

**Supplemental (Tables 1–3)**

**Supplemental Table S1.** Comparing the daily consumption between summer and winter groups over the last

Food item/category	month of common food		<i>P</i> value
	Summer( <i>n</i> =54)	Winter( <i>n</i> =57)	
Cereal(g/d)	367.9	377.1	>0.05
Potato(g/d)	42.9	64.3	>0.05
Beans/dry peas(g/d)	35.4	50.0	>0.05
Vegetables(g/d)	315.7	271.4	>0.05
Fungus, Algae(g/d)	12.5	14.8	>0.05
Fruits(g/d)	121.4	115.0	>0.05
Livestock meat(g/d)	117.6	114.3	>0.05
Poultry meat(g/d)	28.6	14.3	>0.05
Milk and dairy products(g/d)	250.0	250.0	>0.05
Eggs(g/d)	50.0	50.0	>0.05
Fish and shrimp and a crab(g/d)	39.8	35.7	>0.05

Data represent the median daily consumption of dietary adjusted for portion size. Differences in consumption of dietary between summer and winter groups were assessed by Mann-Whitney Rank Sum test;  $P < 0.05$  was considered significant.

**Supplemental Table S2** Concentration of breast milk folate over 1-400 days postpartum of supplement nonusers

Folate	Days postpartum( <i>n</i> )				
	1-5d( <i>n</i> =19)	10-15d( <i>n</i> =22)	40-45d( <i>n</i> =43)	200-240d( <i>n</i> =34)	300-400d( <i>n</i> =28)
5-MTHF	8.61(7.70,10.49) <sup>a</sup>	19.34(16.85,23.02) <sup>a</sup>	38.39(24.52,49.02) <sup>b</sup>	43.42(33.09,52.70) <sup>b</sup>	41.50(28.66,49.38) <sup>b</sup>
UMFA	0.58(0.47,0.69) <sup>a</sup>	0.99(0.76,1.38) <sup>b</sup>	0.00(0.00,0.00) <sup>a</sup>	1.06(0.90,1.70) <sup>b</sup>	0.90(0.79,1.29) <sup>b</sup>
The minor reduced folate	3.79(2.93,4.88) <sup>a</sup>	7.11(5.27,11.07) <sup>ab</sup>	16.28(11.67,24.74) <sup>d</sup>	8.76(5.70,11.94) <sup>bc</sup>	11.48(9.56,15.54) <sup>cd</sup>
Reduced folate	12.09(10.81,14.84) <sup>a</sup>	27.52(22.11,32.02) <sup>a</sup>	55.08(37.48,72.66) <sup>b</sup>	52.42(41.69,67.91) <sup>b</sup>	55.63(39.86,65.96) <sup>b</sup>
Total folate	12.77(11.41,15.56) <sup>a</sup>	28.25(23.02,32.97) <sup>a</sup>	55.08(37.48,72.66) <sup>b</sup>	55.28(44.64,69.41) <sup>b</sup>	57.89(41.97,68.32) <sup>b</sup>

*p* values (2-sided) were derived using the Kruskal–Wallis test, and Bonferroni correction was used for multiple comparisons if there were differences between groups. Values that do not share a lowercase letter are significantly different;  $p < 0.05$  indicates a significant difference during lactational periods.

**Supplemental Table S3** Concentration of breast milk folate over 1-400 days postpartum of supplement users

Folate	Days postpartum( <i>n</i> )				
	1-5d( <i>n</i> =11)	10-15d( <i>n</i> =8)	40-45d( <i>n</i> =5)	200-240d( <i>n</i> =17)	300-400d( <i>n</i> =18)
5-MTHF	7.92(7.24,9.93) <sup>a</sup>	20.94(19.67,24.35) <sup>ab</sup>	23.64(20.40,66.02) <sup>a</sup>	36.54(29.94,44.89) <sup>a</sup>	32.99(22.30,46.88) <sup>a</sup>
UMFA	0.61(0.52,1.06) <sup>a</sup>	1.02(0.84,1.23) <sup>ab</sup>	9.20(0.75,23.82) <sup>ab</sup>	12.84(1.19,41.28) <sup>b</sup>	6.22(1.04,14.21) <sup>b</sup>
The minor reduced folate	3.31(2.50,4.24) <sup>a</sup>	6.80(5.80,11.76) <sup>ab</sup>	12.41(7.17,28.65) <sup>b</sup>	11.77(7.01,15.66) <sup>b</sup>	8.78(6.36,16.35) <sup>b</sup>
Reduced folate	11.89(10.09,13.58) <sup>a</sup>	27.45(26.44,40.40) <sup>ab</sup>	30.57(30.30,94.66) <sup>b</sup>	49.53(36.13,61.98) <sup>b</sup>	42.66(29.04,65.38) <sup>b</sup>
Total folate	12.95(10.60,15.63) <sup>a</sup>	28.53(27.33,46.24) <sup>ab</sup>	39.73(31.08,118.47) <sup>b</sup>	63.55(46.09,92.86) <sup>b</sup>	49.47(33.94,79.32) <sup>b</sup>

*p* values (2-sided) were derived using the Kruskal–Wallis test, and Bonferroni correction was used for multiple comparisons if there were differences between groups. Values that do not share a lowercase letter are significantly different;  $p < 0.05$  indicates a significant difference during lactational periods.