

Supporting Information

Introduction

Table 1: Key COVID-19 Restrictions During Alert Level 4 and Alert Level 3 in New Zealand

Key Restrictions	Alert Level 4 (Lockdown) 25 March 2020 to 26 April 2020	Alert Level 3 27 April 2020 to 13 May 2020
Access to food	All business closed except for essential services. This included closure of all food outlets: fast food shops, takeaway outlets, cafes, restaurants, butchers, and specialty food stores.	Businesses could open premises, but no physical interaction with customers. This included restaurants, cafes, takeaway outlets, butchers, and specialty food stores.
	Essential services remained open, such as supermarkets, convenience stores, and food delivery businesses that provided meal ingredients which are prepared and consumed at home.	Same.
	All gatherings cancelled and all public venues closed, including food courts and fruit and vegetable markets.	Same.
Physical Activity	Only local safe recreational activity was allowed, such as walking, running, bike rides close to home. No water sports, or outdoor activities such as mountain biking or hiking.	Same.
	All public venues closed, including gyms, pools, and playgrounds. All sports events cancelled.	Same.
Health care	Reprioritisation of healthcare services.	Healthcare services to use virtual, non-contact consultations where possible.
Education	All educational facilities closed.	Only early learning centres and schools could open for children whose parents.
Other	All people were to stay at home other than for essential personal movement.	Could expand the household to include family or nanny/childcare if required.

On average, how many servings of bread/toast, chapatti/roti or bread roll did you eat per day?

A serving is the same as 1 slice of bread/toast, 1 chapatti/roti or 1 bread roll

	0	1	2	3	4	5	6	7 +
Before the restrictions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
During level FOUR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
During level THREE	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

On average, how many servings of milk or other dairy products did you have per day?

E.g. yoghurt and cheese

A serving is the same as 1 glass of milk (250ml) or 1 small pottle of yoghurt (125-150g) or 2 slices of cheese (40g)

	0	1	2	3	4	5	6	7 +
Before the restrictions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
During level FOUR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
During level THREE	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

On average, how many servings of plant based drinks did you have per day?

E.g. rice, soy, oat

A serving is the same as one glass (250ml)

	0	1	2	3	4	5	6	7 +
Before the restrictions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
During level FOUR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
During level THREE	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

The following questions are about which type of flour you ate more of, wholemeal vs. white flour

On average, what type of bread/toast, chapatti/roti or bread roll did you eat MOST often Before the restrictions?

- White bread or flour
- High fibre white bread or flour
- Wholemeal bread or flour
- Light grain bread or flour (e.g. Molenberg, Freya's, Ploughmans, Mackenzie High Country)
- Heavy grain bread (e.g. Vogels and Burgen)
- Other
- Don't know

On average, how often did you eat vegetarian dishes for the main meal per week?

	0	1	2	3	4	5	6	7
Before the restrictions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
During level FOUR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
During level THREE	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

The following questions are about where you ate

On average, how often did you eat fast food or takeaways from places like McDonalds, KFC, etc

Before the restrictions?

Think about breakfast, lunch, dinner and snacks. Do NOT include times when you have only purchased a drink/beverage

- Never / Less than once per month
- 1 time per month
- 2 times per month
- 1 time per week
- 2 -3 times per week
- 4-5 times per week
- 6 -7 times per week

On average, how often did you eat fast food or takeaways from places like McDonalds, KFC, etc

During level THREE?

Think about breakfast, lunch, dinner and snacks. Do NOT include times when you have only purchased a drink/beverage

- Never / Less than once per month
- 1 time per month
- 2 times per month
- 1 time per week
- 2 -3 times per week
- 4-5 times per week
- 6 -7 times per week

On average, how often did you eat food from restaurants or cafes

Before the restrictions?

NOT including fast food or takeaways mentioned above

Think about breakfast, lunch, dinner and snacks. Do not include times when you have only purchased a drink/beverage

- Never / Less than once per month
- 1 time per month
- 2 times per month
- 1 time per week
- 2 -3 times per week
- 4-5 times per week
- 6 -7 times per week

On average, how often did you eat food from restaurants or cafes

During level THREE?

