



Table S1. Variables in the statistical model

Dimension	n included in the analysis	Variables		Exp(β) [95% Confidence Interval]	p-value
Peri-natal	226	Pre-pregnancy BMI	Pre-pregnancy BMI of Overweight	2.591 [1.164-5.766]	0.020
			Pre-pregnancy BMI of Obesity	4.145 [0.925-8.570]	0.063
		Adequacy of weight gain during pregnancy based on Institute of Medicine recommendations			
		Gestational weeks: term or preterm pregnancy			
		Diagnosis of gestational diabetes			
		Diagnosis of pre-eclampsia			
		Smoking during pregnancy			
		Information during pregnancy on child SGA			
		Information during pregnancy on child LGA			
		Birth BMI			
		Small or Large for gestational age			
Anthropometric	141	BMI z-score 1-year-old			
		BMI z-score 18-months-old			
		BMI z-score 2-years-old			
		BMI z-score 3-years-old			
		BMI z-score 5-years-old		4.159 [2.404-8.497]	0.000
Sociodemographic	138	Family type			
		Number of siblings			
		Place of the sibling (only child, older or younger sibling)			
		Maternal nationality			
		Paternal nationality			
		Maternal level of education			
		Paternal level of education			
		Mean monthly income			
		Parents current employment status			
		Maternal BMI			
		Paternal BMI	Paternal BMI of Overweight	0.772 [0.252-2.364]	0.650
			Paternal BMI of Obesity	4.041 [1.271-12.844]	0.018
Previous eating habits	243	Exclusive breastfeeding duration			
		Total breastfeeding duration			
		Age of solid food introduction			

		Type of meal introduced in solid food introduction	Soup	0.401 [0.176-0.914]	0.030
		Appetite during solid food introduction			
Current eating habits	199	Child appetite		0.174 [0.050-0.603]	0.006
		Caretakers' perception of child intake through image		1.489 [0.985-2.249]	0.059
		Child perception of intake through image			
			Take a fruit or fruit juice every day		
			Has a second fruit every day		
			Has fresh or cooked vegetables regularly once a day		
			Has fresh or cooked vegetables more than once a day		
			How many times a week you go to fast-food restaurants or eat pre-cooked meals?		
			For breakfast, most days of the week you eat		
			How many times a week you eat sweets or candy?		
			Total Score of the full KIDMED index		
		How many times a week you drink soda?			
		Family Mediterranean pattern (PREDIMED)	Do you use olive oil as the main culinary fat?		
			How much olive oil do you consume in a given day		
			How many vegetable servings do you	0.624 [0.389-0.999]	0.050

			consume per day?		
			How many fruit units do you consume per day?		
			How many servings of red meat, hamburger, or meat products do you consume per day?		
			How many servings of butter, margarine, or cream do you consume per day?	1.535 [0.976-2.413]	0.063
			How many sweet or carbonated beverages do you drink per day?		
			How much wine do you drink per week?		
			How many servings of legumes do you consume per week?		
			How many servings of fish or shellfish do you consume per week?		
			How many times per week do you consume commercial sweets or pastries?		
			How many servings of nuts (including peanuts) do you consume per week?		
			Do you preferentially		

			consume chicken, turkey, or rabbit meat instead of veal, pork, hamburger or sausage?		
			How many times per week do you consume vegetables, pasta, rice, or other dishes seasoned with sofrito?		
Subjective anthropometry perception	251	Adequacy of fathers' body image perception vs. actual BMI	Relatively correct	4.902 [1.116-21.536]	0.035
			Correct	2.597 [0.634-10.643]	0.185
		Adequacy of mother's body image perception vs. actual BMI			
		Adequacy of the caretaker's opinion on the child nutritional status vs. child BMI	Relatively correct	3.483 [0.882-13.753]	0.075
			Correct	31.605 [6.055-164.951]	0.000
		Adequacy of the caretaker's body image perception of the child vs. child BMI			
		Adequacy of the child body image perception vs. actual BMI			
Subjective eating habits perception	256	Caretaker's perception regarding child intake when anxious	No	0.260 [0.056-1.204]	0.085
		Child perception regarding intake when anxious			
		Difference between child perception of intake through image and caretakers' perception of the child intake through image			
		Caretakers' perception of the adequacy of the child food intake for age	Inferior or adequate	0.083 [0.024-0.286]	0.000
		Adequacy of food intake for height			
Physical activity and hours of sleep	91	Child participation in programmed sport activity	Yes	0.194 [0.052-0.724]	0.015
		Consumption of meals in front of a screen			
		Consumption of meals in front of a screen: How many times a week?			

		Hours of sleep, weekdays		
		Hours of sleep, weekend days		
		Hours of sleep, mean		



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