

## **Supplementary Material**

Supplement to: **“Mediterranean diet adherence and health-related quality of life during pregnancy: is the Mediterranean diet beneficial in non-Mediterranean countries?”**.

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<b>GESTAFIT Project</b>
<b>Inclusion criteria</b>
<ul style="list-style-type: none"><li>- Pregnant women aged 25-40 years old with a normal pregnancy course.</li><li>- Answering “no” to all questions on the PARmed-X for pregnancy.</li><li>- Being able to walk without assistance.</li><li>- Being able to read and write properly.</li><li>- Informed consent: Being capable and willing to provide written consent.</li></ul>
<b>Exclusion criteria</b>
<ul style="list-style-type: none"><li>- Having acute or terminal illness.</li><li>- Having malnutrition.</li><li>- Being unable to conduct tests for assessing physical fitness or exercise during pregnancy.</li><li>- Having pregnancy risk factors (such as hypertension, type 2 diabetes, etc.).</li><li>- Having a multiple pregnancy.</li><li>- Having chromosopathy or foetal malformations.</li><li>- Having uterine growth restriction.</li><li>- Having foetal death.</li><li>- Having upper or lower extremity fracture in the past 3 months.</li><li>- Suffering neuromuscular disease or presence of drugs affecting neuromuscular function.</li><li>- Being registered in another exercise program.</li><li>- Performing more than 300 minutes of at least moderate physical activity per week.</li><li>- Being engaged in another physical exercise program</li><li>- Being unwilling either to complete the study requirements or to be randomized into the control or intervention group.</li></ul>
<b>Healthymoms Project</b>
<b>Inclusion criteria</b>
<ul style="list-style-type: none"><li>-Pregnant women aged 18 years or older</li><li>-Singleton pregnancy</li><li>-Ability to read and speak the Swedish language good enough to understand the HealthyMoms app and to provide informed consent</li></ul>
<b>Exclusion criteria</b>
<ul style="list-style-type: none"><li>-History of an eating disorder</li><li>-Pre-pregnancy diabetes, and other medical conditions or pharmacological treatment that could alter body weight prior to gestation</li></ul>