

Table S1. Exclusion Criteria for Weight Change Analysis.

Criteria	Exclusions	Remaining N
Start with 29,405 singleton livebirth at/after 1991:		29,405
Missing pre-pregnant or postpartum weights	7,511	21,894
Missing cross-sectional dairy food intakes	2,069	19,825
Total dairy intakes ≥ 6 s/d	214	19,611
Missing height	17	19,594
Missing activity	150	19,444
Missing smoking	21	19,423
Prevalent or incident cancer during follow-up	260	19,163
Prevalent or incident CVD during follow-up	94	19,069
Prevalent or incident diabetes during follow-up	116	18,953
Baseline BMI < 16 kg/m ²	5	18,948
Baseline BMI > 40 kg/m ²	140	18,808
Age at childbirth > 50 years	18	18,790
Postpartum weight gains $>$ top 1%, i.e., 45 lb	208	18,582
Postpartum weight loss $<$ bottom 1%, i.e., 20 lb	206	18,376
Final sample size for postpartum weight change analyses		18,376

*We further excluded 1240 prevalent obese subjects for obesity analysis.

Table S2. Diet and Lifestyle Characteristics of Women in the Postpartum Weight Retention Analysis by Categories of Total Dairy Intake throughout the 4 Years Surrounding Pregnancy¹.

	Total Dairy Intake		
	1 s/m	1 s/m -< 2 s/w	≥ 2 s/w
N of live births	3572	6189	8606
		Mean (SD)	
Age at birth (years)	35.6 (3.9)	35.2 (3.8)	34.9 (3.8)
Pre-pregnant BMI (kg/m ²)	23.2 (4.0)	23.2 (3.8)	23.1 (3.8)
Activity (h/w)	2.3 (2.7)	2.4 (2.6)	2.5 (2.7)
AHEI score	48.7 (10.9)	48.4 (10.5)	46.1 (10.0)
Energy intake (kcal/d)	1583 (488)	1809 (476)	2115 (490)
Energy-adj protein (g/d)	79.9 (14.5)	83 (12.8)	88.3 (11.9)
Energy-adj carbohydrate (g/d)	233.5 (36.3)	232.3 (31.7)	232.2 (28.9)
Energy-adj total fat (g/d)	62.3 (11.7)	61.5 (10.8)	59.3 (10.5)
Energy-adj trans-fat (g/d)	3.3 (1.2)	3.1 (1.1)	2.9 (0.9)
Energy-adj alcohol (g/d)	2.8 (5.5)	2.9 (5.2)	2.5 (5.0)
Total dairy (s/d)	0.6 (0.3)	1.4 (0.3)	3.2 (0.9)
Yogurt (s/w)	0.5 (0.8)	1.1 (1.4)	1.6 (2.1)
Milk (s/d)	0.2 (0.2)	0.8 (0.4)	2.3 (0.9)
Cheese (s/d)	0.3 (0.2)	0.5 (0.3)	0.7 (0.6)
Red and processed meat (s/d)	0.9 (0.6)	0.9 (0.6)	1.0 (0.6)
Fruits and vegetables (s/d)	3.8 (2.2)	4.3 (2.2)	4.6 (2.3)
SSB (bottles/d)	1.2 (1.3)	1.2 (1.2)	1.5 (1.3)
Pre-pregnancy smoker (%)	10.4	8.5	6.2
First birth (%)	29.4	28.1	23.8

Abbreviations: AHEI, alternative healthy eating index 2010; BMI, body mass index; Energy-adj, energy adjusted; SD, standard deviation; SSB, sugar sweetened beverages; s/d, servings per day; s/m, servings per month; s/w, servings per week.

¹ All the dietary variables and activities variables are cross-sectional; only BMI and smoking status are pre-pregnant.