NOT including fast food or takeaways mentioned above

Think about breakfast, lunch, dinner and snacks. Do not include times when you have only purchased a drink/beverage

- Never / Less than once per month
- 1 time per month
- 2 times per month
- 1 time per week
- 2 -3 times per week
- 4-5 times per week
- 6 -7 times per week

On average, how often per week did you eat the main meal, prepared at your home?

	0	1	2	3	4	5	6	7
Before the restrictions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
During level FOUR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
During level THREE	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

The following questions are about who you ate with

Compared to before the restrictions, how did level FOUR change how often you ate shared meals outside of your home, with extended family/whānau or friends?

- Less often
- No change
- More often

Compared to before the restrictions, how did level THREE change how often you ate shared meals outside of your home, with extended family/whānau or friends?

- Less often
- No change
- More often

Compared to before the restrictions, how did level FOUR change how often you ate shared meals outside your home at church gatherings, sports or club gatherings, at the marae, or with work colleagues?

- Less often
- No change
- More often

Compared to before the restrictions, how did level THREE change how often you ate shared meals outside your home at church gatherings, sports or club gatherings, at the marae, or with work colleagues?

- Less often
- No change
- More often

The following questions are about food Shopping

Online

On average, how often did your household, shop for food online

Before the restrictions?

E.g. Click and collect or delivery

- Never / Less than once per month
- 1 time per month
- 2 times per month
- 1 time per week
- 2 -3 times per week
- 4-5 times per week
- 6 -7 times per week

On average, how often did your household, shop for food online

During level FOUR?

E.g. Click and collect or delivery

- Never / Less than once per month
- 1 time per month
- 2 times per month
- 1 time per week
- 2 -3 times per week
- 4-5 times per week
- 6 -7 times per week

On average, how often did your household, shop for food online

During level THREE?

E.g. Click and collect or delivery

- Never / Less than once per month
- 1 time per month
- 2 times per month
- 1 time per week
- 2 -3 times per week
- 4-5 times per week
- 6 -7 times per week

Supermarket

On average, how often did your household, shop for food at a supermarket, in person

Before the restrictions?

E.g. physically at the supermarket, NOT online

- Never / Less than once per month
- 1 time per month
- 2 times per month
- 1 time per week
- 2 -3 times per week
- 4-5 times per week
- 6 -7 times per week

On average, how often did your household, shop for food at a supermarket, in person

During level FOUR?

E.g. physically at the supermarket, NOT online

- Never / Less than once per month
- 1 time per month
- 2 times per month
- 1 time per week
- 2 -3 times per week
- 4-5 times per week
- 6 -7 times per week

On average, how often did your household, shop for food at a supermarket, in person

During level THREE?

E.g. physically at the supermarket, NOT online

- Never / Less than once per month
- 1 time per month
- 2 times per month
- 1 time per week
- 2 -3 times per week
- 4-5 times per week
- 6 -7 times per week

Dairy

On average, how often did your household shop for food at a dairy

Before the restrictions?

- Never / Less than once per month
- 1 time per month
- 2 times per month
- 1 time per week
- 2 -3 times per week
- 4-5 times per week
- 6 -7 times per week

On average, how often did your household shop for food at a dairy

During level FOUR?

- Never / Less than once per month
- 1 time per month
- 2 times per month
- 1 time per week
- 2 -3 times per week
- 4-5 times per week
- 6 -7 times per week

On average, how often did your household shop for food at a dairy

During level THREE?

- Never / Less than once per month
- 1 time per month
- 2 times per month
- 1 time per week
- 2 -3 times per week
- 4-5 times per week
- 6 -7 times per week

Fruit and Vege market

On average, how often did your household shop at a fruit and vege market, in person

Before the restrictions?

E.g. physically at the supermarket, NOT online

- Never / Less than once per month
- 1 time per month
- 2 times per month
- 1 time per week
- 2 -3 times per week
- 4-5 times per week
- 6 -7 times per week

On average, how often did your household shop at a fruit and vege market, in person

During level THREE?

E.g. physically at the supermarket, NOT online

- Never / Less than once per month
- 1 time per month
- 2 times per month
- 1 time per week
- 2 -3 times per week
- 4-5 times per week
- 6 -7 times per week

Other food shops

On average, how often did your household shop for food at other types of shops,

Before the restrictions?

