 Shen 2010 Sun 2013 Wang 2016* Wu 2013 Zhi 2012
Fibre-enriched diet	Lian 2014 Luo 2016 Pan 2015 Yang 2015 Wu 2010	
DASH diet	Yao 2015	
PUFA rich diet	Wang 2015	

GI: glycaemic index; GL: glycaemic load

Either individualised diet or food exchange education were used in the control group to compare with other diets listed on the left hand side

*Wang 2016 study compared both low GI diet and low GL diet to food exchange education

Supplementary table 3:

   a.   Summary of risk of bias judgements about each risk of bias item for randomised control trial.

Name of Randomised control trial	Bias in sequence generation	Bias in allocation concealment	Performance bias	Detection bias	Attrition bias	Reporting bias	Other bias (Compliance)
Chen 2015	No	No	?	No	No	?	No
Chen 2017	No	?	?	No	No	?	?
Gai 2012	No	?	?	No	No	?	?
Hu 2014	?	?	No	No	?	?	No
Huang 2015	No	?	No	No	No	?	No
Jiang 2016	No	?	?	No	No	?	?
Li 2017	No	Yes	?	No	No	?	?
Lian 2014	?	?	?	No	No	?	?
Liu 2015	No	No	?	No	No	?	No
Liu 2018	No	?	?	No	No	?	?
Luo 2016	No	?	?	No	No	?	?
Ma 2011	No	?	?	No	No	?	No
Ma 2015	No	Yes	No	No	No	?	No
Pan 2015	No	Yes	?	No	Yes	?	No
Sun 2013	No	?	?	No	No	?	No
Wang 2015	?	?	?	?	No	?	No
Wang 2016	No	No	No	No	Yes	?	No
Wu 2013	No	?	No	No	No	?	No
Wu 2014	No	?	Yes	No	No	?	No
Wu 2015	No	?	?	No	No	?	?
Yang 2015	No	?	?	No	No	?	?
Yao 2015	No	?	?	?	No	?	No
Zhang 2015	No	?	?	No	No	?	?
Zhi 2012	No	No	?	No	No	?	No

b. Summary of risk of bias judgements about each risk of bias item for cohort studies.

Name of Cohort studies	Bias due to confounding	Bias in selection of participants into the study	Bias in classification of interventions	Bias due to deviations from intended interventions	Bias due to missing data	Bias in measurement of outcomes	Bias in selection of the reported result	Other bias (compliance)	Overall bias
Shen 2010	Moderate	Low	Low	Low	Low	Low	Low	Low	Moderate
Wang 2016a	Moderate	Moderate	Low	Moderate	Low	Low	Low	Low	Moderate
Wu 2010	Moderate	Moderate	Low	Moderate	Unknown	Low	Low	Unknown	Moderate
Zhang 2013	Moderate	Low	Low	Critical	Low	Low	Low	Low	Critical
Zhang 2015a	Moderate	Low	Low	Critical	Low	Low	Low	Unknown	Critical

Supplementary table 4:

a. Quality of evidence using the GRADE approach for outcomes which used individualised dietary intervention in comparison group

