

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