

Supplementary Material

Supplement to: **“Associations between sociodemographic factors, lifestyle behaviours, pregnancy-related determinants and Mediterranean diet adherence among pregnant women. The GESTAFIT project.”**

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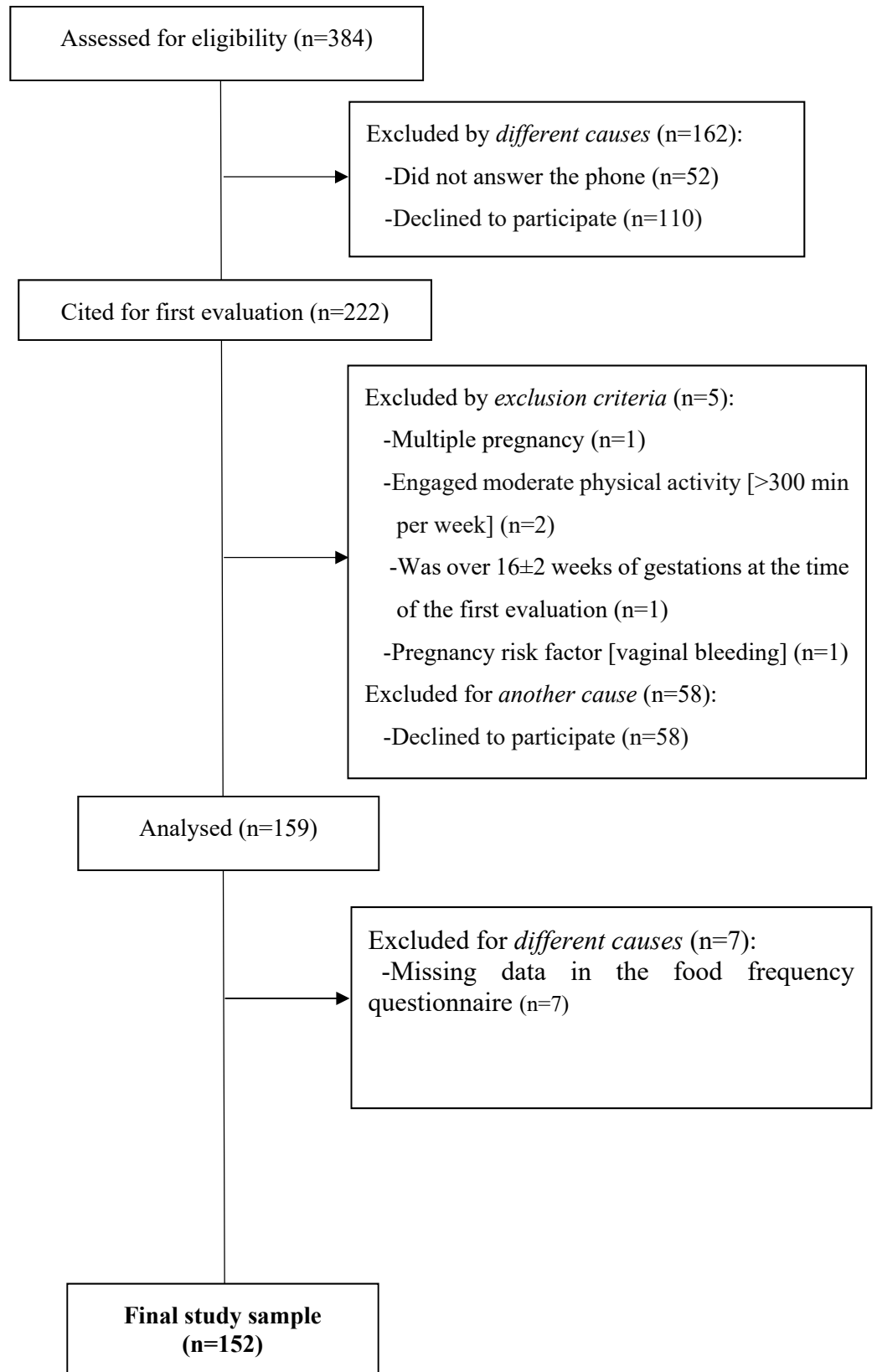
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Supplementary Table S1. Inclusion and exclusion criteria in the GESTAFIT project.

Inclusion criteria
<ul style="list-style-type: none">- Pregnant women aged 25-40 years old with a normal pregnancy course.- Answering “no” to all questions on the PARmed-X for pregnancy.- Being able to walk without assistance.- Being able to read and write properly.- Informed consent: Being capable and willing to provide written consent.
Exclusion criteria
<ul style="list-style-type: none">- Having acute or terminal illness.- Having malnutrition. <p>Being unable to conduct tests for assessing physical fitness or exercise during pregnancy.</p> <ul style="list-style-type: none">- Having pregnancy risk factors (such as hypertension, type 2 diabetes, etc.).- Having a multiple pregnancy.- Having chromosopathy or foetal malformations.- Having uterine growth restriction.- Having foetal death.- Having upper or lower extremity fracture in the past 3 months.- Suffering neuromuscular disease or presence of drugs affecting neuromuscular function.- Being registered in another exercise program.- Performing more than 300 minutes of at least moderate physical activity per week.- Being engaged in another physical exercise program- Being unwilling either to complete the study requirements or to be randomized into the control or intervention group.



