

Supplementary Table S1. Clinical and metabolic characteristics during pregnancy of analyzed women.

	CG N=369	IG N= 1031	P
WEIGHT GAIN AT 12 GW (Kg)	1.9 (0.1–3.3)	1.7 (0.3–3.4)	0.572
WEIGHT GAIN AT 24-28 GW (Kg)	7.3 (5.3–9.7)	6.9 (4.7–9.1)	0.040
WEIGHT GAIN AT 36-38 GW (Kg)	11.2 (8.1–14.1)	11.8 (8.8–15.0)	0.141
SYSTOLIC BP / DIASTOLIC BP (mmHg)			
AT 12 GW	109 (101–115)	108 (101–116)	0.889
	66 (60–73)	67 (61–73)	0.334
AT 24 GW	104 (97–112)	106 (98–113)	0.066
	62 (57–68)	63 (58–69)	0.108
AT 36 GW	111 (103–119)	113 (105–122)	0.005
	70 (65–76)	71 (65–78)	0.023
FASTING BLOOD GLUCOSE (mg/dL)			
AT 12 GW	81 (77–86)	81 (76–85)	0.075
AT 24 GW	86 (82–90)	84 (80–89)	0.002
AT 36 GW	77 (73–82)	76 (72–81)	0.050
HOMA-IR			
AT 12 GW	0.6 (0.3–1.3)	0.6 (0.3–1.6)	0.195
AT 24 GW	1.7 (1.1–2.6)	1.6 (1.1–2.3)	0.06
AT 36 GW	1.6 (1.1–2.6)	1.6 (1.0–2.5)	0.235
HbA1C (%) AT 12 GW	5.2 (5.0–5.3)	5.2 (5.0–5.3)	0.905
24 GW	5.0 (4.8–5.2)	4.9 (4.7–5.1)	0.000
36 GW	5.3 (5.1–5.5)	5.2 (5.0–5.4)	0.000
CHOLESTEROL (mg/dL) AT 12 GW	174 (155–196)	171 (151–192)	0.068
24 GW	246 (217–275)	243 (219–270)	0.594
36 GW	277 (236–314)	265 (236–296)	0.014
TRIGLYCERIDES (mg/dL) AT 12 GW	73 (59–99)	71 (56–96)	0.159
24 GW	149 (121–185)	152 (119–190)	0.601
36 GW	228 (190–277)	218 (174–270)	0.052
GDM AT 24-28 GW N (%)	88 (23.9%)	202 (19.5%)	0.05
MEDICAL NUTRITION THERAPY	53 (61.6%)	111 (57.8%)	0.202
INSULIN TREATMENT	45 (38.4%)	91 (42.2)	
ECLAMPSIA	2 (0.7%)	15 (1.3%)	0.300
GESTATIONAL HYPERTENSION	7 (2.3%)	37 (4.2%)	0.169
NB >P90/<P10	13 (3.5%)/20 (5.4%)	37(3.6%)/60(5.8%)	0.551 /0.446
12 GW TSH μUI/ML	1.9 (1.1–2.8)	1.9 (1.2–2.8)	0.642
FT4 PG/ML	8.5(7.7–9.4)	8.6 (7.8–9.5)	0.103
24 GW TSH μUI/ML	1.7 (1.2–2.5)	1.9 (1.3–2.5)	0.266
FT4 PG/ML	6.8 (6.2–7.7)	6.9 (6.2–7.6)	0.578
36 GW TSH μUI/mL	1.4 (0.9–2.1)	1.5 (1.0–2.1)	0.225
FT4 pg/mL	7.0 (6.3–7.8)	6.9 (6.2–7.8)	0.686
MEDAS SCORE			
12 GW	5 (3;6)	5 (4; 6)	0.09
24 GW	5 (4;6)	6 (5; 7)	0.0000
36 GW	6 (5; 7)	6 (5; 8)	0.002
NUTRITION SCORE			
12 GW	0 (–2; 3)	0 (–2; 3)	0.709
24 GW	1 (–1; 4)	3 (1; 5)	0.000
36 GW	4 (1; 7)	5 (2; 7)	0.002
PHYSICAL ACTIVITY SCORE			
12 GW	–2 (–3; –1)	–2 (–3; –1)	0.373
24 GW	–2 (–2; –1)	–2 (–2; –1)	0.798
36 GW	–2 (–2; –1)	–2 (–2; –1)	0.015

Data are Median (IQR) or number (%). blood pressure (BP); newborn (NB); Mediterranean Diet Adherence Screener (MEDAS). Physical Activity Score, (Walking daily (>5 days/week) Score 0: At least 30 min. Score +1, if >60 min. Score –1, if <30 min. Climbing stairs (floors/day, >5 days a week): Score 0, between 4 and 16; Score +1, >16; Score –1: <4).