

Assessment of pregnancy dietary intake and association with maternal and neonatal outcomes - Supplementary Material

Figure S1: Placental weight and birthweight relationship.

Figure S2: Infants birthweight distribution in mothers divided by BMI.

Figure S3: Placental weight and maternal GWG/BMI relationships.

Figure S4: Gestational weight gain distributions in mothers divided by BMI.

Figure S5: Distribution of daily water (A) and fiber (B) intake in 503 women.

Table S1. Nutrition and maternal/neonatal anthropometric parameters analysis.

Maternal parameters and neonatal birthweight in women following EFSA recommendations for all macronutrients (n = 151/503) and those that fell outside EFSA guidelines for fats, proteins and carbohydrates (n = 11/503).

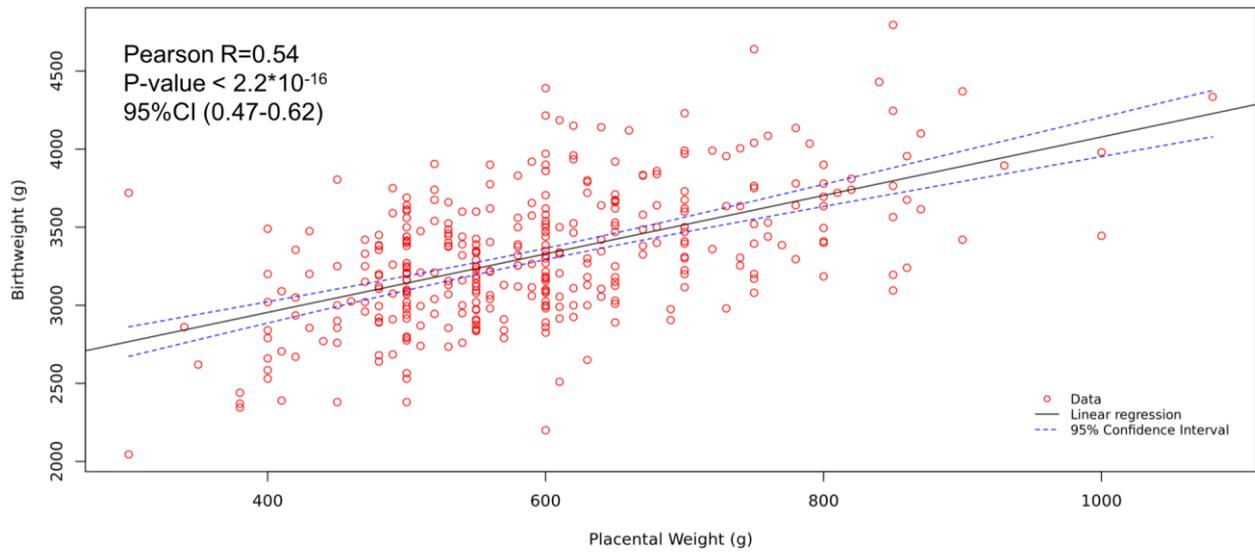
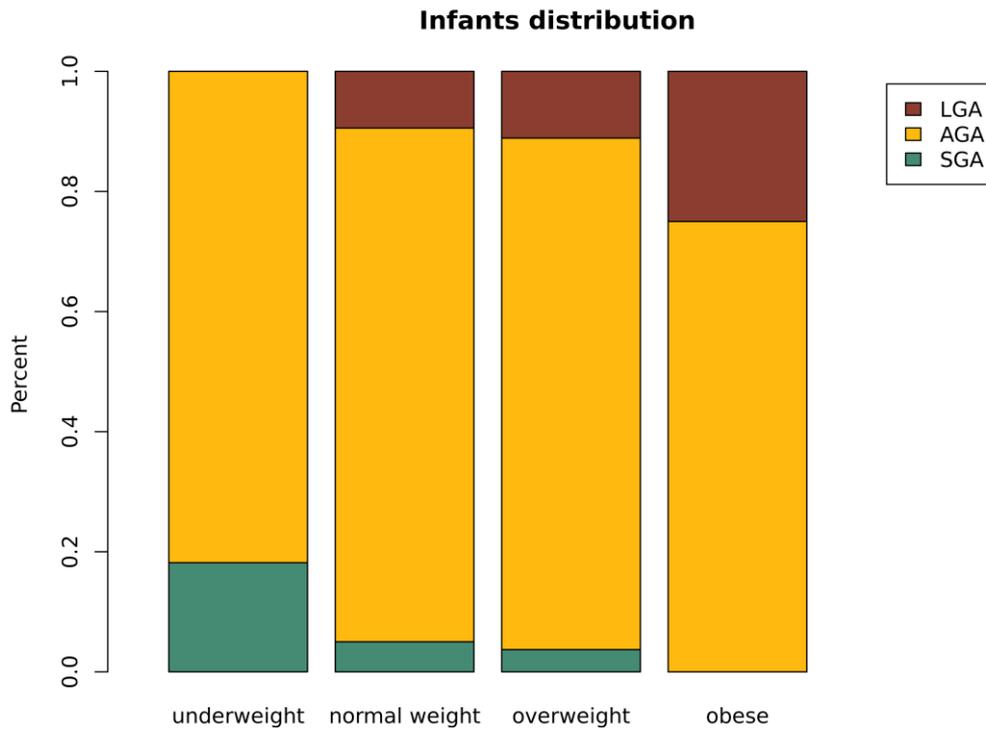