E.g. The butchers, the greengrocers, or specialty food stores

- Never / Less than once per month
- 1 time per month
- 2 times per month
- 1 time per week
- 2 -3 times per week
- 4-5 times per week
- 6 -7 times per week

On average, how often did your household shop for food at other types of shops,

During Level FOUR?

E.g. The butchers, the greengrocers, or specialty food stores

- Never / Less than once per month
- 1 time per month
- 2 times per month
- 1 time per week
- 2 -3 times per week
- 4-5 times per week
- 6 -7 times per week

On average, how often did your household shop for food at other types of shops,

During level THREE?

E.g. The butchers, the greengrocers, or specialty food stores

- Never / Less than once per month
- 1 time per month
- 2 times per month
- 1 time per week
- 2 -3 times per week
- 4-5 times per week
- 6 -7 times per week

The following questions are about the impact COVID-19 had on you / your household

What impact did level FOUR have on how your household shopped for food?

- No impact
- small impact
- Moderate impact
- significant impact

Please give an example of how level FOUR impacted on how your household shopped for food

What impact did level THREE have on how your household shopped for food?

- No impact
- small impact
- Moderate impact
- significant impact

Please give an example of how level THREE impacted on how your household shopped for food

Food purchases

What impact did level FOUR have on the types of food your household purchased?

- No impact
- Small impact
- Moderate impact
- Significant impact

Please give an example of how level FOUR impacted on the type of food your household purchased

What impact did level THREE have on the types of food your household purchased?

- No impact
- Small impact
- Moderate impact
- Significant impact

Please give an example of how level THREE impacted on the type of food your household purchased

On average, how often per WEEK, did you eat meals that are commercially supplied or prepared, then eaten in your home?

Such as completely cooked meal packages e.g. Woop, Getfed, Dinnerin etc or partially prepared food e.g. Hello Fresh, My Food Bag etc

	0	1	2	3	4	5	6	7+
Before the restrictions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
During level FOUR	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
During level THREE	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Type of food

What impact did level FOUR have on the types of food your household prepared?

No impact
 Small impact
 Moderate impact
 Significant impact

Please give an example of how level FOUR impacted on the type of food your household prepared

What impact did level THREE have on the types of food your household prepared?

No impact
 Small impact
 Moderate impact
 Significant impact

Please give an example of how level THREE impacted on the type of food your household prepared

Frozen food

Compared to your eating habits before the restrictions, how did level FOUR change how often you ate meals or ingredients that were pre-frozen?

Less often
 No change
 More often

Please give an example of how level FOUR changed how often you ate ingredients that were purchased frozen?

Compared to your eating habits before the restrictions, how did level THREE change how often you ate meals or ingredients that were pre-frozen?

Less often
 No change
 More often

Please give an example of how level THREE changed how often you ate ingredients that were purchased frozen?

Meals made at home

Compared to your eating habits before the restrictions, how did level FOUR change how often you ate meals prepared by someone in your home?

- Less often
- No change
- More often

Do NOT include food made from meal boxes such as 'My Food Bag', or other ready-made meals.

Please give an example of how level FOUR changed how often you ate meals prepared by someone in your house

Compared to your eating habits before the restrictions, how did level THREE change how often you ate meals prepared by someone in your home?

- Less often
- No change
- More often

Do NOT include food made from meal boxes such as 'My Food Bag', or other ready-made meals.

Please give an example of how level THREE changed how often you ate meals prepared by someone in your house

Portion sizes

Compared to your eating habits before the restrictions, how did level FOUR change the amount you eat?

- Smaller portions
- No change
- Bigger portions

Please give an example of how the level FOUR changed the amount you eat

Compared to your eating habits before the restrictions, how did level THREE change the amount you eat?

- Smaller portions
- No change
- Bigger portions

Please give an example of how the level THREE changed the amount you eat

How often you eat

Compared to your eating habits before the restrictions, how did level FOUR change how often you eat?

- Less often
- No change
- More often

Please give an example of how the level FOUR impacted on how often you eat

Compared to your eating habits before the restrictions, how did level THREE change how often you eat?

- Less often
- No change
- More often

Please give an example of how the level THREE impacted on how often you eat

Compared to your eating habits before the restrictions, how did level FOUR change how often you SNACK?

