

**Pregnancy**

Women for routine pregnancy diagnosis in hospitals or maternal healthcare centers (n=?)

Declined (n=?)

Willing to participate (n=?)

Failed to meet eligibility criteria or declined (n=?)

Written informed consent and baseline data received (n>=800)

Randomly assigned to control group (n>=400)

Randomly assigned to intervention group (n>=400)

**Childbirth**

Routine visit and collect information on diet, lifestyle and health in 1st week (n=?)

Counseling visit and collect information on diet, lifestyle and health in 1st week (n=?)

Routine visit and collect information on diet, lifestyle and health in 2nd week (n=?)

Counseling visit and collect information on diet, lifestyle and health in 2nd week (n=?)

**Puerperium**

Routine visit and collect information on diet, lifestyle and health in 4th week (n=?)

Counseling visit and collect information on diet, lifestyle and health in 4th week (n=?)

Routine visit and collect information on diet, lifestyle and health in 6th week (n=?)

Counseling visit and collect information on diet, lifestyle and health in 6th week (n=?)

**Follow-up**

Follow-up visit and collect information on diet, lifestyle and health up to 2 years (n=?)

Follow-up visit and collect information on diet, lifestyle and health up to 2 years (n=?)