Figure S1: Placental weight and birthweight relationship. Scatter plot of placental weight (X-axis) and birthweight (Y-axis), measured in grams, obtained from our cohort of 503 pregnancies.

A



B

	Underweight t n=55	Normal Weight n=341	Overweight n=56	Obesity n= 12	BMI Not Available n=39	Total n=503
SGA	10 (18%)	17 (5%)	2 (3.6%)	0 (0%)	1 (2.6%)	30 (6%)
AGA	45 (82%)	290 (85%)	46 (82.1%)	9 (75%)	27 (69.2%)	417 (83%)
LGA	0 (0%)	32 (9.5%)	6 (10.7%)	3 (25%)	5 (12.8%)	46 (9%)
Birthweighth Not Available	0 (0%)	2 (0.5%)	2 (3.6%)	0 (0%)	6 (15.4%)	10 (2%)

Figure S2: Infants birthweight distribution in mothers divided by BMI. Infants distribution expressed in percentage (A) and in counts (B) in women categorized as underweight, normal weight, overweight and obese based on the pre-pregnancy BMI. Abbreviations: BMI, body mass index; SGA, small for gestational age; AGA, appropriate for gestational age; LGA, large for gestational age.

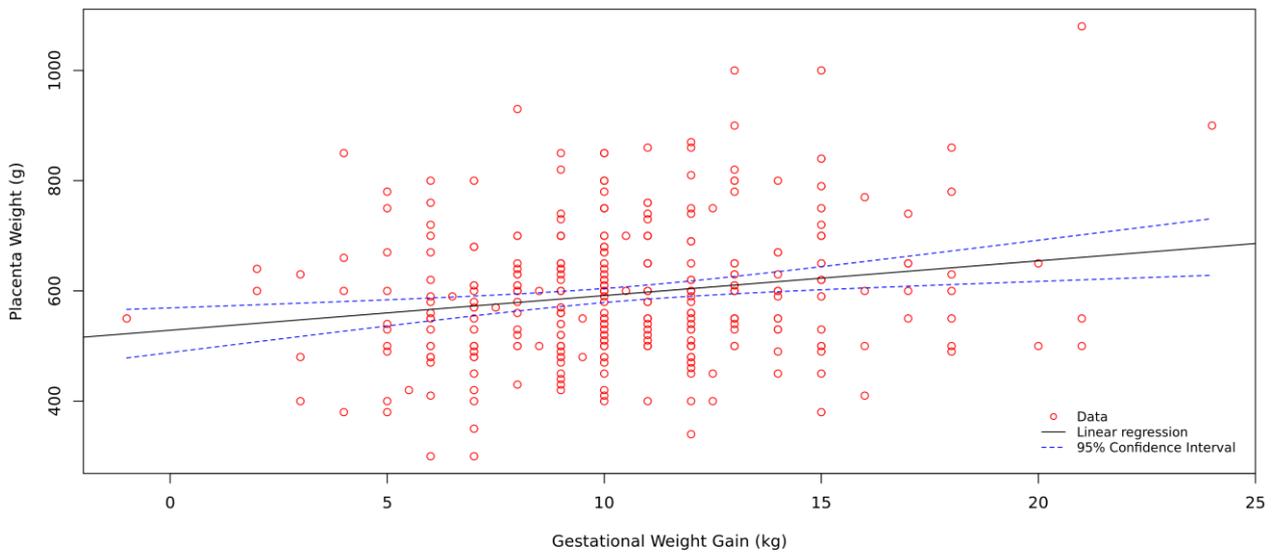
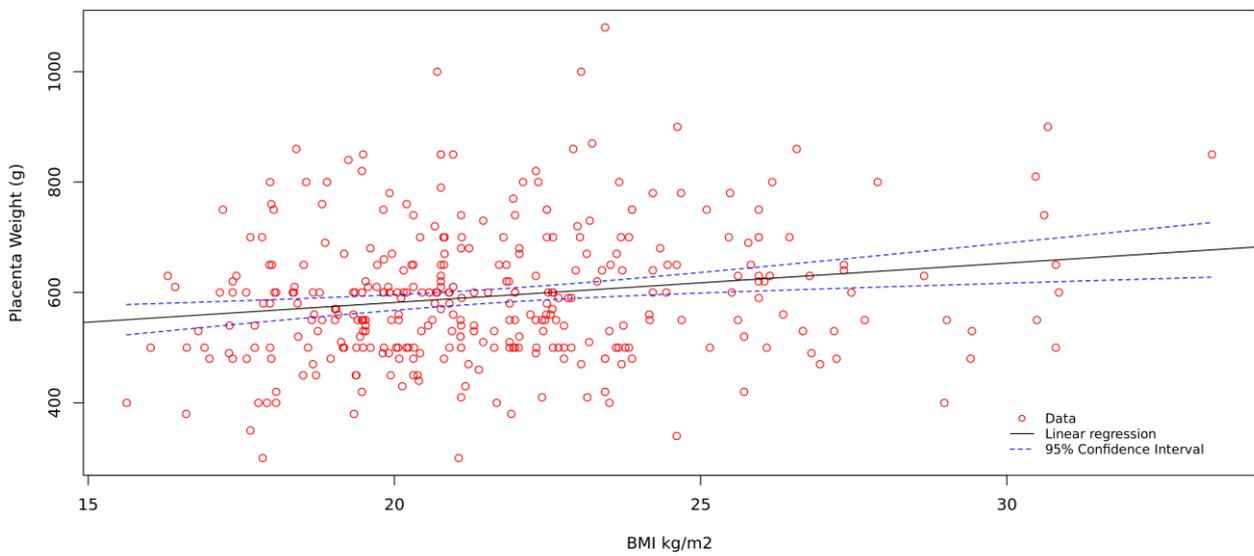
A**B**

