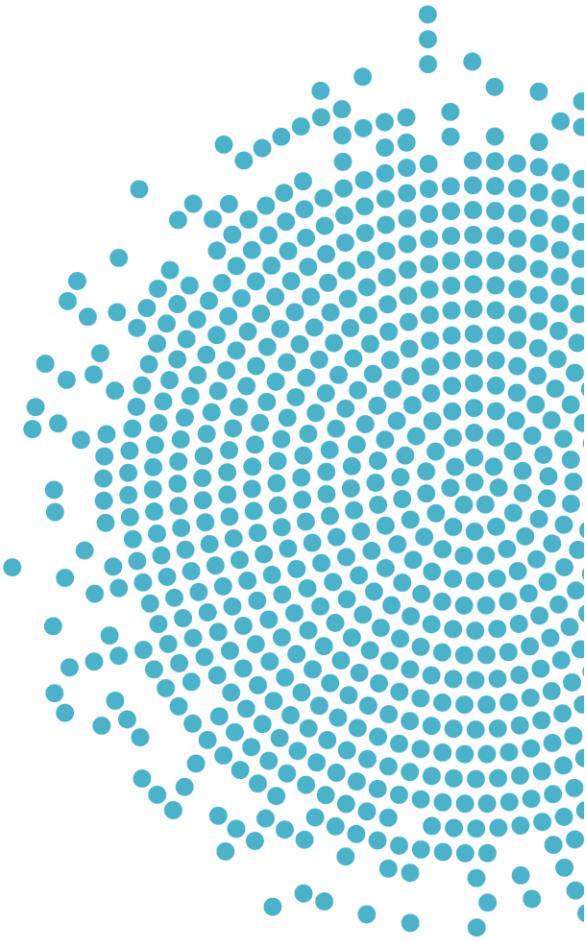
USDA
UNITED STATES DEPARTMENT OF AGRICULTURE

Dietary Patterns during Lactation and Postpartum Weight Loss: A Systematic Review



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USDA and HHS implemented a process to identify topics and scientific questions to be examined by the 2020 Dietary Guidelines Advisory Committee. The Committee conducted its review of evidence in subcommittees for discussion by the full Committee during its public meetings. The role of the Committee members involved establishing all aspects of the protocol, which presented the plan for how they would examine the scientific evidence, including the inclusion and exclusion criteria; reviewing all studies that met the criteria they set; deliberating on the body of evidence

[i] Under contract with the Food and Nutrition Service, United States Department of Agriculture.

for each question; and writing and grading the conclusion statements to be included in the scientific report the 2020 Committee submitted to USDA and HHS. The NESR team with assistance from Federal Liaisons and Project Leadership, supported the Committee by facilitating, executing, and documenting the work necessary to ensure the reviews were completed in accordance with NESR methodology. More information about the 2020 Dietary Guidelines Advisory Committee, including the process used to identify topics and questions, can be found at www.DietaryGuidelines.gov. More information about NESR can be found at NESR.usda.gov.

The Committee and NESR staff thank USDA's Agricultural Research Service for coordinating the peer review of this systematic review, and the Federal scientist peer reviewers for their time and expertise.

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INTRODUCTION

This document describes a systematic review conducted to answer the following question: What is the relationship between dietary patterns consumed during lactation and postpartum weight loss? This systematic review was conducted by the 2020 Dietary Guidelines Advisory Committee, supported by USDA's Nutrition Evidence Systematic Review (NESR).

More information about the 2020 Dietary Guidelines Advisory Committee is available at the following website: www.DietaryGuidelines.gov.

NESR specializes in conducting food- and nutrition-related systematic reviews using a rigorous, protocol-driven methodology. More information about NESR is available at the following website: NESR.usda.gov.

NESR's systematic review methodology involves developing a protocol, searching for and selecting studies, extracting data from and assessing the risk of bias of each included study, synthesizing the evidence, developing conclusion statements, grading the evidence underlying the conclusion statements, and recommending future research. A detailed description of the systematic reviews conducted for the 2020 Dietary Guidelines Advisory Committee, including information about methodology, is available on the NESR website: https://nesr.usda.gov/2020-dietary-guidelines-advisory-committee-systematic-reviews. In addition, starting on page 18, this document describes the final protocol as it was applied in the systematic review. A description of and rationale for modifications made to the protocol are described in the 2020 Dietary Guidelines Advisory Committee Report, Part D: Chapter 3. Food, Beverage, and Nutrient Consumption During Lactation.

List of abbreviations

Abbreviation	Full name
AMDR	Acceptable Macronutrient Distribution Range
BMI	Body mass index
DP	Dietary pattern
FFQ	Food frequency questionnaire
GWG	Gestational weight gain
HDI	Human Development Index
HHS	Department of Health and Human Services
MED	Mediterranean
NESR	Nutrition Evidence Systematic Review
PPWL	Postpartum weight loss
RCT	Randomized controlled trial
USDA	United States Department of Agriculture

PLAIN LANGUAGE SUMMARY

What is the question?

- The question is: What is the relationship between dietary patterns consumed during lactation and postpartum weight loss?

