Supplement

Maternal weight retention

Following multiple imputation, the estimated mean difference in 12 month weight retention between groups is -0.4 kg (-1.7, 0.9), p = 0.573 in unadjusted analysis and -0.4 kg (-1.9, 1.1), p = 0.604 in adjusted analysis. The estimated effect of GWG on 12 month weight retention is 0.3 kg (0.1, 0.4), p < 0.001 in both unadjusted and adjusted analyses. The results for the association between dietary intake during pregnancy and weight retention at 12 months post-partum are given in Table 1.

Infant outcomes

The estimated between group differences in infant weight at each follow-up time point, following multiple imputation, are given in Table 2. The effect of a 1 kg increase in GWG on the weight of infants at 12 months is estimated as 30 g (0, 61), p = 0.052 in unadjusted analysis, and 21 g (-8, 50), p = 0.150 in adjusted analysis. The results for the association between dietary intake during pregnancy and weight of infants at 12 months are given in Table 3.

Table 1. The association between reported dietary intake during pregnancy and weight retention at 12 months post-partum (following multiple imputation)

Dietary component	Unadjusted effect size (95% CI)	P[a]	Adjusted effect size (95% CI)	P[b]
Energy intake (100kcal/day)				
16th-18th week	0.10 (-0.06, 0.26)	0.233	0.08 (-0.08, 0.24)	0.330
36th-38th week	0.07 (-0.10, 0.25)	0.405	0.05 (-0.12, 0.23)	0.545
Change	-0.03 (-0.21, 0.14)	0.696	-0.03 (-0.21, 0.14)	0.720
Fat (g/day)				
16th-18th week	0.02 (-0.02, 0.05)	0.336	0.01 (-0.02, 0.04)	0.478
36th-38th week	0.01 (-0.02, 0.04)	0.564	0.01 (-0.02, 0.04)	0.676
Change	-0.01 (-0.04, 0.03)	0.701	-0.00 (-0.04, 0.03)	0.793
Carbohydrates (g/day)				
16th-18th week	0.01 (-0.01, 0.02)	0.316	0.01 (-0.01, 0.02)	0.382
36th-38th week	0.00 (-0.01, 0.02)	0.633	0.00 (-0.01, 0.01)	0.818
Change	-0.00 (-0.02, 0.01)	0.661	-0.00 (-0.02, 0.01)	0.577
Protein (g/day)				
16th-18th week	0.03 (-0.01,0.07)	0.141	0.03 (-0.01, 0.06)	0.206
36th-38th week	0.02 (-0.02, 0.06)	0.306	0.02 (-0.02, 0.06)	0.295
Change	-0.01 (-0.05, 0.04)	0.817	-0.00 (-0.04, 0.04)	0.967
Fibre (g/day)				
16th-18th week	0.01 (-0.09, 0.10)	0.861	-0.02 (-0.12, 0.08)	0.705
36th-38th week	-0.00 (-0.10, 0.10)	0.949	-0.02 (-0.12, 0.08)	0.654
Change	-0.01 (-0.11, 0.10)	0.882	-0.01 (-0.12, 0.10)	0.907

Effect sizes from regression models as estimated marginal mean difference (95% CI)

a) unadjusted model

b) linear mixed model adjusted for practice (random factor), maternal age, pre-pregnancy BMI, time of follow-up and group

Table 2. Infant weight at follow-up visits in each group and the estimated mean weight differences between the groups (following multiple imputation)

Time point	Unadjusted effect size (95% CI)	P [a)]	Adjusted effect size (95%CI)	P [b)]
U2	8 (-101, 116)	0.892	25 (-15, 64)	0.220
U3	-22 (-172, 129)	0.777	-18 (-115, 78)	0.707
U4	-176 (-394, 43)	0.114	-166 (-381, 49)	0.130
U5	-250 (-514,14)	0.063	-203 (-446, 40)	0.101
U6	-368 (-634, -103)	0.007	-259 (-516,-2)	0.048

Effect sizes from regression models as estimated marginal mean difference (95% CI)
a) unadjusted model
b) linear mixed model adjusted for practice (random factor), maternal age and pre-pregnancy BMI, infant age at follow-up and birth weight

Table 3. The association between reported dietary intake during pregnancy and infant weight at 12 months (following multiple imputation)

Dietary component	Unadjusted effect size (95% CI)	P[a]	Adjusted effect size (95% CI)	P[b]
Energy intake (100kcal/day)				
16th-18th week	-18 (-51, 15)	0.278	-10 (-41, 21)	0.524
36th-38th week	1 (-41, 42)	0.977	6 (-31, 43)	0.756
Change	19 (-20, 58)	0.342	15 (-20, 51)	0.384
Fat (g/day)				
16th-18th week	-3 (-10, 4)	0.355	-2 (-8, 4)	0.559
36th-38th week	0 (-7, 8)	0.947	1 (-6, 7)	0.825
Change	3 (-4, 11)	0.385	3 (-4, 9)	0.466
Carbohydrates (g/day)				
16th-18th week	-1 (-4, 1)	0.300	-1 (-3, 2)	0.527
36th-38th week	0 (-3, 3)	0.990	0 (-2, 3)	0.746
Change	1 (-1, 4)	0.358	1 (-1, 3)	0.356
Protein (g/day)				
16th-18th week	-1 (-10, 7)	0.777	0 (-7, 8)	0.905
36th-38th week	1 (-9, 12)	0.807	1 (-8, 11)	0.775
Change	2 (-8, 12)	0.670	1 (-8, 10)	0.863
Fibre (g/day)				
16th-18th week	-9 (-29, 12)	0.403	1 (-18, 20)	0.887
36th-38th week	-3 (-25, 19)	0.764	-1 (-21, 19)	0.938
Change	4 (-19, 26)	0.755	-2 (-23, 19)	0.857

Effect sizes from regression models as estimated marginal mean difference (95% CI)

a) unadjusted model

b) linear mixed model adjusted for practice (random factor), maternal age and pre-pregnancy BMI, infant age at follow-up, birth weight and group