

Table S1. Percent of women within each cluster who reported that they would allow food groups in months 1 and 2 postpartum

Food group	Timepoint	Most restrictive (n = 127)	Least restrictive (n = 99)	2 weeks restrictive (n = 31)	1 month restrictive (n = 415)
Other grains[†]	Week 1	3	80	0	0
	Week 2	3	100	3	0
	Week 3	2	100	61	0
	Week 4	2	100	100	0
	Month 2	2	100	100	100
Meat	Week 1	0	70	0	0
	Week 2	0	84	3	0
	Week 3	0	84	55	0
	Week 4	0	84	94	0
	Month 2	0	87	94	98
Poultry	Week 1	2	78	3	0
	Week 2	2	99	6	0
	Week 3	2	99	65	0
	Week 4	2	99	100	0
	Month 2	2	99	100	100
Fish	Week 1	3	79	0	2
	Week 2	5	98	0	2
	Week 3	4	98	58	2
	Week 4	4	98	97	2
	Month 2	4	98	97	100
Wild animals	Week 1	2	72	0	0
	Week 2	2	92	0	0
	Week 3	1	92	52	0
	Week 4	1	92	90	0
	Month 2	1	94	90	98
Eggs	Week 1	4	80	10	1
	Week 2	4	100	13	1
	Week 3	3	100	68	1
	Week 4	3	100	100	1
	Month 2	3	100	100	100
Vegetables	Week 1	21	84	13	12
	Week 2	22	100	19	13
	Week 3	23	100	68	13
	Week 4	25	100	100	13
	Month 2	26	100	100	100
Fruits	Week 1	9	80	0	2
	Week 2	9	100	6	2
	Week 3	8	100	58	2
	Week 4	9	100	97	2
	Month 2	10	100	97	100
Roots and tubers	Week 1	0	80	0	0
	Week 2	0	100	3	0
	Week 3	0	100	61	0
	Week 4	0	100	100	0
	Month 2	0	100	100	100
Pulses	Week 1	0	80	0	0
	Week 2	0	100	3	0
	Week 3	0	100	61	0
	Week 4	0	100	100	0
	Month 2	0	100	100	100

Nuts and seeds	Week 1	0	80	0	0
	Week 2	0	100	3	0
	Week 3	0	100	61	0
	Week 4	0	100	100	0
	Month 2	0	100	100	100
Dairy	Week 1	2	80	0	0
	Week 2	2	100	3	0
	Week 3	1	100	61	0
	Week 4	1	100	100	0
	Month 2	1	100	100	100

† Excludes rice

Table S2. Proportion of women of each ethnic group in the postpartum taboo diet clusters

Taboo diet cluster	Lao (n = 102)	Khmu (217)	Hmong (n = 328)	Other (n = 25)
Most restrictive	20 (20)	65 (30)	33 (10)	9 (36)
Least restrictive	32 (31)	56 (26)	5 (2)	6 (24)
2 weeks restrictive	6 (6)	13 (6)	11 (3)	1 (4)
1 month restrictive	44 (43)	83 (38)	279 (85)	9 (36)

Values represent n (%)

Table S3. Associations between allowing white rice and chicken in the first month postpartum among women belonging to the Hmong ethnic group compared to women of Lao ethnicity

Postpartum time point	OR (95% CI) ^a		OR (95% CI) ^b	
	White rice	Chicken	White rice	Chicken
Week 1	19.2 (9.0, 40.8)	17.7 (9.0, 34.7)	37.9 (15.4, 93.6)	18.4 (8.4, 40.0)
Week 2	16.6 (7.8, 35.6)	11.2 (5.7, 21.9)	31.1 (12.6, 76.6)	11.4 (5.3, 24.4)
Week 3	15.66 (7.3, 33.7)	10.6 (5.3, 21.2)	28.9 (11.7, 71.5)	9.8 (4.6, 20.8)
Week 4	15.9 (7.4, 34.2)	8.9 (4.4, 17.9)	28.4 (11.4, 70.7)	8.4 (3.9, 17.8)