Supplementary Figure S1. Flow diagram of the study participants.

Supplementary Table S2. Differences in dietary habits by Mediterranean diet adherence (low Mediterranean diet adherence vs. high Mediterranean diet adherence).

	Low Mediterranean diet adherence (n=89)	High Mediterranean diet adherence (n=63)	<i>p</i>
<i>Whole-grain cereals (s/week)</i>	2.8 (4.3)	6.6 (5.4)	<0.001
<i>Potatoes (s/week)</i>	2.4 (1.3)	2.3 (1.2)	0.518
<i>Fruits (s/week)</i>	11.5 (5.3)	18.7 (6.5)	<0.001
<i>Vegetables (s/week)</i>	19.5 (9.1)	34.1 (11.1)	<0.001
<i>Pulses (s/week)</i>	2.5 (1.1)	3.1 (1.3)	0.002
<i>Fish (s/week)</i>	4.2 (1.9)	5.8 (2.4)	<0.001
<i>Red meat and subproducts (s/week)</i>	6.0 (3.2)	4.8 (3.6)	0.032
<i>Poultry (s/week)</i>	2.8 (1.2)	2.5 (4.5)	0.113
<i>Dairy products (s/week)</i>	12.9 (8.3)	12.9 (8.8)	0.958
<i>Olive oil (s/week)</i>	11.2 (6.6)	15.7 (6.5)	<0.001
<i>Nuts (s/week)</i>	3.3 (7.8)	7.9 (5.7)	<0.001
<i>Sweets (s/week)</i>	12.3 (7.6)	7.5 (4.1)	<0.001

Values shown as mean (Standard deviation). S, servings.

Supplementary Table S3. Linear regression analysis assessing the association of dietary habits with overall physical fitness and physical fitness components.

	Confidence interval 95% (B)				
	B	β	Lower	Upper	<i>p</i>
Cardiorespiratory fitness (m) (n=62)					
<i>Whole-grain cereals (s/week)</i>	2.862	0.316	0.639	5.084	0.012
<i>Potatoes (s/week)</i>	-9.129	-0.222	-19.459	1.201	0.082
<i>Fruits (s/week)</i>	2.190	0.366	0.752	3.629	0.003
<i>Vegetables (s/week)</i>	0.811	0.207	-0.177	1.800	0.106
<i>Pulses (s/week)</i>	0.215	0.006	-8.768	9.198	0.962
<i>Fish (s/week)</i>	5.711	0.275	0.552	10.870	0.031
<i>Red meat and subproducts (s/week)</i>	-4.111	-0.272	-7.868	-0.355	0.032
<i>Poultry (s/week)</i>	3.001	0.084	-6.214	12.217	0.517
<i>Dairy products (s/week)</i>	-1.313	-0.226	-2.772	0.147	0.077
<i>Olive oil (s/week)</i>	-0.014	-0.002	-1.746	1.719	0.987
<i>Nuts (s/week)</i>	1.654	0.198	-0.462	3.771	0.123
Relative muscle strength (kg/body weight) (n=149)					
<i>Whole-grain cereals (s/week)</i>	0.002	0.035	-0.006	0.009	0.671
<i>Potatoes (s/week)</i>	0.024	0.134	-0.005	0.052	0.102
<i>Fruits (s/week)</i>	0.003	0.114	-0.001	0.008	0.168
<i>Vegetables (s/week)</i>	0.002	0.090	-0.001	0.005	0.275
<i>Pulses (s/week)</i>	-0.001	-0.008	-0.031	0.028	0.922
<i>Fish (s/week)</i>	0.005	0.048	-0.011	0.021	0.559
<i>Red meat and subproducts (s/week)</i>	-0.005	-0.077	-0.016	0.006	0.350
<i>Poultry (s/week)</i>	-0.034	-0.200	-0.061	-0.007	0.014
<i>Dairy products (s/week)</i>	0.002	0.095	-0.002	0.007	0.251
<i>Olive oil (s/week)</i>	0.001	0.036	-0.004	0.006	0.667
<i>Nuts (s/week)</i>	0.005	0.112	-0.002	0.012	0.174
Flexibility (cm) (n=150)					
<i>Whole-grain cereals (s/week)</i>	0.071	0.062	-0.116	0.258	0.454
<i>Potatoes (s/week)</i>	0.121	0.026	-0.638	0.880	0.753
<i>Fruits (s/week)</i>	0.059	0.072	-0.074	0.192	0.384
<i>Vegetables (s/week)</i>	0.040	0.083	-0.038	0.117	0.312
<i>Pulses (s/week)</i>	-0.280	-0.058	-1.059	0.499	0.479
<i>Fish (s/week)</i>	0.340	0.129	-0.086	0.765	0.117
<i>Red meat and subproducts (s/week)</i>	-0.250	0.142	-0.534	0.034	0.084
<i>Poultry (s/week)</i>	-0.847	-0.176	-1.724	0.030	0.058
<i>Dairy products (s/week)</i>	-0.046	-0.065	-0.160	0.068	0.426
<i>Olive oil (s/week)</i>	0.050	0.058	-0.090	0.189	0.481
<i>Nuts (s/week)</i>	0.078	0.066	-0.114	0.270	0.422
Overall physical fitness (z-score) (n=62)					
<i>Whole-grain cereals (s/week)</i>	1.482	0.201	-0.384	3.348	0.117
<i>Potatoes (s/week)</i>	0.043	0.027	-0.378	0.464	0.838
<i>Fruits (s/week)</i>	3.426	0.306	0.678	6.174	0.015
<i>Vegetables (s/week)</i>	6.227	0.364	2.114	10.339	0.004
<i>Pulses (s/week)</i>	0.072	0.038	-0.424	0.569	0.772
<i>Fish (s/week)</i>	0.586	0.182	-0.232	1.403	0.157
<i>Red meat and subproducts (s/week)</i>	-0.922	-0.208	-2.040	0.196	0.104
<i>Poultry (s/week)</i>	-0.486	-0.260	-0.952	-0.021	0.041
<i>Dairy products (s/week)</i>	0.473	0.041	-2.502	3.448	0.752
<i>Olive oil (s/week)</i>	0.094	0.009	-2.481	2.670	0.942
<i>Nuts (s/week)</i>	1.634	0.204	-0.390	3.657	0.112

