

Supplementary_files

Supple Table-S1: Median Intake of Food Groups by Pregnant Women and Its Implications on Birth Weight and Small for Gestational Age

| Food groups | RDA 2020 | Birth Weight | | | | <i>p</i> | Weight for gestational age | | | | <i>p</i> |
|---------------------------------------|-------------|--------------|--------|--------|--------|----------|----------------------------|--------|--------|--------|----------|
| | | LBW | | NBW | | | SGA | | AGA | | |
| | | Median | IQR | Median | IQR | | Median | IQR | Median | IQR | |
| Cereals and Millets (g) | 325 | 361.77 | 234.11 | 376.47 | 230.24 | 0.508 | 376.89 | 230.26 | 368.85 | 227.09 | 0.519 |
| Pulses and Legumes (g) | 90 | 24.29 | 66.08 | 23.48 | 64.19 | 0.503 | 22.4 | 63.22 | 23.19 | 63.3 | 0.807 |
| Meat, Poultry, Fish and Sea foods (g) | 50 | 0.24 | 44.05 | 26.03 | 50 | 0.252 | 11.2 | 50 | 26.03 | 51.74 | 0.164 |
| Fats and Edible Oils (g) | 25 | 20.73 | 20.32 | 21.36 | 19.73 | 0.84 | 21.35 | 19.7 | 21.57 | 19.37 | 0.609 |
| Milk and Milk Products (g) | 400 | 224.7 | 193.03 | 231.48 | 255.78 | 0.47 | 217.6 | 238.36 | 238.7 | 254.12 | 0.458 |
| Nuts and Oil seeds (g) | 40 | 2.78 | 16.62 | 2.95 | 16.62 | 0.914 | 2.7 | 14.91 | 3.3 | 20.84 | 0.411 |
| Green leafy and other Vegetables (g) | 300 | 49.18 | 113.22 | 31.21 | 81.94 | 0.094 | 36.85 | 85.79 | 30.39 | 85.66 | 0.145 |
| Roots and tubers (g) | 100 | 33.37 | 44.01 | 30.06 | 49.84 | 0.739 | 31.89 | 45.01 | 28.7 | 51.62 | 0.473 |
| Fruits (g) | 150 | 75.32 | 104.67 | 76.76 | 117.4 | 0.544 | 75.63 | 112 | 74.81 | 124.9 | 0.521 |

RDA. Recommended Dietary Allowance; LBW, low birth weight; NBW, normal birth weight; SGA, small for gestational age; AGA, appropriate for gestational age. Groups were compared using Mann-Whitney U-test. Birth weight <2.5 kg=LBW. Infant birth weight <10 percentiles for the gestational age and gender=SGA

Supple Table S2: Birth weight and small for gestational age based on maternal macro and micronutrient intakes

| Macro and Micro Nutrients | EAR 2020 | Birth Weight | | | | <i>p</i> value | Weight for Gestational Age | | | | <i>p</i> value |
|--|----------|--------------|--------|--------|--------|----------------|----------------------------|---------|---------|---------|----------------|
| | | LBW | | Normal | | | AGA | | SGA | | |
| | | Median | IQR | Median | IQR | | Median | IQR | Median | IQR | |
| Energy (Kcal) | 2480 | 2310.9 | 929.87 | 2418.5 | 1216.8 | 0.282 | 2369.24 | 1204.47 | 2403.48 | 1123.39 | 0.858 |
| Protein (g) | 54 | 62.32 | 33.46 | 64.37 | 37.81 | 0.396 | 64.05 | 36.82 | 64.65 | 36.34 | 0.937 |
| Total Fat (g) | 30 | 51.6 | 33.46 | 56.39 | 41.05 | 0.621 | 57.63 | 44.30 | 52.33 | 33.60 | 0.371 |
| Thiamine (mg) | 1.6 | 1.04 | .66 | 1.06 | .65 | 0.470 | 1.04 | .64 | 1.07 | .65 | 0.662 |
| Riboflavin (mg) | 2.3 | 0.89 | .46 | 0.89 | .49 | 0.523 | 0.89 | .46 | 0.89 | .50 | 0.982 |
| Niacin (mg) | 14 | 9.98 | 6.87 | 10.76 | 6.52 | 0.405 | 10.2 | 6.37 | 10.8 | 6.38 | 0.663 |
| Dietary folate (µg) | 480 | 217.5 | 168.88 | 191.38 | 139.00 | 0.552 | 190.96 | 145.82 | 197.56 | 138.73 | 0.856 |
| Vitamin C (mg) | 65 | 45.54 | 49.22 | 45.99 | 44.86 | 0.807 | 45.99 | 46.46 | 44.8 | 43.94 | 0.382 |
| Vitamin A (µg) | 406 | 195.96 | 247.72 | 202.39 | 217.84 | 0.959 | 202.11 | 222.88 | 201.56 | 215.23 | 0.378 |
| Iron (mg) | 21 | 10.32 | 6.41 | 9.91 | 6.72 | 0.513 | 9.72 | 6.81 | 10.27 | 6.55 | 0.599 |
| Zinc (mg) | 12 | 8.02 | 4.53 | 8.05 | 4.96 | 0.600 | 7.64 | 5.07 | 8.15 | 4.33 | 0.58 |
| Calcium (mg) | 800 | 543.54 | 385.09 | 494.07 | 360.15 | 0.544 | 511.05 | 353.79 | 495.08 | 363.28 | 0.77 |
| Groups were compared using Mann-Whitney U-test | | | | | | | | | | | |

