



**Supplementary Figure S3.** Effect of the lifestyle interventions in pregnant women with excessive body weight on the fat-free mass of the newborn. SD = standard deviation; CI = confidence interval;  $\tau^2$  = Tau-squared test;  $\chi^2$  = Chi-squared test; Df = difference;  $P$  =  $p$  value;  $I^2$  = heterogeneity;  $Z$  =  $Z$  test. [1–3].

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