What is the answer to the question?

- Insufficient evidence is available to determine the relationship between dietary patterns during lactation and postpartum weight loss.

Why was this question asked?

- This important public health question was identified by the U.S. Departments of Agriculture (USDA) and Health and Human Services (HHS) to be examined by the 2020 Dietary Guidelines Advisory Committee.

How was this question answered?

- The 2020 Dietary Guidelines Advisory Committee, Pregnancy and Lactation Subcommittee conducted a systematic review to answer this question with support from the Nutrition Evidence Systematic Review (NESR) team.
- Dietary patterns were defined as the quantities, proportions, variety, or combination of different foods, drinks, and nutrients (when available) in diets, and the frequency with which they are habitually consumed.
- Diets based on macronutrient distribution were examined when at least one macronutrient proportion was outside of the acceptable macronutrient distribution range (AMDR) for carbohydrate, fat, and/or protein, whether or not the foods/food groups consumed were provided.

What is the population of interest?

- The population of interest is generally healthy, lactating women.

What evidence was found?

- This systematic review includes one randomized controlled trial (RCT) conducted in the U.S., which compared postpartum weight loss between lactating women who were randomized to a Mediterranean-style diet vs. the USDA MyPyramid diet.
- There were no significant differences in postpartum weight loss between the two groups.
- There were notable limitations in this study, including a large number of participants dropping out of the study, issues with how the study was conducted, and participants and researchers being aware of the diet received.

How up-to-date is this systematic review?

- This review searched for studies from January 2000 to November 2019.

TECHNICAL ABSTRACT

Background

- This important public health question was identified by the U.S. Departments of Agriculture (USDA) and Health and Human Services (HHS) to be examined by the 2020 Dietary Guidelines Advisory Committee.
- The 2020 Dietary Guidelines Advisory Committee, Pregnancy and Lactation Subcommittee conducted a systematic review to answer this question with support from the Nutrition Evidence Systematic Review (NESR) team.
- The goal of this systematic review was to examine the following question: What is the relationship between dietary patterns consumed during lactation and postpartum weight loss?

Conclusion statement and grade

- Insufficient evidence is available to determine the relationship between dietary patterns during lactation and postpartum weight loss. (Grade: Grade not assignable)

Methods

- A literature search was conducted using four databases (PubMed, Cochrane, Embase, and CINAHL) to identify articles that evaluated the intervention or exposure of dietary patterns during lactation and the outcome of postpartum weight loss, defined as change in weight from baseline (postpartum) to a later time point during the postpartum period. Postpartum weight retention was also considered as an outcome when gestational weight gain was accounted for. A manual search was conducted to identify articles that may not have been included in the electronic databases searched. Articles were screened by two NESR analysts independently for inclusion based on pre-determined criteria.
- Data extraction and risk of bias assessment were conducted for each included study, and both were checked for accuracy. The Committee qualitatively synthesized the body of evidence to inform development of a conclusion statement(s), and graded the strength of evidence using pre-established criteria for risk of bias, consistency, directness, precision, and generalizability.

Summary of the evidence

- This systematic review includes one randomized controlled trial (RCT) conducted in the U.S., which compared postpartum weight loss (PPWL) between lactating women who were randomized to a Mediterranean-style diet vs. the USDA MyPyramid diet.
- The two groups showed no significant differences in PPWL.
- This study had notable limitations, including high attrition (approximately 21 percent), issues with implementation of the intervention, and lack of blinding of participants and investigators.

FULL REVIEW

Systematic review question

What is the relationship between dietary patterns consumed during lactation and postpartum weight loss?

Conclusion statement and grade

Insufficient evidence is available to determine the relationship between dietary patterns during lactation and postpartum weight loss. (Grade: Grade not assignable)

Summary of the evidence

- This systematic review includes one randomized controlled trial (RCT) conducted in the U.S.,[1] which compared postpartum weight loss (PPWL) between lactating women who were randomized to a Mediterranean-style diet vs. the USDA MyPyramid diet.
- The two groups showed no significant differences in PPWL.
- This study had notable limitations, including high attrition (approximately 21 percent), issues with implementation of the intervention, and lack of blinding of participants and investigators.

Description of the evidence

The search included articles from countries categorized as high or very high on the Human Development Index (HDI)[ii] and published from January 2000 to November 2019. Studies considered in this body of evidence included women who were generally healthy and feeding human milk exclusively or partially at the time of the intervention/exposure. This systematic review considered the following study designs: RCTs, non-randomized controlled trials, prospective and retrospective cohort studies, and nested case-control studies.

Dietary pattern was defined as the quantities, proportions, variety, or combination of different foods, drinks, and nutrients (when available) in diets, and the frequency with which they were habitually consumed. At a minimum, there had to be a description of the foods and beverages in the pattern. Dietary patterns may have been measured or derived using a variety of approaches, such as adherence to a priori patterns (indices/scores), data driven patterns (factor or cluster analysis), reduced rank regression, or other methods, including clinical trials.