- Less often
- No change
- More often

Please give an example of how the level FOUR impacted on how often you SNACK

Compared to your eating habits before the restrictions, how did level THREE change how often you SNACK?

- Less often
- No change
- More often

Please give an example of how the level THREE impacted on how often you SNACK

Blood sugar levels

Compared to your before the restrictions, how did level FOUR impact your ability to stay within the recommended blood sugar level range?

- It was easier to stay within the recommended range
- No impact
- It was harder to stay within the recommended range

Please give an example of how the level FOUR impacted on your ability to stay within the recommended blood sugar level range

Compared to your before the restrictions, how did level THREE impact your ability to stay within the recommended blood sugar level range?

- It was easier to stay within the recommended range
- No impact
- It was harder to stay within the recommended range

Please give an example of how the level THREE impacted on your ability to stay within the recommended blood sugar level range

How healthy you eat

Compared to your eating habits before the restrictions, how did level FOUR change how healthy overall, you think your diet is?

- Less healthy
- No change
- More healthy

Please give an example of how the level FOUR changed how healthy overall, you think your diet is

Compared to your eating habits before the restrictions, how did level THREE change how healthy overall, you think your diet is?

- Less healthy
- No change
- More healthy

Please give an example of how the level THREE changed how healthy overall, you think your diet is

Physical Activity

Compared to your physical activity before the restrictions, how has level FOUR changed how much physical activity you do?

- Less physical activity
 No change
 More physical activity

Please give an example of how level FOUR changed the physical activity you do

Compared to your physical activity before the restrictions, how has level THREE changed how much physical activity you do?

- Less physical activity
 No change
 More physical activity

Please give an example of how level THREE changed the physical activity you do

The following questions are about you and your baby

What year were you born?

(E.g. 1985)

Which ethnic group or groups do you belong to?

- New Zealand European/ European
 Māori
 Samoan
 Cook Island Māori
 Tongan
 Niuean
 Tokelauan
 Other Pacific
 Fijian
 Indian
 Other European
 Asian not defined
 Chinese
 South East Asian
 Middle Eastern
 Latin American /Hispanic
 Africa
 Other
 Don't know

Other ethnicity, please specify

What type of diabetes do you have?

TYPE 1 diabetes is usually diagnosed in childhood, but can be diagnosed as an adult. When people are diagnosed with type 1 diabetes they always need insulin.

TYPE 2 diabetes is usually diagnosed as an adult. It is often seen in families. It can be managed by increasing exercise, a change in diet, or by taking medication -tablets or insulin.

- Gestational (pregnancy-related) diabetes
- Type 1 diabetes
- Type 2 diabetes.
- Don't know

When were you told you had gestational diabetes?

Your best guess is fine _____

Your pregnancy

What is your Estimated Date of Delivery?

(DD-MM-YYYY)

How many babies have you given birth to?

If this is your first pregnancy, select 'none'

- None
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 or more

Who you live with

These questions help us to better understand your bubble before and during the COVID-19 restrictions

How many adults (aged 16 and over) lived in your house at least part of the time before the restrictions?

- I live alone
- 1 other adult
- 2 other adults
- 3 other adults
- 4 other adults
- 5 other adults
- other - please specify

How many adults (aged 16 and over) lived in your house at least part of the time before the restrictions? _____

How many children (aged 15 and younger) lived in your house at least part of the time before the restrictions?

- no children
- 1 child
- 2 children
- 3 children
- 4 children
- 5 children
- other - please specify

How many children (aged 15 and younger) lived in your house at least part of the time before the restrictions? _____

Level FOUR

Was there any change to the number of people that lived in your household during Alert level FOUR ?

- Yes
- No

How many adults (aged 16 and over) lived in your house at least part of the time for level FOUR?

- I live alone
- 1 other adult
- 2 other adults
- 3 other adults
- 4 other adults
- 5 other adults
- other - please specify

How many adults (aged 16 and over) lived in your house at least part of the time for level FOUR? _____

How many children (aged 15 and younger) lived in your house at least part of the time for level FOUR?