Outcome measure	Dietary intervention (Study design)	Risk of bias	Inconsistency	Indirectness	Imprecision	Publication bias	Reasons to upgrade evidence	Quality of evidence
Fasting plasma glucose	Low GI diet (RCTs)	No limitation	Very serious, I^2 more than 75%	No	No	Unknown	Not applicable	Low
	Low GL diet (RCTs)	Serious limitation, moderate allocation concealment risk	Very serious, I^2 more than 75%	No	No	Unknown	Not applicable	Very low
	Fibre-enriched diet (RCTs)	No limitation	Very serious, I^2 more than 75%	No	No	Unknown	Not applicable	Low
2 hour plasma glucose	Low GI diet (RCTs)	No limitation	Very serious, I^2 more than 75%	No	No	Unknown	Not applicable	Low
	Low GL diet (RCTs)	Serious limitation, moderate allocation concealment risk	Very serious, I^2 more than 75%	No	No	Unknown	Not applicable	Very low
	Fibre-enriched diet (RCTs)	No limitation	Very serious, I^2 more than 75%	No	No	Unknown	Not applicable	Low
HbA1c	Low GI diet (RCTs)	Serious limitation, moderate performance bias	Very serious, I^2 more than 75%	No	No	Unknown	Not applicable	Very low
	Low GL diet (RCTs)	Serious limitation, moderate allocation concealment risk	Very serious, I^2 more than 75%	No	No	Unknown	Not applicable	Very low
	Fibre-enriched diet (RCTs)	No limitation	Very serious, I^2 more than 75%	No	No	Unknown	Not applicable	Low
Caesarean Section	Food exchange (Cohort studies)	Very serious limitation, all cohort studies have critical bias	No	No	Serious, wide confidence interval	Unknown	No	Very low

Outcome	Diet (design)	Limitation	Inconsistency	Indirectness	Imprecision	Publication bias	Other considerations	Certainty
	Low GI diet (RCTs)	Serious limitation, moderate performance bias	Serious, I^2 more than 40%	No	No	Unknown	Not applicable	Low
Macrosomia	Food exchange (Cohort studies)	Very serious limitation, most are cohort studies with critical bias	No	No	No	Unknown	Large magnitude of effect based on consistent evidence from included studies	Very low
	Low GI diet (RCTs)	Serious limitation, moderate performance bias	No	No	No	Unknown	Not applicable	Moderate
	Fibre-enriched diet (RCTs)	Serious limitation, moderate attrition bias and allocation concealment risk	Serious, I^2 more than 40%	No	Serious, wide confidence interval	Unknown	Not applicable	Very low
Hypoglycaemia	Low GI diet (RCTs)	Serious limitation, moderate performance bias	No	No	No	Unknown	Not applicable	Moderate
Preterm birth	Food exchange (Cohort studies)	Very serious limitation, all cohort studies have critical bias	Very serious, opposite results of the 2 included studies	No	Serious, wide confidence interval	Unknown	No	Very low
	Low GI diet (RCTs)	Serious limitation, moderate performance bias	No	No	No	Unknown	Not applicable	Moderate
	Low GL diet (RCTs)	Very serious limitation, high allocation concealment risk	No	No	Serious, small sample size across the body of evidence	Unknown	Not applicable	Very low
	Fibre-enriched diet (RCTs)	Serious limitation, moderate attrition bias and allocation concealment risk	No	No	Serious, insufficient sample sizes	Unknown	Not applicable	Low
Respiratory distress	Low GI diet (RCTs)	No limitation	No	No	No	Unknown	Not applicable	High

GI: glycaemic index; GL: glycaemic load; RCT: Randomised controlled trial.

b. Quality of evidence using the GRADE approach for outcomes which used food exchange intervention in control group to compare Low GL diet

Outcome measure (Study design)	Risk of bias	Inconsistency	Indirectness	Imprecision	Publication bias	Reasons to upgrade evidence	Quality of evidence
Fasting plasma glucose (RCTs)	No limitation	Very serious, I^2 more than 75%	No	No	Undetected	Not applicable	Low
2 hour plasma glucose (RCTs)	No limitation	Very serious, I^2 more than 75%	No	No	Undetected	Not applicable	Low
Caesarean section (RCTs)	Very serious limitation, high attrition bias	No	No	Serious, small sample sizes	Undetected	Not applicable	Very low
Macrosomia (RCTs)	Serious limitation, moderate attrition bias	No	No	Serious, insufficient sample sizes	Undetected	Not applicable	Low
Hypoglycaemia (RCTs)	Serious limitation, high attrition bias	No	No	Serious, insufficient sample sizes	Undetected	Not applicable	Low
Respiratory distress (RCTs)	No	Serious, inconsistent findings	No	Serious, wide confidence interval	Undetected	Not applicable	Low

RCT: Randomised controlled trial.