

Table S1. Components of the HEI-NVS and their standards for scoring (modified from [1])

Component	Max. points	Standard for max. point value ¹
Fruits	10 (5 additional points possible)	≥ 250 g/day (2 servings)
Vegetables	10 (5 additional points possible)	≥ 400 g/day (3 servings)
Beverages	10	≥ 1.5 l/day
Grains, grain products, potatoes	10	350-560 g/day
Milk, dairy products incl. cheese	10	2 servings/day ²
Fish	10	150-220 g/week
Meat, meat products, processed meat	10	< 300-600 g/week
Eggs	10	≤ 3 /week
Alcohol	10	≤ 10 g ethanol/day (women ³)
Spreadable fats	10	≤ 15-30 g/day

¹based on a healthy adult with a physical activity level (PAL) of 1.4; ²Portion sizes: 200-250 g milk/yoghurt or 50-60 g cheese/fresh cheese; ³ value for non-pregnant women

Table S2. Dietary intake of women following a “good quality” or “medium quality” diet (mean ± SD).

Food category	Recommended intake	Good quality diet (n=41)	Medium quality diet (n=69)	p-Value*
Grains (g/day)	350-550	380.6 ± 125.5	367.0 ± 183.8	0.677
Fruits (g/day)	250	408.5 ± 212.0	319.8 ± 226.0	0.044
Vegetables (g/day)	400	995.1 ± 344.9	645.7 ± 485.8	≤0.001
Milk/milk products (g/day)	100-500	664.6 ± 341.4	879.7 ± 531.0	0.022
Meat/meat products (g/week)	<300-500	876.1 ± 507.5	976.2 ± 487.0	0.307
Thereof, red meat (g/week)		602.2 ± 486.6	970.9 ± 716.1	0.004
Eggs (number/week)	<3	2.0 ± 1.0	2.1 ± 1.6	0.751
Fish (g/week)	150-220	230.5 ± 157.7	232.6 ± 312.5	0.968
Spreadable fats (g/day)	<15-30	21.8 ± 18.1	39.8 ± 31.7	0.001
Beverages (ml/week)	>1,500 ml	2,931.7 ± 1,112.3	2,936.2 ± 1,299.3	0.986

*T-test for 2-group comparisons, $p \leq 0.05$ was defined as level of significance

Table S3. Comparison of the Healthy Eating Index (HEI, total and subcategories) by GWG groups (mean ± SD)

Food category	Low-GWG (n=16)	Normal-GWG (n=40)	High-GWG (n=53)	p-Value*
HEI, total	81.3 ± 11.6	82.1 ± 10.9	85.1 ± 11.9	0.412
HEI grains	8.2 ± 1.9	8.3 ± 1.9	8.6 ± 1.8	0.140
HEI milk/milk products	5.4 ± 2.2	5.3 ± 2.8	5.0 ± 2.6	0.452
HEI fruits	11.5 ± 4.2	10.0 ± 4.5	12.1 ± 3.6 ^a	0.420
HEI vegetables	12.0 ± 4.0	11.9 ± 4.3	12.7 ± 3.5	0.792
HEI fish	3.9 ± 4.0	5.2 ± 3.8	5.2 ± 4.3	0.465
HEI meat/meat products	7.0 ± 2.1	6.7 ± 2.5	7.2 ± 2.4	0.086
HEI eggs	9.3 ± 1.4	9.4 ± 1.4	9.5 ± 1.1	0.878
HEI alcohol	10.0 ± 0.0	10.0 ± 0.0	10.0 ± 0.0	^b
HEI spreadable fats	7.8 ± 2.9	8.3 ± 2.6	8.4 ± 2.2	0.533
HEI beverages	10.0 ± 0.0	10.0 ± 0.2	9.8 ± 1.2	0.825

*Chi² test for intergroup comparisons; $p \leq 0.05$ was defined as level of significance

^a $p = 0.015$ vs Normal-GWG (t-test for 2-groups comparison); ^b could not be calculated (constant variable); Legend: BMI, Body Mass Index; GWG, gestational weight gain

Table S4. Comparison of the Healthy Eating Index (HEI, total and subcategories) by pre-pregnancy BMI class (mean \pm SD)

Food category	BMI < 30 kg/m ² (n=93)	BMI \geq 30 kg/m ² (n=17)	p-Value*
HEI, total	84.5 \pm 11.3	77.8 \pm 11.5	0.027
HEI grains	8.36 \pm 1.9	8.6 \pm 2.0	0.597
HEI milk/milk products	5.3 \pm 2.7	4.3 \pm 1.7	0.136
HEI fruits	11.5 \pm 3.9	9.6 \pm 5.0	0.068
HEI vegetables	12.3 \pm 3.9	12.4 \pm 4.1	0.973
HEI fish	5.4 \pm 4.1	2.9 \pm 3.4	0.020
HEI meat/meat products	7.07 \pm 2.4	6.4 \pm 2.4	0.290
HEI eggs	9.4 \pm 1.2	9.5 \pm 1.4	0.826
HEI alcohol	10.0 \pm 0.0	10.0 \pm 0.0	^a
HEI spreadable fats	8.3 \pm 2.3	8.2 \pm 3.03	0.888
HEI beverages	10.0 \pm 0.2	9.4 \pm 2.1	0.009

*t-test for 2-groups comparisons, $p \leq 0.05$ was defined as level of significance; ^a could not be calculated, as the SDs of both groups were equal; Legend: BMI, Body Mass Index

Table S5. Comparison of the Healthy Eating Index (HEI, total and subcategories) by age group (mean \pm SD)

Food category	Age: 18-34.9 years (n=64)	Age \geq 35 years (n=46)	p-Value*
HEI, total	80.7 \pm 11.5	87.3 \pm 10.5	0.002
HEI grains	8.4 \pm 2.0	8.5 \pm 1.7	0.754
HEI milk/milk products	4.8 \pm 2.8	5.6 \pm 2.2	0.129
HEI fruits	10.9 \pm 4.5	11.7 \pm 3.5	0.324
HEI vegetables	11.4 \pm 4.4	13.6 \pm 2.7	0.004
HEI fish	4.8 \pm 4.1	5.3 \pm 3.9	0.498
HEI meat/meat products	7.0 \pm 2.5	7.0 \pm 2.2	0.915
HEI eggs	9.4 \pm 1.4	9.5 \pm 1.0	0.480
HEI alcohol	10.0 \pm 0.0	10.0 \pm 0.0	^a
HEI spreadable fats	8.1 \pm 2.6	8.6 \pm 2.2	0.263
HEI beverages	9.8 \pm 1.1	10.0 \pm 0.2	0.437

*t-test for 2-groups comparison, $p \leq 0.05$ was defined as level of significance; ^a could not be calculated, as the SDs of both groups were equal

REFERENCES

1. Hoffmann, I.; Spiller, A.; (Hrsg.). Auswertung der Daten der Nationalen Verzehrsstudie II (NVS II): eine integrierte verhaltens- und lebensstilbasierte Analyse des Bio-Konsums. https://orgprints.org/id/eprint/18055/1/18055-08OE056_08OE069-MRI_uni-goettingen-hoffmann_spiller-2010-verzehrsstudie.pdf (Accessed October 2, 2021).