- no children
- 1 child
- 2 children
- 3 children
- 4 children
- 5 children
- other - please specify

How many children (aged 15 and younger) lived in your house at least part of the time for level FOUR? _____

Level THREE

Was there any change to the number of people that lived in your household during Alert level THREE ?

- Yes
- No

How many adults (aged 16 and over) lived in your house at least part of the time for level THREE?

- I live alone
- 1 other adult
- 2 other adults
- 3 other adults
- 4 other adults
- 5 other adults
- other - please specify

How many adults (aged 16 and over) lived in your house at least part of the time for level THREE? _____

How many children (aged 15 and younger) lived in your house at least part of the time for level THREE?

- no children
- 1 child
- 2 children
- 3 children
- 4 children
- 5 children
- other - please specify

How many children (aged 15 and younger) lived in your house at least part of the time for level THREE? _____

Your income

Has there been a change in your household's overall income level due to the COVID-19 restrictions?

- Less income
- No change
- More income

Has this change in income affected your eating habits?

- Yes
- No

How has this change in income affected your eating habits? _____

Please give an example of how this change in income affected your eating habits _____

Your work Did you work outside of the home?

	Yes	No
Before the restrictions	<input type="radio"/>	<input type="radio"/>
During level FOUR (as an active 'essential worker')	<input type="radio"/>	<input type="radio"/>
During level THREE	<input type="radio"/>	<input type="radio"/>

Diabetes in Pregnancy clinics

We would like to know about your experience with our clinic during the COVID-19 alert level THREE and alert level FOUR response

In general, I found the experience of the face to face clinic . . .

- Very good
- Good
- Neither bad nor good
- Bad
- Very bad
- I have not had this type of clinic visit

In general, I found the experience of the remote clinic phone call(s)

- Very good
- Good
- Neither bad nor good
- Bad
- Very bad
- I have not had this type of clinic visit

Please explain your answer

Which clinic do you mostly attend?

- Wellington
 Kenepuru
 Prefer not to answer

Results

Table 2: Characteristics of respondents

Variable	Mean (SD) [range]
No. of adults (≥ 16 years) in the household before the restrictions	n/48 (%)
Live alone	1 (2.1)
1 other adult	33 (68.8)
2 other adults	4 (8.3)
3 other adults	7 (14.6)
4+ other adults	3 (6.3)
No. of children (≤ 15 years) in the household before the restrictions	
No children	21 (43.8)
1 child	18 (37.5)
2 children	7 (14.6)
3+ children	2 (4.2)
Changes to no. of people in the household during the restrictions	
Alert Level 4 = No change	45 (93.8)
Alert Level 3 = No change	47 (97.9)
Working outside of home ^a	
Before restrictions = No	18 (37.5)
Alert Level 4 = No	44 (91.7)
Alert Level 3 = No	44 (91.7)

a) Planned maternity leave dates were not factored into this question.

Table 3: The Frequency of Food Items Consumed Before and During Alert Level 4 and Alert Level 3 COVID-19 Restrictions Among Pregnant Women with Diabetes

Food item	No. of servings per week <i>n</i> (%)			OR (CI 95%) ¹
	0-1x week	2-3x week	≥4x week	
Chicken				
Before	9 (18)	27 (54)	14 (28)	
level 4	9 (18)	26 (52)	15 (30)	0.74 (0.34 to 1.60) p=0.44
level 3	10 (20)	25 (50)	15 (30)	
Fish canned				
Before	39 (78)	10 (20)	1 (2)	
level 4	37 (74)	9 (18)	4 (8)	0.83 (0.36 to 1.91) p=0.66
level 3	37 (74)	11 (22)	2 (4)	
Legumes/pulses				
Before	29 (58)	15 (30)	6 (12)	
level 4	29 (58)	12 (24)	9 (18)	0.82 (0.35 to 1.92) p=0.63
level 3	33 (66)	9 (18)	8 (16)	

n=50. 1) Odds ratio (OR) of lower ordered values (lower frequency of servings) during Alert level 4 compared to before the restrictions.

Table 4: Frequency of consumption of bread before and during COVID-19 Alert Level 3 and 4.