Studies assessing diets based on macronutrient distributions outside of the AMDR had

[ii] The Human Development classification was based on the Human Development Index (HDI) ranking from the year the study intervention occurred or data were collected (UN Development Program. HDI 1990-2017 HDRO calculations based on data from UNDESA (2017a), UNESCO Institute for Statistics (2018), United Nations Statistics Division (2018b), World Bank (2018b), Barro and Lee (2016) and IMF (2018). Available from: http://hdr.undp.org/en/data). If the study did not report the year in which the intervention occurred or data were collected, the HDI classification for the year of publication was applied. HDI values are available from 1980, and then from 1990 to present. If a study was conducted prior to 1990, the HDI classification from 1990 was applied. When a country was not included in the HDI ranking, the current country classification from the World Bank was used instead (The World Bank. World Bank country and lending groups. Available from: https://datahelpdesk.worldbank.org/knowledgebase/articles/906519-world- country-and-lending-groups).

to include the macronutrient distribution of carbohydrate, fat, and protein of the diet, and include at least one macronutrient outside of the AMDR. Macronutrient percentages of energy outside of the AMDR are as follows:

- Carbohydrate for all age groups: <45 or >65 percent of energy;
- Protein for ≥19 years: <10 or >35 percent of energy;
- Fat for ≥19 years: <20 or >35 percent of energy

The outcome considered in this review was postpartum weight loss, defined as change in weight from baseline (postpartum) to a later time point during the postpartum period. Postpartum weight retention was also considered as an outcome when gestational weight gain was accounted for.

This systematic review includes one RCT[1] that addressed the relationship between dietary patterns during lactation and PPWL among women who were lactating.

Dietary patterns

The baseline characteristics and study findings are presented in Table 1. This U.S.-based RCT was designed to assess the effects of a Mediterranean (MED) diet vs. the USDA MyPyramid diet on PPWL. The participants were lactating mothers (approximately 17.5 weeks postpartum), predominantly non-Hispanic White (approximately 75 percent) and well-educated, with a mean age of approximately 30 years. Participants had a mean body mass index (BMI) of 27.2 kg/m^2 and a self-reported mean prepregnancy BMI of 25.5 kg/m^2. About one-fourth (26.2 percent) of the participants reported supplementing infants with formula at baseline.

After a 5-week washout period, the lactating mothers received dietary education specific to the MED diet or the MyPyramid diet from a registered dietitian:

- Participants assigned to the MED diet were encouraged to eat a plant-based diet with whole grains, fresh fruits and vegetables, legumes and nuts, fish and poultry, olive oil, and low-fat dairy products, while limiting the intake of red meat and processed meats/foods (≤ 2 servings per month). Specifically, they were instructed to consume 28 grams per day of walnuts, 1-2 tablespoons per day of olive oil, ≥ 7 servings of fruits and vegetables per day, ≥ 6 servings of whole grains per day, and ≥ 2 servings of fish per week during the intervention period, while increasing the consumption of legumes. Participants were also encouraged to limit the intake of full-fat dairy products, red meats, processed foods, desserts, and sources of fat in the diet other than olive oil.
- Participants assigned to the MyPyramid diet were provided general nutrition education, which emphasized healthy eating choices. However, intake of nuts, use of olive oil, and increased intake of fruits and vegetables were de-emphasized in order to differentiate the two diets.

Study participants were encouraged to consume their assigned diet for 4 months. One-on-one diet education was provided at baseline and on two other occasions. Diet education was continued via phone calls multiple times during the study.

Body weight was measured at baseline and 4 months, following a standardized protocol.

Evidence synthesis

This body of evidence included one study[1] that assessed the relationship between dietary patterns during lactation and PPWL.

The study assessed dietary components at baseline and 4 months and compared the change in score between the groups. There were changes in diet in both groups (i.e. increase in legumes, whole grains, and dairy in MED diet group; and increase in vegetable intake in MyPyramid diet group), compared to their respective baselines. However, there was no statistically significant difference in the change in intake of food groups between the intervention and control groups except for fish intake, which increased significantly more in the MED diet group (p=0.001). Similarly, the authors reported statistically significant decreases in total energy compared to baseline in both the MED diet group (-251.2 kilocalories per day, p=0.045) and the MyPyramid diet group (-437.5 kilocalories per day, p=0.003). However, it is unclear whether total energy intake was determined using a modified Block food frequency questionnaire (FFQ) or another method.

The study compared the change in weight between women randomized to the MED diet and the MyPyramid diet. While both groups experienced a significant decrease in mean weight (kg) when compared to their respective baselines, the change in weight was not significantly different between the intervention and control groups. Women randomized to the MyPyramid diet lost 3.11± 3.35 kg (weight at 4 months: 69.6± 13.8 kg) while those assigned to the MED diet lost 2.31± 3.42 kg (weight at 4 months: 72.4± 17.6 kg).

Assessment of the evidence[iii]

The following conclusion statement was supported by one RCT and was given the grade "grade not assignable."

"Insufficient evidence is available to determine the relationship between dietary patterns during lactation and postpartum weight loss."

As outlined and described below, the body of evidence examining dietary patterns during lactation and postpartum weight loss was assessed for the following elements used when grading the strength of evidence.

