

Table S1. Characteristics of the women studied with age, weight and height, BMI, lactation time, and child height and weight.

Characteristics	Mean	SD	Range
Age [years]	26.6	3.5	21-33
Body mass [kg]	65.6	9.9	47-85
Body height [m]	1.64	0.06	1.51-1.75
Body Mass Index (BMI) [kg/m ²]	24.3	3.3	17.5-29.0
Time of lactation [months]	4.9	3.6	1-10
Height of the child [cm]	53.0	1.9	51-56
Weight of the child [g]	3288.9	615.7	2400-5100

Table S2. Characteristics of the women studied in terms of place of residence, lactation period, type of delivery held, and number of children born.

Factors	n=53
Place of residence	
City	36
Village	17
Stage of lactation	
I	11
II	12
III	30
Type of delivery	
Vaginal delivery	39
Cesarean section	14
Number of children born	
1	33
2	16
>2	4