	Type of bread consumed			
	White bread or flour	Wholemeal bread or flour	Light or heavy grain	Other breads
Before	16 (32)	21 (42)	12 (24)	1 (2)
Level 4	15 (30)	21 (42)	13 (26)	1 (2)
Level 3	11 (22)	24 (48)	14 (28)	1 (2)

Table 5: Adequate intake of fruit, vegetables, and dairy, according to the New Zealand Food and Nutrition Guidelines for Pregnancy and Breastfeeding during Alert Level 4 restrictions compared to before the restrictions.

		During Alert Level 4			(95% CI)
		No	Yes	Total	
Adequate intake of fruit	Before restrictions	No	4 (8)	5 (10)	9 (18)
		Yes	3 (6)	38 (76)	41 (82)
	Total	7 (14)	43 (86)	50 (100)	-0.04 (-0.15 to, 0.07) p=0.48
		During Alert Level 4			
		No	Yes	Total	
Adequate intake of vegetables	Before restrictions	No	28 (56)	1 (2)	29 (58)
		Yes	3 (6)	18 (36)	21 (42)
	Total	31 (62)	19 (38)	50 (100)	-0.04 (-0.12 to, 0.04) p=0.31
		During Alert Level 4			
		No	Yes	Total	
Adequate intake of Dairy	Before restrictions	No	23 (46)	7 (14)	30 (60)
		Yes	3 (6)	17 (34)	20 (40)
	Total	26 (52)	24 (48)	50 (100)	-0.08 (-0.20 to, 0.04) p=0.20

n (%), Yes = adequate intake according to the NZ Food and Nutrition Guidelines for Pregnancy and Breastfeeding, No = inadequate intake according to the NZ Food and Nutrition Guidelines for Pregnancy and Breastfeeding.

Table 6: The Frequency of Types of Meals Consumed Before and During Alert Level 4 and Alert Level 3 COVID-19 Restrictions Among Pregnant Women with Diabetes

Types of meals	Frequency of meals <i>n</i> (%)				OR (CI 95%) ¹
	0-1x week	2-3x week	4-5x week	6-7x week	
Breakfast					
Before	7 (14)	7 (14)	4 (8)	32 (64)	
level 4	5 (10)	7 (14)	2 (4)	36 (72)	0.59 (0.23 to 1.55) p=0.28
level 3	6 (12)	7 (14)	1 (2)	36 (72)	
Vegetarian ^a					
Before	31 (62)	11 (22)	2 (4)	6 (12)	
level 4	31 (62)	10 (20)	3 (6)	6 (12)	0.70 (0.27 to 1.80) p=0.45
level 3	31 (62)	10 (20)	3 (6)	6 (12)	
Vegan ^b					
Before	39 (78)	6 (12)	2 (4)	3 (6)	
level 4	37 (74)	8 (16)	3 (6)	2 (4)	0.79 (0.27 to 2.29) p=0.66
level 3	39 (78)	6 (12)	2 (4)	3 (6)	

N= 50 a) Vegetarian for main meal only, b) Vegan for main meal only, c) n=49, Main meal commercially supplied or prepared (e.g., Hello Fresh, Woop, My Food bag) and then consumed at home.

Table 7: The Frequency of Different Shopping Methods Before and During Alert Level 4 and Alert Level 3 COVID-19 Restrictions Among Women with Diabetes in Pregnancy

Method of Shopping	Frequency of shopping <i>n</i> (%)					OR (CI 95%) ¹
	0-≤1x month	1-2 x month	1x week	2-3x week	≥4x week	
Fruit & Vege Market ^a						
Before	16 (32)	9 (18)	20 (40)	5 (10)	0 (0)	
Level 3	30 (60)	8 (16)	10 (20)	2 (4)	0 (0)	5.50 (2.24 to 13.47) p=0.0004
Other Shops ^b						
Before	18 (36)	16 (32)	12 (24)	4 (8)	0 (0)	
Level 3	31 (62)	10 (20)	7 (14)	2 (4)	0 (0)	3.97 (1.69 to 9.34) p=0.0022 ¹

N=50. a) Fruit & Vegetable Market/shops all closed during Alert Level 4. b) Other Shops included butchers, green grocers or specialty food stores (they were all closed during Level 4). 1) Odds ratio (OR) lower ordered values (lower frequency of shopping) during Alert level 3 compared to before the restrictions.