- **Risk of bias (Table 2)**:
    - The study reported an attrition rate of approximately 21 percent and attributed it to the cessation of human milk feeding (n=11), loss to follow-up (n=7), and 'other reasons' (n=9). However, there were no significant differences in attrition rates between the groups. In the parent study[iv], the authors elaborated on the 'other reasons' for dropping out of the study,

[iii] A detailed description of the methodology used for grading the strength of the evidence is available on the NESR website: https://nesr.usda.gov/2020-dietary-guidelines-advisory-committee-systematic-reviews and in Part C of the following reference: Dietary Guidelines Advisory Committee. 2020. *Scientific Report of the 2020 Dietary Guidelines Advisory Committee: Advisory Report to the Secretary of Agriculture and the Secretary of Health and Human Services*. U.S. Department of Agriculture, Agricultural Research Service, Washington, DC.

[iv] Stendell-Hollis NR, Laudermilk MJ, West JL, Thompson PA, Thomson CA. Recruitment of lactating women into a randomized dietary intervention: Successful strategies and factors promoting enrollment and retention. Contemp Clin Trials. 2011;32(4):505-511. doi:10.1016/j.cct.2011.03.007

including disliking the MED diet (n=2), being overwhelmed or too busy (n=2), relocation (n=2), becoming pregnant (n=2), and infant beginning soy formula supplementation (n=1) (Note: In the parent study, using soy-based formula was an exclusion criterion). The authors acknowledged that attrition possibly resulted in sampling bias. Because of the above stated deviations from the intended interventions, this study was treated as a "per protocol analysis", rather than an "intention to treat analysis".
    - Regarding formula intake, 26.2 percent of the subjects reported supplementing infants with formula at baseline. The authors noted that there were no differences in changes in maternal body size measures over time between formula users and non-formula users. However, in the parent study, the authors reported that those who dropped out were more likely to supplement with formula as compared to completers (57.7 percent vs. 18.8 percent, $p<0.001$). Given this, the mean weight change in both the groups could have been different had all participants completed the study.
    - Adherence to the assigned diet was not assessed and the participants were not asked to maintain food diaries or participate in other group counseling sessions that may have promoted adherence.
    - Although the study was conducted in lactating women, it is unclear whether human milk feeding habits changed during the study period and if this significantly differed between the intervention and control groups.
    - Neither the participants nor the investigators were blinded in this study.
    - There were differences between the study protocol[v] and results presented. The protocol stated that body measurements would be taken at 2, 4, 6 and 12 months, but the reported results did not correspond to that time frame.
- **Consistency**: Given that this body of evidence included only one study, consistency could not be assessed.
- **Directness**: The study purpose, to assess the effect of dietary patterns (i.e., MED diet, MyPyramid diet) on body weight in the postpartum period, was in line with the systematic review question.
- **Precision**: The study's sample size provided sufficient statistical power to detect a hypothesized difference in weight change, according to an a priori power analysis.
- **Generalizability**: This study was conducted among lactating mothers who were mostly non-Hispanic White and had a college degree. While the study was conducted in the U.S., the generalizability of these findings to the entire U.S. population is questionable.

Publication bias is always a concern; however, with just one included study that showed no relationship between dietary patterns during lactation and PPWL, publication bias did not seem to be a serious concern in this evidence.

[v] The Mediterranean Diet and Lactation Study: A Diet Study in Lactating Women. ClinicalTrials.gov. https://clinicaltrials.gov/ct2/show/NCT01459991.

Research recommendations

- Conduct well-designed RCTs and cohort studies to assess the relationship between maternal dietary patterns during lactation and postpartum weight retention and/or postpartum weight loss.
- Design studies that consider the duration of human milk feeding and complementary feeding practices when assessing the relationship between maternal dietary patterns and postpartum weight loss.
- Conduct studies that assess postpartum weight loss/retention at multiple time points, rather than just a one-time measure.
- Include diverse populations with varying age groups and different racial/ethnic and socioeconomic backgrounds.

Included articles

1. Stendell-Hollis NR, Thompson PA, West JL, Wertheim BC, Thomson CA. A comparison of Mediterranean-style and MyPyramid diets on weight loss and inflammatory biomarkers in postpartum breastfeeding women. *J Womens Health (Larchmt)*. 2013;22(1):48-57. doi:10.1089/jwh.2012.3707

Table 1. Description of evidence on the relationship between dietary patterns during lactation and postpartum weight loss[vi]

