Supplementary Online Content

This supplementary material has been provided by the authors to give readers additional information about their work.

eTable 1. Prevalence of Adverse Pregnancy Outcomes (APOs) Stratified by Alternate Mediterranean Diet (aMed) Dietary Compliance

	Low (N=2980)	Moderate (N=2430)	High (N=2388)	p-value*
Any APO (N=2747)	1137 (38.2%)	849 (34.9%)	761 (31.9%)	<0.001
Preeclampsia/eclampsia (N=606)	276 (9.3%)	184 (7.6%)	146 (6.1%)	<0.001
Gestational hypertension (N=1106)	443 (14.9%)	334 (13.7%)	329 (13.8%)	0.419
Gestational diabetes (N=300)	122 (4.1%)	104 (4.3%)	74 (3.1%)	0.066
Preterm birth (N=544)	229 (7.7%)	167 (6.9%)	148 (6.2%)	0.102
Small for gestational age (N=765)	331 (11.1%)	225 (9.3%)	209 (8.8%)	0.010
Stillbirth (N=38)	19 (0.6%)	8 (0.3%)	11 (0.5%)	0.262

aMed score categories defined as low (0-3), moderate (4-5), high (6-9) compliance

eTable 2. Univariable and Multivariable Adjusted Results for Alternate Mediterranean Diet (aMed) Score Components With Preclampsia/Eclampsia

Outcome	Unadjusted		Adjusted*	
	OR (95% CI)	p-value	OR (95% CI)	p-value
Vegetable Score	0.73 (0.62,0.87)	<0.001	0.78 (0.63,0.95)	0.01
Fruit Score	0.70 (0.59,0.83)	<0.001	0.73 (0.60,0.89)	0.002
Nut Score	0.90 (0.76,1.07)	0.23	0.98 (0.81,1.19)	0.82
Whole Grain Score	0.77 (0.65,0.91)	0.002	0.86 (0.71,1.04)	0.13
Legumes Score	0.79 (0.67,0.94)	0.01	0.91 (0.75,1.10)	0.32
Fish Score	0.78 (0.66,0.92)	0.003	0.83 (0.69,1.00)	0.05
MUFA:SFA Score	0.95 (0.81,1.13)	0.58	0.94 (0.78,1.13)	0.52
Red Meat Score	0.86 (0.73,1.02)	0.08	0.96 (0.80,1.15)	0.67
Alcohol Score	0.85 (0.69,1.04)	0.12	0.91 (0.72,1.14)	0.42

* Adjusting for age, education, race/ethnicity, marital status, body mass index, smoking, family history of cardiovascular disease.

MUFA : SFA = monounsaturated to saturated fat ratio

eTable 3. Univariable and Multivariable Adjusted Results for Alternate Mediterranean Diet (aMed) Score Components With Gestational Diabetes

Outcome	Unadjusted		Adjusted*	
	OR (95% CI)	p-value	OR (95% CI)	p-value
Vegetable Score	0.88 (0.70,1.11)	0.30	0.72 (0.55,0.95)	0.02
Fruit Score	0.86 (0.68,1.08)	0.20	0.84 (0.64,1.10)	0.21
Nut Score	0.97 (0.77,1.22)	0.77	0.94 (0.73,1.23)	0.67
Whole Grain Score	0.82 (0.65,1.03)	0.09	0.83 (0.64,1.08)	0.17
Legumes Score	0.95 (0.76,1.20)	0.69	0.99 (0.76,1.29)	0.94
Fish Score	0.94 (0.75,1.19)	0.61	0.84 (0.65,1.09)	0.19
MUFA:SFA Score	1.00 (0.79,1.26)	0.99	0.95 (0.73,1.24)	0.71
Red Meat Score	0.69 (0.55,0.87)	0.002	0.73 (0.57,0.95)	0.02
Alcohol Score	0.94 (0.70,1.24)	0.66	0.92 (0.67,1.24)	0.58

* Adjusting for age, education, race/ethnicity, marital status, body mass index, smoking, family history of cardiovascular disease.

MUFA : SFA = monounsaturated to saturated fat ratio

eFigure. Analysis Sample Selection Flow Diagram

Full cohort at recruitment:
N = 10,038

Excluded for incomplete or non-response to FFQ questionnaire
N = 1,779

N = 8,259

Excluded for implausible intake (<500 or > 5000 kcal/day)
N = 184

N = 8,075

Excluded for having chronic HTN
N = 188

N = 7,887

Excluded for having chronic diabetes
N = 89

Final analysis sample:
N = 7,798