^a Bivariate associations

^b Multivariable associations

p value <0.001 for all associations shown

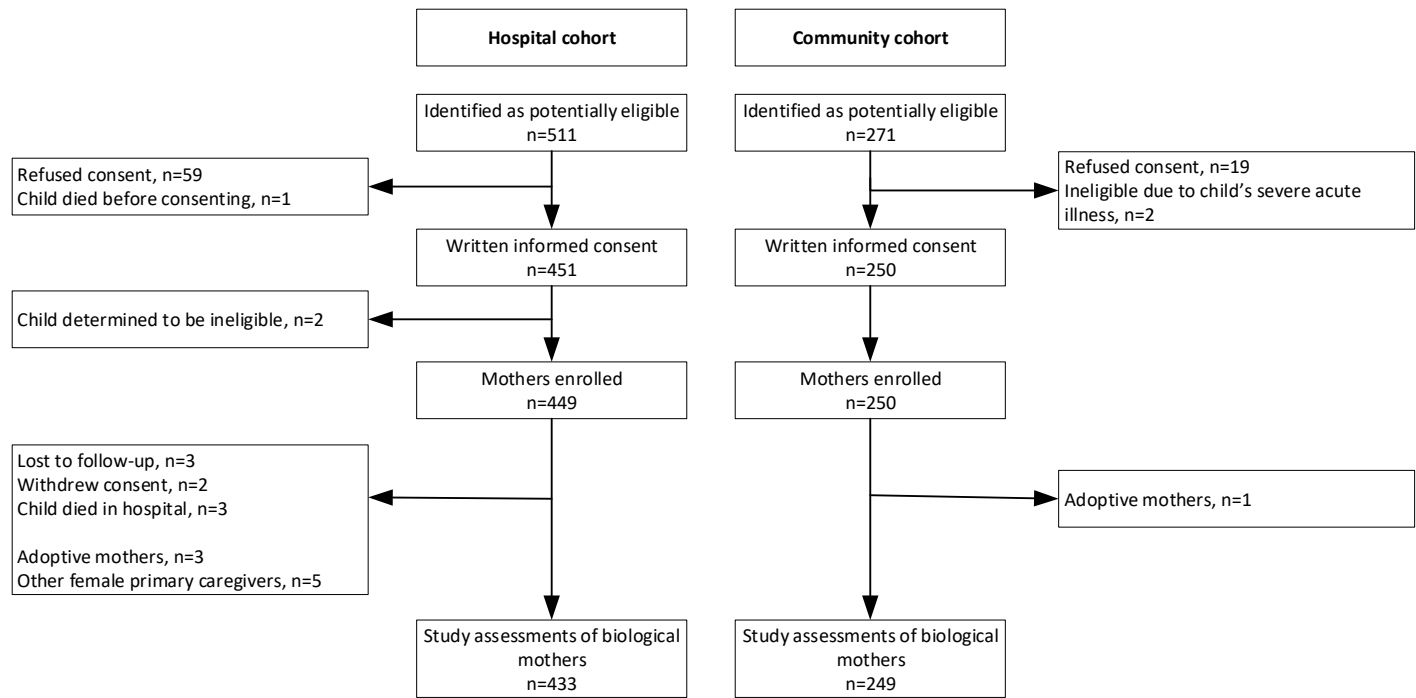


Figure S1. Flowchart of mother's eligibility, enrollment and data collection in the hospital and community cohorts