Study and Participant Characteristics	Intervention/Exposure and Outcomes	Results	Confounding, Study Limitations, and Summary of findings
Stendell-Hollis, 2013[1]; U.S. **RCT** Baseline N=129 Analytic N=102 (Attrition: ~21%) Age: 29.7± 4.6y • Race/Ethnicity: ○ Hispanic or Latino: 24.8% ○ Non-Hispanic White: 75.2% • SES: ○ Education: College degree 69.0% • Anthropometry: ○ Prepregnancy BMI: 25.5± 4.7 ○ Baseline BMI: 27.2± 4.9 • Smoking status: 0% • GDM: 0% • HMF: ≥3 times/d for 6mo after recruitment • Formula supplementation use: 26.8% • 17.5± 8.2wk postpartum	**Dietary Pattern(s)**: • **MED**: Plant-based diet with whole grains, fresh fruits and vegetables, legumes and nuts, fish and poultry, olive oil, and low-fat dairy products, limited intake of red meat and processed meats/foods (≤2 servings/mo). Participants instructed to consume study-provided walnuts (28 g/d), 1–2 tbsp/d of olive oil, and ≥7 servings/d of fruits and vegetables. Participants encouraged to consume ≥6 servings/d of whole grains, ≥ 2 servings/d of fish per week, and to increase consumption of legumes while limiting the intake of whole fat dairy products, red meats, processed foods, desserts, and non-olive oil fat sources (n=65) • **USDA**: Emphasizes healthy eating choices. Intake of nuts, the use of olive oil, and an increase in fruits and vegetables were de-emphasized in order to differentiate from the MED diet (n=64) **Dietary assessment methods**: Validated 153-item Arizona FFQ (AFFQ), a regionally appropriate modification of the food frequency component of the validated Block NCI Health Habits and History Daily Eating Pattern Assessment. **Outcome & assessment methods**: Weight measured by investigators at baseline and 4mo	**Significant**: **Non-significant**: Weight change from baseline to 4mo (kg), P=0.581 • MED: -2.31± 3.42 • USDA: -3.11± 3.35	**Key confounders accounted for:** Smoking, HMF practices **Limitations**: • Adherence could not be assessed • Attrition of 20.9%, potential sampling bias • FFQ unable to quantify olive oil intake separate from total fat intake • Participants and some study personnel aware of intervention assignment • Protocol reports body measurements to be collected at 2, 4, 6, and 12mo, inconsistent with what was presented in the study • Physical activity not accounted for • No pre-registered data analysis plan **Summary**: No significant difference in postpartum weight loss between women adhering to MED diet and USDA's MyPyramid diet.

[vi] BMI: body mass index, d: day, FFQ: food frequency questionnaire, g: gram(s), GDM: gestational diabetes mellitus, HMF: human milk feeding, kg: kilogram(s), MED: Mediterranean, mo: month(s), NCI: National Cancer Institute, RCT: randomized controlled trial, SES: socioeconomic status, tbsp: tablespoon(s), USDA: United States Department of Agriculture, wk: week(s), y: year(s)

Table 2. Risk of bias for the randomized controlled trial examining dietary patterns during lactation and postpartum weight loss[vii] [viii]

	Randomization	Deviations from intended interventions	Missing outcome data	Outcome measurement	Selection of the reported result
Stendell-Hollis, 2013[1]	**Low**	**High**	**Low**	**Low**	**Some concerns**

[vii] A detailed description of the methodology used for assessing risk of bias is available on the NESR website: https://nesr.usda.gov/2020-dietary-guidelines-advisory-committee-systematic-reviews and in Part C of the following reference: Dietary Guidelines Advisory Committee. 2020. *Scientific Report of the 2020 Dietary Guidelines Advisory Committee: Advisory Report to the Secretary of Agriculture and the Secretary of Health and Human Services*. U.S. Department of Agriculture, Agricultural Research Service, Washington, DC.

[viii] Possible ratings of low, some concerns, or high determined using the "Cochrane Risk-of-bias 2.0" (RoB 2.0) (August 2016 version)" (Higgins JPT, Sterne JAC, Savović J, Page MJ, Hróbjartsson A, Boutron I, Reeves B, Eldridge S. A revised tool for assessing risk of bias in randomized trials In: Chandler J, McKenzie J, Boutron I, Welch V (editors). Cochrane Methods. *Cochrane Database of Systematic Reviews* 2016, Issue 10 (Suppl 1). dx.doi.org/10.1002/14651858.CD201601.)

METHODOLOGY

The NESR team used its rigorous, protocol-driven methodology to support the 2020 Dietary Guidelines Advisory Committee in conducting this systematic review.

NESR's systematic review methodology involves:

- Developing a protocol,
- Searching for and selecting studies,
- Extracting data from and assessing the risk of bias of each included study,
- Synthesizing the evidence,
- Developing conclusion statements,
- Grading the evidence underlying the conclusion statements, and
- Recommending future research.

A detailed description of the methodology used in conducting this systematic review is available on the NESR website: https://nesr.usda.gov/2020-dietary-guidelines-advisory-committee-systematic-reviews, and can be found in the 2020 Dietary Guidelines Advisory Committee Report, Part C: Methodology.[ix] This systematic review was peer reviewed by Federal scientists, and information about the peer review process can also be found in the Committee's Report, Part C. Methodology. Additional information about this systematic review, including a description of and rationale for any modifications made to the protocol can be found in the 2020 Dietary Guidelines Advisory Committee Report, Chapter 3. Food, Beverage, and Nutrient Consumption During Lactation.