Figure S3: Placental weight and maternal GWG/BMI relationships. Relationships between placenta weight (y-axis) and gestational weight gain (A) and pre-pregnancy BMI (B) obtained from our cohort of 503 women.

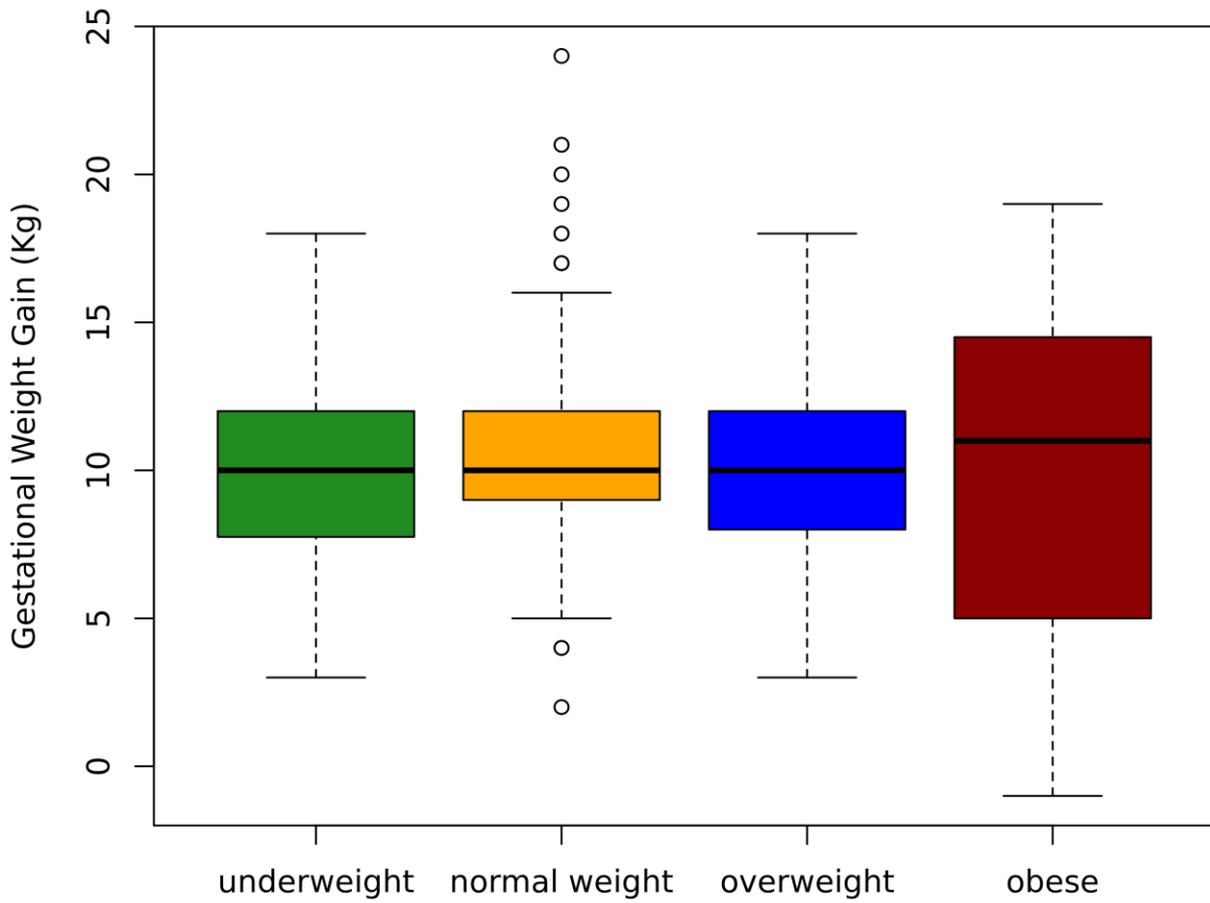


Figure S4: Gestational weight gain distributions in mothers divided by BMI.

Gestational weight gain boxplot distribution in women stratified in underweight ($BMI < 18.5$ kg/m^2), normal weight ($18.5 \leq BMI < 25$ kg/m^2), overweight ($25 \leq BMI < 30$ kg/m^2) and obese ($BMI \geq 30$ kg/m^2).

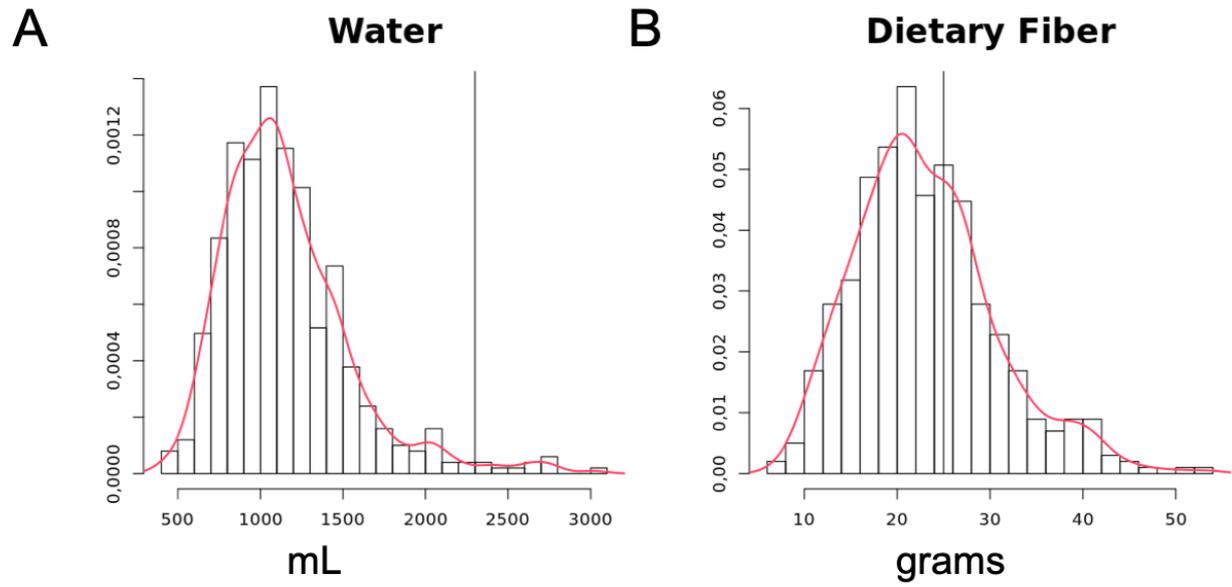


Figure S5: Distribution of daily water (A) and fiber (B) intake in 503 women. The black lines represent the EFSA recommended value.

Table S1. Nutrition and maternal/neonatal anthropometric parameters analysis. Maternal parameters and neonatal birthweight in women following EFSA recommendations for all macronutrients (n = 151/503) and those that fell outside EFSA guidelines for fats, proteins and carbohydrates (n = 11/503).

	Within EFSA ranges, n = 151		Out EFSA ranges, n = 11	
	Mean \pm SD	min-max	Mean \pm SD	min-max
Pre-gestational BMI (kg/m²)	22.27 \pm 3.7	15.63 – 47.11	21.20 \pm 1.4	19.72 – 24.4
Gestational weight gain (kg)	10.28 \pm 3.9	-1 – 21	10.7 \pm 4.5	6.5 – 21
Placental weight (g)	577.9 \pm 104.9	300.0 – 930	578.3 \pm 68.8	500 – 680
Birthweight (g)	3355 \pm 426.4	2045 – 4490	3053 \pm 428.8	2380 – 3920