

**Table S1.** Methodological assessment according to the PEDro scale.

| AUTHOR (YEAR)                           | TITLE                                                                                                                                                                                                                  | SCORE |
|-----------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| Babadi et al. (2019) [16]               | The Effects of Probiotic Supplementation on Genetic and Metabolic Profiles in Patients with Gestational Diabetes Mellitus: a Randomized, Double-Blind, Placebo-Controlled Trial.                                       | 10    |
| Gabriel da Silva et al. (2019) [17]     | Food intake of women with gestational diabetes mellitus, in accordance with two methods of dietary guidance: a randomised controlled clinical trial.                                                                   | 10    |
| Gagdil et al. (2019) [18]               | Dietary Quality and Glycemic Control Among Women with Gestational Diabetes Mellitus.                                                                                                                                   | 6     |
| Jamilian, Amirani and Asemi (2019) [19] | The effects of vitamin D and probiotic co-supplementation on glucose homeostasis, inflammation, oxidative stress and pregnancy outcomes in gestational diabetes: A randomized, double-blind, placebo-controlled trial. | 10    |
| Kijmanawat et al. (2019) [20]           | Effects of probiotic supplements on insulin resistance in gestational diabetes mellitus: A double-blind randomized controlled trial.                                                                                   | 10    |
| Lv et al. (2019) [21]                   | Effects of nutritional nursing intervention based on glycemic load for patient with gestational diabetes mellitus.                                                                                                     | 10    |
| Gómez Ribó et al. (2020) [22]           | An extra virgin olive oil-enriched diet improves maternal, placental, and cord blood parameters in GDM pregnancies.                                                                                                    | 8     |
| Mijatovic et al. (2020) [23]            | Effects of a modestly lower carbohydrate diet in gestational diabetes: a randomized controlled trial.                                                                                                                  | 10    |
| Yuan et al. (2020) [24]                 | A 12-hour comprehensive nutrition care benefits blood glucose level and weight gain and improves outcomes in pregnant women with gestational diabetes mellitus.                                                        | 10    |
| Barati et al. (2021) [25]               | The effect of oat bran consumption on gestational diabetes: a randomized controlled clinical trial.                                                                                                                    | 10    |
| Liu et al. (2022) [26]                  | Safety and feasibility of oral carbohydrate consumption before cesarean delivery on patients with gestational diabetes mellitus: A parallel, randomized controlled trial.                                              | 10    |
| Henze et al. (2022) [27]                | The effect of bedtime snacks on fasting blood glucose levels in gestational diabetes mellitus.                                                                                                                         | 10    |
| Sugino et al. (2022) [28]               | A maternal higher-complex carbohydrate diet increases bifidobacteria and alters early life acquisition of the infant microbiome in women with gestational diabetes mellitus.                                           | 10    |
| Soldavini et al. (2022) [29]            | Maternal AA/EPA Ratio and Triglycerides as Potential Biomarkers of Patients at Major Risk for Pharmacological Therapy in Gestational Diabetes.                                                                         | 10    |