

Supplementary Table S1. Energy and macronutrient intakes of women by cultured-milk drinks and fruit juice categories.

Pre-pregnancy	Cultured-milk drinks categories					Fruit juice categories						
	T1	T2	T3	F ^a	p-value	T1	T2	T3	F ^b	p-value	F ^c	p-value
	(n=47)	(n= 73)	(n= 30)			(n= 70)	(n= 97)	(n= 118)				
	mean ± se											
Energy intake (kcal/day)	2353 ± 147.64 ^a	2092 ± 69.37 ^b	2702 ± 287.47 ^{a,b}	4.15	0.02*	2011 ± 121.78 ^a	2176.90 ± 103.89 ^b	2574.68 ± 94.11 ^{a,b}	7.73	0.01*	1.29	0.28
Carbohydrate (g/1000 kcal)	139.88 ± 2.66	142.25 ± 2.13	142.56 ± 3.29	2.94	0.75	134.55 ± 2.43 ^{a,b}	146.20 ± 2.07 ^a	145.58 ± 1.87 ^b	8.21	0.001**	0.75	0.56
Sugar (g/1000 kcal)	40.69 ± 2.03	41.26 ± 1.62	45.41 ± 2.51	1.23	0.29	33.07 ± 2.00 ^{a,b}	43.28 ± 1.71 ^a	46.62 ± 1.54 ^b	14.73	0.001**	2.62	0.05
Fat (g/1000 kcal)	22.57 ± 1.05	23.56 ± 0.84	24.43 ± 1.30	0.65	0.53	26.52 ± 0.87 ^{a,b}	22.15 ± 0.74 ^a	22.64 ± 0.67 ^b	8.42	0.001**	5.40	0.001*
Protein (g/1000 kcal)	33.81 ± 1.11 ^c	38.35 ± 0.89 ^c	35.44 ± 1.37	5.27	0.01*	38.75 ± 0.91 ^{a,b}	35.61 ± 0.78 ^{a,c}	32.54 ± 0.70 ^{b,c}	14.76	0.001**	1.13	0.35
First trimester	T1	T2	T3	F^a	p-value	T1	T2	T3	F^b	p-value	F^c	p-value
	(n=29)	(n= 49)	(n= 31)			(n=63)	(n= 77)	(n= 117)				
Energy intake (kcal/day)	2017 ± 142.63 ^a	2089 ± 129.16 ^b	2603 ± 193.01 ^{a,b}	3.85	0.02*	1890 ± 117.33 ^a	2136.34 ± 106.53 ^b	2439.08 ± 86.3 ^{a,b}	7.43	0.001*	0.75	0.56
Carbohydrate (g/1000 kcal)	140.92 ± 3.86	143.39 ± 2.93	143.06 ± 3.72	0.18	0.83	135.71 ± 2.44 ^{a,b}	144.18 ± 2.21 ^a	143.19 ± 1.79 ^b	4.00	0.02*	1.51	0.21
Sugar (g/1000 kcal)	43.20 ± 3.11	47.01 ± 2.36	52.05 ± 2.99	2.09	0.13	41.35 ± 1.96 ^a	45.19 ± 1.78	48.25 ± 1.44 ^a	4.05	0.02*	1.46	0.23
Fat (g/1000 kcal)	32.10 ± 1.32	30.02 ± 0.99	31.83 ± 1.27	1.04	0.36	33.16 ± 0.93	31.15 ± 0.85	31.31 ± 0.69	1.60	0.20	1.36	0.26
Protein (g/1000 kcal)	37.07 ± 1.41	36.55 ± 1.07	36.42 ± 1.36	0.06	0.94	38.93 ± 0.96 ^{a,b}	35.61 ± 0.87 ^a	35.62 ± 0.71 ^b	4.51	0.01	0.31	0.87

Note. Cultured-milk drinks categories: Pre-pregnancy: T1: < 13.10 g, T2: 13.10 – 17.90 g, T3: > 17.90 g; Fruit juice categories: T1: < 35.72 g, T2: 35.72 – 71.43 g, T3: > 71.43 g; First trimester: T1: < 8.34 g, T2: 8.34 – 17.86 g, T3: > 17.86 g; Fruit juice categories: T1: < 35.72 g, T2: 35.72 – 71.43 g, T3: > 71.43 g).