Supple Table S3: Birth weight and Small for Gestational age of Children based on Intake of Food group tertiles

| | | Birth Weight | | | | | | <i>p</i> value | Weight for gestational age | | | | | | <i>p</i> value |
|------------------------|----------------------|--------------|------|-----|------|-------|------|----------------|----------------------------|------|-----|------|-------|------|----------------|
| | | LBW | | NBW | | Total | | | AGA | | SGA | | Total | | |
| | | n | % | n | % | n | % | | n | % | n | % | n | % | |
| Cereals and Millets | 1st Tertile(<307) | 27 | 34.6 | 135 | 32.1 | 162 | 32.5 | 0.831 | 83 | 34.0 | 77 | 31.7 | 160 | 32.9 | 0.88 |
| | 2nd Tertile(307-455) | 27 | 34.6 | 145 | 34.5 | 172 | 34.5 | | 82 | 33.6 | 87 | 35.8 | 169 | 34.7 | |
| | 3rd Tertile(≥456) | 24 | 30.8 | 140 | 33.3 | 164 | 32.9 | | 79 | 32.4 | 79 | 32.5 | 158 | 32.4 | |
| Pulses and Legumes | 1st Tertile(<5) | 22 | 28.2 | 139 | 33.1 | 161 | 32.3 | 0.852 | 79 | 32.4 | 80 | 32.9 | 159 | 32.6 | 0.662 |
| | 2nd Tertile(5-49) | 29 | 37.2 | 139 | 33.1 | 168 | 33.7 | | 86 | 35.2 | 80 | 32.9 | 166 | 34.1 | |
| | 3rd Tertile(≥50) | 27 | 34.6 | 142 | 33.8 | 169 | 33.9 | | 79 | 32.4 | 83 | 34.2 | 162 | 33.3 | |
| Fats and Edible Oils | 1st Tertile(<16) | 26 | 33.3 | 138 | 32.9 | 164 | 32.9 | 0.671 | 76 | 31.1 | 84 | 34.6 | 160 | 32.9 | 0.538 |
| | 2nd Tertile(16-27) | 30 | 38.5 | 139 | 33.1 | 169 | 33.9 | | 83 | 34.0 | 82 | 33.7 | 165 | 33.9 | |
| | 3rd Tertile(≥28) | 22 | 28.2 | 143 | 34.0 | 165 | 33.1 | | 85 | 34.8 | 77 | 31.7 | 162 | 33.3 | |
| Milk and Milk Products | 1st Tertile(<144) | 26 | 33.3 | 134 | 31.9 | 160 | 32.1 | 0.945 | 80 | 32.8 | 79 | 32.5 | 159 | 32.6 | 0.553 |
| | 2nd Tertile(144-292) | 30 | 38.5 | 142 | 33.8 | 172 | 34.5 | | 82 | 33.6 | 85 | 35.0 | 167 | 34.3 | |
| | 3rd Tertile(≥293) | 22 | 28.2 | 144 | 34.3 | 166 | 33.3 | | 82 | 33.6 | 79 | 32.5 | 161 | 33.1 | |
| Nuts and Oil seeds | 1st Tertile(<1) | 34 | 43.6 | 155 | 36.9 | 189 | 38.0 | 0.79 | 89 | 36.5 | 95 | 39.1 | 184 | 37.8 | 0.291 |
| | 2nd Tertile(1-7) | 16 | 20.5 | 121 | 28.8 | 137 | 27.5 | | 69 | 28.3 | 63 | 25.9 | 132 | 27.1 | |
| | 3rd Tertile(≥8) | 28 | 35.9 | 144 | 34.3 | 172 | 34.5 | | 86 | 35.2 | 85 | 35.0 | 171 | 35.1 | |
| Vegetables | 1st Tertile(<12) | 23 | 29.5 | 138 | 32.9 | 161 | 32.3 | 0.257 | 87 | 35.7 | 70 | 28.8 | 157 | 32.2 | 0.147 |
| | 2nd Tertile(12-68) | 22 | 28.2 | 151 | 36.0 | 173 | 34.7 | | 78 | 32.0 | 89 | 36.6 | 167 | 34.3 | |
| | 3rd Tertile(≥69) | 33 | 42.3 | 131 | 31.2 | 164 | 32.9 | | 79 | 32.4 | 84 | 34.6 | 163 | 33.5 | |
| Roots and tubers | 1st Tertile(<18) | 25 | 32.1 | 138 | 32.9 | 163 | 32.7 | 0.157 | 89 | 36.5 | 70 | 28.8 | 159 | 32.6 | 0.65 |
| | 2nd Tertile(18-45) | 29 | 37.2 | 135 | 32.1 | 164 | 32.9 | | 74 | 30.3 | 89 | 36.6 | 163 | 33.5 | |
| | 3rd Tertile(≥46) | 24 | 30.8 | 147 | 35.0 | 171 | 34.3 | | 81 | 33.2 | 84 | 34.6 | 165 | 33.9 | |
| Fruits | 1st Tertile(<42) | 28 | 35.9 | 137 | 32.6 | 165 | 33.1 | 0.549 | 84 | 34.4 | 79 | 32.5 | 163 | 33.5 | 0.809 |
| | 2nd Tertile(42-119) | 26 | 33.3 | 140 | 33.3 | 166 | 33.3 | | 76 | 31.1 | 87 | 35.8 | 163 | 33.5 | |
| | 3rd Tertile(≥120) | 24 | 30.8 | 143 | 34.0 | 167 | 33.5 | | 84 | 34.4 | 77 | 31.7 | 161 | 33.1 | |

Groups were compared based on categories using Chi-square test