

Table S1. Home region of the study participants and percentage of births in the area in 2017.

Area	Births in the area ^a , %	Home region in the study population, %
Southern Finland	43.6	43.6
Western Finland	34.6	38.7
Eastern Finland	8.5	7.1
Oulu region	9.7	7.2
Lapland	2.9	3.4
Åland	0.5	0.1

^aCalculated from the Finnish perinatal statistics 2017.

Table S2. The frequency of using dietary supplements in all the women, in the women with and without a history of gestational diabetes and in the women with normal weight and the women with overweight/obesity.

	All women	Women with no history of GDM	Women with a history of GDM	Women with normal weight	Women with overweight/obesity		
	<i>n</i> = 1034	<i>n</i> = 383	<i>n</i> = 86	<i>n</i> = 656	<i>n</i> = 378		
	<i>n</i> (%)	<i>n</i> (%)	<i>n</i> (%)	<i>n</i> (%)	<i>n</i> (%)	<i>p</i> -value ^a	<i>p</i> -value ^b
Multivitamin						0.053 ^c	0.003 ^c
5 to 7 times per week	753 (76.8)	273 (75.8)	63 (76.8)	464 (74.8)	289 (80.1)		
1 to 4 times per week	46 (4.7)	19 (5.3)	8 (9.8)	23 (3.7)	23 (6.4)		
Less than once a week	10 (1.0)	2 (0.6)	1 (1.2)	8 (1.3)	2 (0.6)		
Does not use	171 (17.4)	66 (18.3)	9 (11.0)	125 (20.2)	46 (12.7)		
Vitamin D						0.61 ^c	0.31 ^c
5 to 7 times per week	367 (43.1)	131 (41.9)	27 (38.0)	251 (45.4)	116 (38.8)		
1 to 4 times per week	71 (8.3)	28 (8.9)	10 (14.1)	45 (8.1)	26 (8.7)		
Less than once a week	20 (2.3)	11 (3.5)	1 (1.4)	13 (2.4)	7 (2.3)		
Does not use	389 (45.7)	140 (44.7)	33 (46.5)	242 (43.8)	147 (49.2)		
Folic acid						0.70 ^c	0.34 ^c
5 to 7 times per week	344 (40.7)	111 (36.4)	21 (30.0)	222 (41.0)	122 (40.3)		
1 to 4 times per week	29 (3.4)	13 (4.3)	2 (2.9)	20 (3.7)	9 (3.0)		
Less than once a week	11 (1.3)	4 (1.3)	0 (0.0)	10 (1.8)	1 (0.3)		
Does not use	457 (54.1)	175 (57.4)	47 (67.1)	288 (53.1)	169 (55.8)		
Calcium						0.97 ^c	0.48 ^c
5 to 7 times per week	165 (19.9)	47 (15.6)	9 (13.2)	106 (20.0)	59 (19.7)		
1 to 4 times per week	47 (5.7)	12 (4.0)	2 (2.9)	30 (5.7)	17 (5.7)		
Less than once a week	18 (2.2)	9 (3.0)	2 (2.9)	15 (2.8)	3 (1.0)		
Does not use	595 (71.7)	229 (76.1)	55 (80.9)	375 (70.8)	220 (73.3)		
Iron						0.79 ^c	0.65 ^c
5 to 7 times per week	121 (14.8)	44 (14.8)	7 (10.4)	83 (15.8)	38 (13.1)		
1 to 4 times per week	44 (5.4)	15 (5.0)	3 (4.5)	31 (5.9)	13 (4.5)		
Less than once a week	13 (1.6)	6 (2.0)	2 (3.0)	9 (1.7)	4 (1.4)		
Does not use	633 (77.7)	229 (76.8)	55 (82.1)	400 (76.2)	233 (80.3)		
Fish oil						0.53 ^c	0.38 ^c
5 to 7 times per week	219 (25.6)	77 (24.7)	14 (19.7)	153 (27.4)	66 (22.1)		
1 to 4 times per week	48 (5.6)	16 (5.1)	7 (9.9)	29 (5.2)	19 (6.4)		
Less than once a week	22 (2.6)	6 (1.9)	1 (1.4)	16 (2.9)	6 (2.0)		
Does not use	565 (65.9)	211 (67.6)	49 (69.0)	358 (64.2)	207 (69.2)		
Probiotics						0.40 ^c	0.015 ^c
5 to 7 times per week	164 (19.6)	54 (17.9)	14 (19.4)	115 (21.1)	49 (16.9)		
1 to 4 times per week	49 (5.9)	22 (7.3)	3 (4.2)	40 (7.3)	9 (3.1)		
Less than once a week	53 (6.3)	25 (8.3)	2 (2.8)	38 (7.0)	15 (5.2)		
Does not use	566 (67.8)	199 (65.9)	53 (73.6)	350 (64.2)	216 (74.5)		

GDM, gestational diabetes. ^abetween history of GDM groups ^bbetween normal-weight group and group with overweight/obesity ^cFisher's exact test.

Table S3. Dietary quality and physical activity in the women subdivided by prepregnancy body mass index (BMI) and history of gestational diabetes, primiparous women excluded.

	Women with normal weight, no history of GDM	Women with over-weight/obesity, no history of GDM	Women with normal weight, history of GDM	Women with over-weight/obesity, history of GDM	
	<i>n</i> = 252	<i>n</i> = 131	<i>n</i> = 31	<i>n</i> = 55	<i>p</i> -value
IDQ score, mean (SD)	9.7 (2.1)	8.7 (2.2)	9.7 (2.2)	9.0 (2.3)	<0.001 ^a
Good dietary quality, <i>n</i> (%)	131 (52.4)	42 (32.1)	16 (55.2)	22 (40.7)	0.001 ^b
MET-index (MET h/wk), median (IQR)	7.5 (10.0)	4.8 (10.9)	7.5 (17.6)	4.8 (5.6)	0.079 ^c
Categorized MET-index, <i>n</i> (%)					0.21 ^d
Light LTPA	120 (48.0)	78 (60.0)	13 (43.3)	31 (56.4)	
Moderate LTPA	104 (41.6)	42 (32.3)	13 (43.3)	22 (40.0)	
Vigorous LTPA	26 (10.4)	10 (7.7)	4 (13.3)	2 (3.6)	

IDQ, Index of Diet Quality; SD, standard deviation; MET, metabolic equivalent; IQR, interquartile range, LTPA, leisure-time physical activity. ^aOne-way ANOVA ^bChi-square test ^cKruskal-Wallis test ^dFisher's exact test.