

Table S3: Dietary Guidelines Index 2013 (DGI-13) criteria [1], modified for pregnancy

DGI-13 Component	Description/Indicator	Maximum Score	Criteria for Maximum Score	Criteria for Minimum Score
1. Enjoy a wide variety of nutritious foods	Dietary variety: proportion of food from each of the five core food groups eaten at least one serve per week	10	100%	0%
2. Vegetables	Servings of vegetables per day	10	≥ 5	0
3. Fruit	Servings of fruit per day	10	≥ 2	0
4. Grain (cereal) foods	Servings of grains/cereals per day	5	$\geq 8.5^a$	0
	Mostly wholegrain or high fibre cereals: Type of bread usually consumed	5	Wholemeal/ high fibre bread	White bread
5. Lean meat and poultry, fish, eggs, nuts and seeds and legumes/beans	Servings of lean meats and alternatives per day	5	$\geq 3.5^a$	0
	Proportion of lean meats and alternatives to total meat and alternatives per day	5	100%	0%

6. Milk, yoghurt, cheese and/or their alternatives	Servings of dairy and alternatives per day	10	≥ 2.5	0
7. Drink plenty of water	Total beverage intake per day (cups)	5	$\geq 9^b$	0
	Proportion of water to total beverage intake per day	5	$\geq 50\%$	0%
8. Limit intake of foods containing saturated fat, added salt, added sugars and alcohol	Servings of discretionary foods per day	10	≤ 2.5	> 2.5
9. Limit intake of foods high in saturated fat	Trimming of fat from meat	5	Usually	Never or rarely
	Type of milk usually consumed	5	Skim, low fat, or reduced fat milk	Whole / full cream milk
10. Small allowance of unsaturated oils, fats or spreads	Servings of unsaturated oils, fats, and spreads per day	10	≤ 2	> 2
	Salt added during cooking	5	Never or rarely	Usually

11. Limit intake of foods and drinks containing added salt	Salt added after cooking/during the meal	5	Never or rarely	Usually
12. Limit intake of foods and drinks containing added sugars	Servings of foods and drinks containing added sugars per day	10	≤ 1.25	> 1.25
13. Not drinking alcohol is the safest option in pregnancy^a	Alcohol intake in this pregnancy	10	None ^a	Any

^aModified to reflect recommendations for pregnancy as per the Australian Dietary Guidelines [2].

^bModified to reflect fluid recommendations in pregnancy [3].

References

1. Thorpe, M.G.; Milte, C.M.; Crawford, D.; McNaughton, S.A. A revised Australian dietary guideline index and its association with key sociodemographic factors, health behaviors and body mass index in peri-retirement aged adults. *Nutrients* **2016**, *8*, 160, doi:10.3390/nu8030160.
2. National Health and Medical Research Council. Australian Dietary Guidelines. **2013**.
3. National Health and Medical Research Council. Nutrient Reference Values for Australia and New Zealand. Available online: <https://www.nrv.gov.au/> (accessed on August 21, 2023).