Below are details of the final protocol for the systematic review described herein, including the:

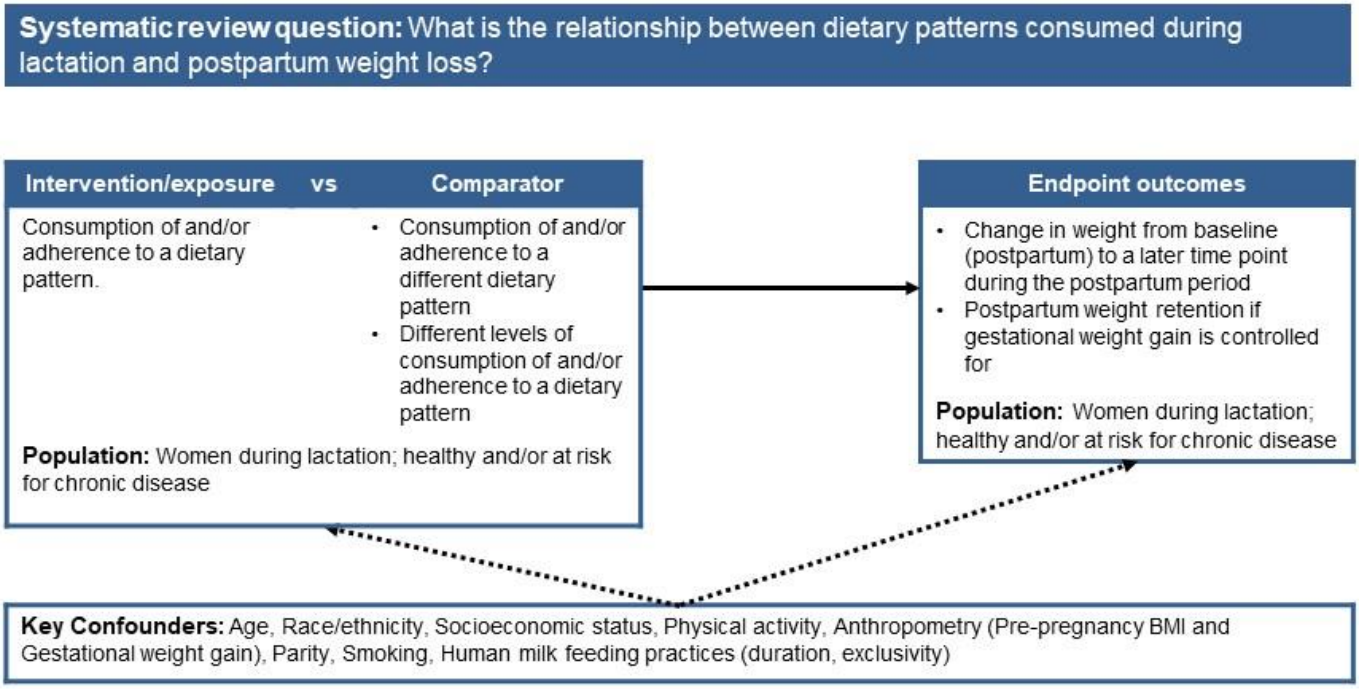
- Analytic framework
- Literature search and screening plan
- Literature search and screening results

ANALYTIC FRAMEWORK

The analytic framework (**Figure 1**) illustrates the overall scope of the systematic review, including the population, the interventions and/or exposures, comparators, and outcomes of interest. It also includes definitions of key terms and identifies key confounders considered in the systematic review. The inclusion and exclusion criteria that follow provide additional information about how parts of the analytic framework were defined and operationalized for the review.

[ix] Dietary Guidelines Advisory Committee. 2020. *Scientific Report of the 2020 Dietary Guidelines Advisory Committee: Advisory Report to the Secretary of Agriculture and the Secretary of Health and Human Services*. U.S. Department of Agriculture, Agricultural Research Service, Washington, DC.

Figure 1: Analytic framework



Key definitions

Dietary Pattern – The quantities, proportions, variety, or combination of different foods, drinks, and nutrients (when available) in diets, and the frequency with which they are habitually consumed

Legend

The relationship of interest in the systematic review

Factors that may impact the relationship of interest in the systematic review

LITERATURE SEARCH AND SCREENING PLAN

Inclusion and exclusion criteria

This table provides the inclusion and exclusion criteria for the systematic review. The inclusion and exclusion criteria are a set of characteristics used to determine which articles identified in the literature search were included in or excluded from the systematic review.

Table 3. Inclusion and exclusion criteria

Category	Inclusion Criteria	Exclusion Criteria
Study design	• Randomized controlled trials • Non-randomized controlled trials including quasi-experimental and controlled before-and-after studies • Prospective cohort studies • Retrospective cohort studies • Nested case-control studies	• Uncontrolled trials • Case-control studies • Cross-sectional studies • Uncontrolled before-and- after studies • Narrative reviews • Systematic reviews • Meta-analyses
Intervention/ exposure	• Studies that examine consumption of and/or adherence to a 1. Dietary pattern [i.e., the quantities, proportions, variety, or combination of different foods, drinks, and nutrients (when available) in diets, and the frequency with which they are habitually consumed] including, at a minimum, a description of the foods and beverages in the pattern and/or 2. Diet based on macronutrient distribution outside of the AMDR and • Include the macronutrient distribution of carbohydrate, fat, and protein of the diet, and • Include at least one macronutrient outside of the	• Studies that 1a. Do not provide a description of the dietary pattern, which at minimum, must include the foods and beverages in the pattern (i.e., studies that examine a labeled dietary pattern, but do not describe the foods and beverages consumed) 2a. Examine consumption of and/or adherence to a diet based on macronutrient proportion in which all macronutrients are within the AMDR 2b. Do not describe the entire macronutrient distribution of the diet (i.e., studies that only examine a single macronutrient in relation to outcomes)