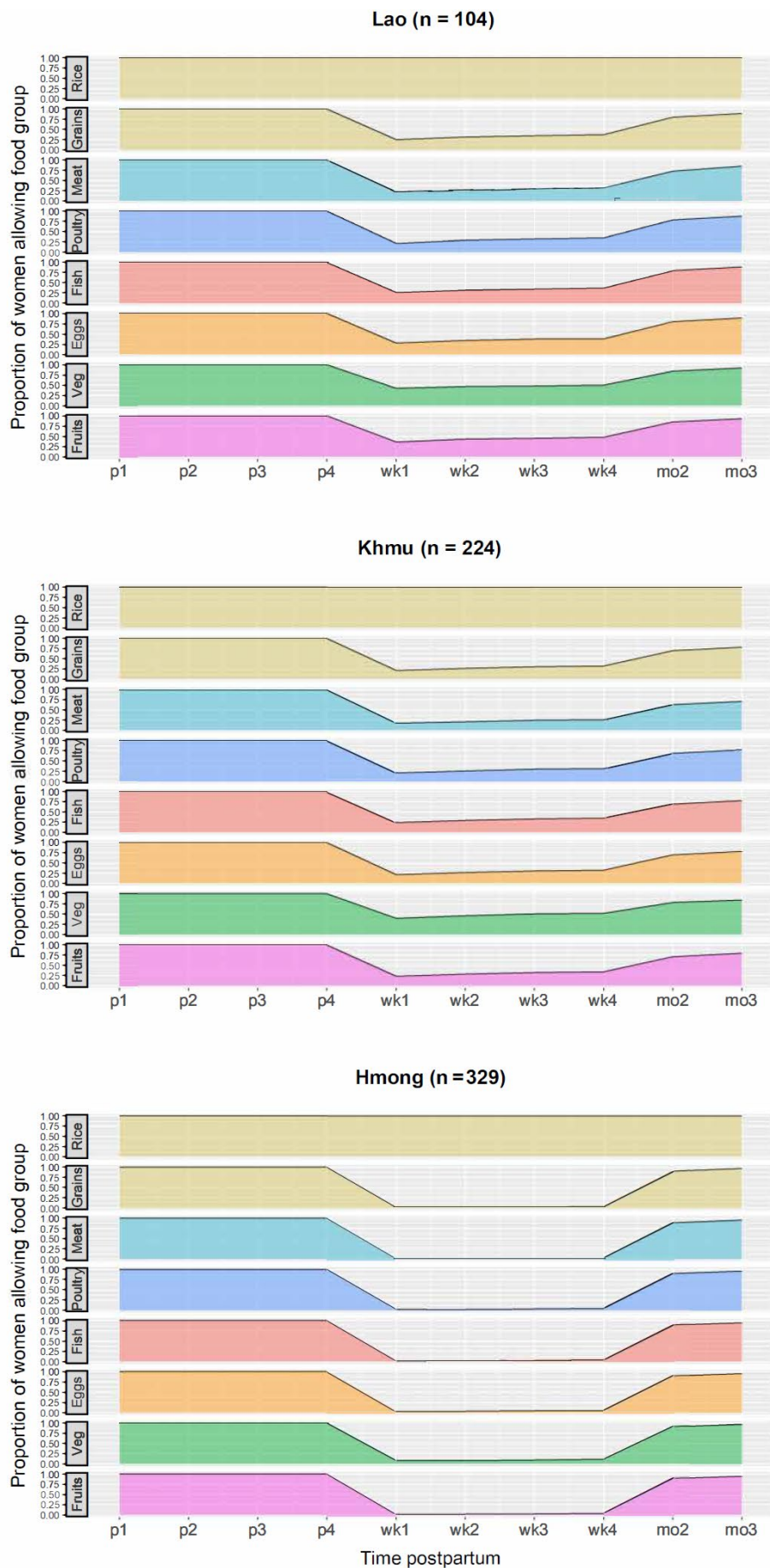


Figure S2. Proportion of women within each ethnic group who reported allowing food groups during pregnancy and postpartum
 p1 = trimester 1; p2 = trimester 2; p3 = trimester 3; p4 = before birth; postpartum is in weekly for the first 4 weeks (wk1 – wk4) and monthly intervals thereafter (mo2 – mo3)