F^a= F between cultured-milk drink categories; F^b= F between fruit juice categories; F^c= F between cultured-milk drink categories and fruit juice categories Adjusted for age, education level and pre-pregnancy BMI. Similar superscript letters indicated statistically significant difference. *p<0.05

Supplementary Table S2: Food groups based on dietary patterns between T3 of cultured-milk and T3 of fruit juice drinkers

Pre-pregnancy	T3 Cultured-milk drinks (> 17.90 g) (n= 30)	Bread, fish, eggs, chicken, green leafy vegetables, milk, cereal & other cereal products, rice, other vegetables, tubers, oil, spreads, sweet foods, tea, coffee, sugar and creamer
	T3 Fruit juice (> 71.43 g) (n=118)	Bread, fish, eggs, chicken, green leafy vegetables, milk, cereal & other cereal products, rice, other vegetables, tubers, oil, nuts, seeds & legumes, cruciferous vegetables
First trimester	T3 Cultured-milk drinks (> 17.86 g) (n= 31)	Bread, fish, eggs, chicken, green leafy vegetables, nuts, seeds & legumes, milk, dairy products, spreads, cereal & other cereal products, rice, processed foods, sauces, sugar and creamer
	T3 Fruit juice (> 71.43 g) (n= 117)	Bread, fish, eggs, chicken, green leafy vegetables, nuts, seeds & legumes, milk, dairy products, spreads, cereal & other cereal products, red meat, seafood, fruits, other vegetables, tubers, cruciferous vegetables

Supplementary Table S3. Energy and nutrient intakes of women by categories of energy derived from beverages.

Energy derived from beverages				F	p-value
Pre-pregnancy	T1 (< 154 kcal) (n= 151)	T2 (154 – 297 kcal/day) (n= 151)	T3 (> 297 kcal/day) (n= 150)		
	mean ± se				
Energy intake (kcal/day)	1821 ± 63.63	2047 ± 52.26	2611 ± 101.46	29.10	0.001*,a
Carbohydrate (g/day)	251.49 ± 9.94	293.32 ± 8.47	366.00 ± 14.14	27.19	0.001*,a
Sugar (g/day)	57.99 ± 2.90	82.38 ± 3.12	110.85 ± 4.55	54.08	0.001*,a
Fat (g/day)	41.60 ± 1.72	49.46 ± 2.07	60.10 ± 2.71	17.67	0.001*,a
Protein (g/day)	68.61 ± 2.64	74.70 ± 2.50	88.79 ± 3.94	11.18	0.001*,a
First trimester	T1 (< 215 kcal/day) (n=150)	T2 (215 – 395 kcal/day) (n= 152)	T3 (> 395 kcal/day) (n= 150)		
	mean ± se				
Energy intake (kcal/day)	1577 ± 52.76	1946 ± 50.77	2578 ± 89.26	57.53	0.001*,a
Carbohydrate (g/day)	224.45 ± 8.34	272.17 ± 7.92	356.63 ± 12.20	43.80	0.001*,a
Sugar (g/day)	56.71 ± 3.55	80.26 ± 2.53	130.58 ± 4.30	114.05	0.001*,a
Fat (g/day)	49.17 ± 2.09	63.51 ± 2.24	83.56 ± 3.08	47.27	0.001*,a
Protein (g/day)	57.49 ± 1.59	69.69 ± 2.36	99.13 ± 4.09	50.44	0.001*,a
Second trimester	T1 (< 239 kcal/day) (n=151)	T2 (239 – 406 kcal/day) (n= 151)	T3 (> 406 kcal/day) (n= 150)		
	mean ± se				
Energy intake (kcal/day)	1771 ± 46.34	2092 ± 53.74	2655 ± 91.83	44.76	0.001*,a
Carbohydrate (g/day)	252.66 ± 7.01	290.27 ± 8.45	370.14 ± 13.73	34.99	0.001*,a
Sugar (g/day)	56.86 ± 2.03	81.52 ± 2.63	125.33 ± 5.65	84.27	0.001*,a
Fat (g/day)	56.40 ± 2.07	71.62 ± 2.37	88.67 ± 3.28	37.89	0.001*,a

Protein (g/day)	61.15 ± 2.04	70.11 ± 1.84	93.99 ± 1.64	42.08	0.001*, ^a
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Adjusted for age, education level and pre-pregnancy BMI

^a Significant difference between each other, which all had statistical significance.

*p<0.05

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