



<sup>a</sup> Oral glucose tolerance test. <sup>b</sup> Group A and B 30 women in the beginning: three dropped out (10%) in each group, four early miscarriages, one twin pregnancy and one woman moved away. <sup>c</sup> 14 women had GDM in the beginning, 28 women did not wish to participate in the intervention.

<sup>d</sup> Gestational diabetes mellitus (fasting plasma glucose  $\geq 5.6$  mmol/l or 2-hour plasma glucose  $\geq 7.8$  mmol/l).