S, servings.

Supplementary Table S4. Differences in dietary habits by meeting physical activity recommendations (not-meeting physical activity guidelines vs. meeting physical activity guidelines).

	Not meeting PA recommendations (n=103)	Meeting PA recommendations (n=29)	<i>p</i>
<i>Whole-grain cereals (s/week)</i>	3.9 (4.6)	7.2 (6.2)	0.012
<i>Potatoes (s/week)</i>	2.5 (1.2)	1.9 (1.1)	0.017
<i>Fruits (s/week)</i>	14.2 (7.5)	16.7 (6.6)	0.109
<i>Vegetables (s/week)</i>	26.6 (11.9)	29.9 (11.2)	0.186
<i>Pulses (s/week)</i>	2.8 (1.3)	2.8 (1.2)	0.810
<i>Fish (s/week)</i>	4.8 (2.2)	5.7 (2.5)	0.053
<i>Red meat and subproducts (s/week)</i>	5.6 (3.5)	6.0 (3.8)	0.561
<i>Poultry (s/week)</i>	2.8 (1.3)	2.8 (1.8)	0.910
<i>Dairy products (s/week)</i>	12.4 (7.8)	13.8 (9.9)	0.409
<i>Olive oil (s/week)</i>	12.9 (7.1)	15.3 (6.0)	0.100
<i>Nuts (s/week)</i>	4.6 (4.7)	7.7 (6.3)	0.021

Values shown as mean (Standard deviation). PA, physical activity; S, servings.

Supplementary Table S5. Differences in dietary habits by smoking status (current smoker vs no smoker).

	Non-smoker (n=139)	Current smoker (n=13)	<i>p</i>
<i>Whole-grain cereals (s/week)</i>	4.6 (5.3)	1.2 (3.0)	0.012
<i>Potatoes (s/week)</i>	2.3 (1.3)	3.0 (1.3)	0.100
<i>Fruits (s/week)</i>	14.9 (7.2)	10.0 (6.9)	0.019
<i>Vegetables (s/week)</i>	25.5 (12.2)	29.4 (14.9)	0.273
<i>Pulses (s/week)</i>	2.7 (1.3)	3.3 (0.6)	0.007
<i>Fish (s/week)</i>	4.9 (2.3)	4.4 (2.0)	0.421
<i>Red meat and subproducts (s/week)</i>	5.5 (3.5)	6.7 (2.7)	0.159
<i>Poultry (s/week)</i>	2.7 (1.4)	2.9 (1.1)	0.632
<i>Dairy products (s/week)</i>	12.7 (8.4)	14.7 (8.9)	0.398
<i>Olive oil (s/week)</i>	13.2 (6.9)	11.3 (7.2)	0.338
<i>Nuts (s/week)</i>	5.2 (5.1)	4.4 (6.1)	0.587
<i>Sweetened beverages (s/week)</i>	1.6 (2.1)	3.7 (2.9)	0.024

Values shown as mean (Standard deviation). S, servings.