Category	Inclusion Criteria	Exclusion Criteria
	acceptable macronutrient distribution range (AMDR[x])	
Comparator	Dietary patterns described by foods and beverages consumed: • Consumption of and/or adherence to a different dietary pattern • Different levels of consumption of and/or adherence to a dietary pattern Diets described by macronutrient distribution: • Different macronutrient distribution of carbohydrate, fat, and protein	• No comparator • Macronutrient proportion(s) of interest also outside the AMDR
Outcomes	• Change in weight from baseline (postpartum) to a later time point during the postpartum period • Postpartum weight retention if gestational weight gain is controlled for	• N/A
Date of publication	• January 2000-November 2019	• Articles published before January 2000 or after November 2019
Publication status	• Articles that have been peer-reviewed	• Articles that have not been peer-reviewed and are not published in peer-reviewed journals, including unpublished data, manuscripts, reports, abstracts, and conference proceedings
Language of publication	• Articles published in English	• Articles published in languages other than English

[x] Macronutrient percent of energy outside of the AMDR are as follows:
- Carbohydrate for all age groups: < 45 or > 65 percent of energy;
- Protein (age 19 years and older): < 10 or > 35 percent of energy;
- Fat (age 19 years and older): < 20 or > 35 percent of energy.

Institute of Medicine. *Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids*. Washington, DC: The National Academies Press; 2002.

Category	Inclusion Criteria	Exclusion Criteria
Country[xi]	• Studies conducted in countries ranked as high or very high human development	• Studies conducted in countries ranked as medium or lower human development
Study participants	• Women during lactation	• Animal and in vitro models • Pregnancies conceived ONLY using Assisted Reproductive Technologies • Studies that ONLY enroll multiple gestation pregnancies • Studies that ONLY report combined data for singleton and multiple gestation pregnancies • Studies that enroll lactating and non-lactating mothers and ONLY present combined data for lactating and non-lactating mothers • Men
Health status of study participants	• Studies that enroll mothers who are healthy and/or at risk for chronic disease • Studies that enroll some mothers diagnosed with a disease • Studies that enroll some mothers who were severely undernourished prior to pregnancy • Studies that enroll some or all mothers classified as underweight or obese prior to pregnancy	• Studies that **exclusively** enroll mothers who gave birth to preterm (<37 weeks and 0/7 days) • Studies that **exclusively** enroll mothers diagnosed with a disease, including severe undernutrition or hospitalized with an illness or injury
Temporality	• Studies that assess exposure prior to outcome	• Studies that assess outcome prior to exposure

[xi] The Human Development classification was based on the Human Development Index (HDI) ranking from the year the study intervention occurred or data were collected (UN Development Program. HDI 1990-2017 HDRO calculations based on data from UNDESA (2017a), UNESCO Institute for Statistics (2018), United Nations Statistics Division (2018b), World Bank (2018b), Barro and Lee (2016) and IMF (2018). Available from: http://hdr.undp.org/en/data). If the study did not report the year in which the intervention occurred or data were collected, the HDI classification for the year of publication was applied. HDI values are available from 1980, and then from 1990 to present. If a study was conducted prior to 1990, the HDI classification from 1990 was applied. When a country was not included in the HDI ranking, the current country classification from the World Bank was used instead (The World Bank. World Bank country and lending groups. Available from: https://datahelpdesk.worldbank.org/knowledgebase/articles/906519-world- country-and-lending-groups).

Category	Inclusion Criteria	Exclusion Criteria
		• Studies that assess exposure and outcome during overlapping time periods (irrespective of time period)

Electronic databases and search terms

PubMed

- Provider: U.S. National Library of Medicine
- Date(s) searched: June 26, 2019, Update: November 7, 2019
- Date range searched: January 1, 2000 – June 26, 2019; Update: January 1, 2000 – November 7, 2019
- Search terms:

#1 - dietary pattern* OR diet pattern* OR eating pattern* OR food pattern* OR diet quality[tiab] OR eating habit*[tiab] OR dietary habit* OR diet habit* OR food habit* OR “Feeding Behavior”[Mesh] OR feeding behavior*[tiab] OR beverage consumption[tiab] OR beverage habit*[tiab] OR beverage intake*[tiab] OR dietary profile* OR food profile[tiab] OR diet profile* OR eating profile* OR dietary guideline* OR dietary recommendation* OR dietary intake[tiab] OR food intake[tiab] OR food consumption[tiab] OR dietary consumption[tiab] OR eating frequenc* OR food frequenc*[tiab] OR eating style*[tiab] OR dietary change*[tiab] OR dietary choice*[tiab] OR food choice*[tiab] OR "Diet, Mediterranean"[Mesh] OR Mediterranean Diet*[tiab] OR "Dietary Approaches To Stop Hypertension"[Mesh] OR Dietary Approaches To Stop Hypertension Diet* OR DASH diet* OR "Diet, Gluten-Free"[Mesh] OR Gluten Free diet* OR prudent diet* OR "Diet, Paleolithic"[Mesh] OR Paleolithic Diet* OR "Diet, Vegetarian"[Mesh] OR vegetarian diet*[tiab] OR vegan diet* OR "Healthy Diet"[Mesh] OR plant based diet* OR "Diet, Western"[Mesh] OR western diet* OR "Diet, Carbohydrate-Restricted"[Mesh] OR low-carbohydrate diet* OR high carbohydrate diet* OR Ketogenic Diet* OR Nordic Diet* OR "Diet, Fat-Restricted"[Mesh] OR "Diet, High-Fat"[Mesh] OR "Diet, High-Protein"[Mesh] OR high protein diet*[tiab] OR high-fat diet* [tiab] OR low fat diet*[tiab] OR "Diet, Protein-Restricted"[Mesh] OR low protein diet* OR "Diet, Sodium-Restricted"[Mesh] OR low-sodium diet* OR low salt diet* OR (("Dietary Proteins"[Mesh] OR dietary protein*[tiab] OR "Dietary Carbohydrates"[Mesh] OR dietary carbohydrate*[tiab] OR "Dietary Fats"[Mesh] OR dietary fat*[tiab] OR hypocaloric OR hypo-caloric) AND (diet[tiab] OR diets[tiab] OR consumption[tiab] OR intake[tiab] OR supplement*[tiab])) OR (“Guideline Adherence"[Mesh] AND (diet[tiab] OR dietary[tiab] OR food[tiab] OR beverage[tiab])) OR (diet score* OR diet quality score* OR diet quality index* OR dietary habits score* OR kidmed OR diet index* OR dietary index* OR Food-based Index* OR diet quality index* OR food index* OR food score* OR Mediterranean diet score* OR MedDietScore OR healthy eating index[tiab] OR food frequency questionnaire* OR food frequency survey* OR “Nutrition Surveys”[Mesh] OR nutrition survey*[tiab] OR diet survey*[tiab] OR food survey* OR dietary questionnaire[tiab]) OR ((pattern[tiab] OR patterns[tiab] OR consumption[tiab] OR habit*[tiab]) AND (“Diet"[Mesh:NoExp] OR diet[tiab] OR diets[tiab] OR dietary[tiab] OR "Food"[Mesh] OR food[tiab] OR foods[tiab] OR "Beverages"[Mesh] OR beverage[tiab] OR beverages[tiab]))

#2 - ("Pregnancy"[Mesh] OR “Pregnancy Complications”[Mesh] OR “Prenatal Exposure Delayed Effects”[Mesh] OR “Maternal Exposure”[Mesh] OR “pregnant women”[Mesh] OR pregnan*[tiab]

OR pre-pregnancy[tiab] OR prenatal[tiab] OR pre-natal[tiab] OR maternal[tiab] OR mother[tiab] OR mothers[tiab] OR “Mothers”[Mesh] OR postpartum[tiab] OR perinatal[tiab] OR peri-natal[tiab] OR pre-conception[tiab] OR preconception[tiab] OR peri-conception[tiab] OR periconception[tiab] OR "Peripartum Period"[Mesh] OR peripartum[tiab] OR peri-partum[tiab] OR gestation*[tiab] OR natal[tiab] OR antenatal[tiab] OR ante-natal[tiab] OR puerperium[tiab] OR "Maternal Nutritional Physiological Phenomena"[Mesh] OR "Postpartum Period"[Mesh] OR postpartum[tiab] OR post-partum[tiab] OR perinatal OR peri-natal OR puerperium[tiab] OR postpartal OR post-partal OR postnatal OR post delivery[tiab] OR after birth[tiab] OR "Lactation"[Mesh] OR lactation[tiab] OR lactating[tiab] OR "Breast Feeding"[Mesh] OR breastfeeding[tiab] OR breast-feeding[tiab] OR breast feed* OR breast-feed*[tiab] OR breastfed[tiab] OR breast-fed[tiab] OR breastfeed* OR "Milk, Human"[Mesh] OR human milk[tiab] OR nursing women[tiab]))

#3 - ("Gestational Weight Gain"[Mesh] OR gestational weight gain[tiab] OR "Weight Gain"[Mesh:NoExp] OR weight gain[tiab] OR "Obesity"[Mesh] OR obesity[tiab] OR obese[tiab] OR overweight[tiab] OR "body size"[tiab] OR "Body Size"[Mesh] OR overnutrition[tiab] OR "Overnutrition"[Mesh:NoExp] OR adipos*[tiab] OR anthropometry[tiab] OR anthropometric*[tiab] OR "Adiposity"[Mesh] OR adipose[tiab] OR body weight[tiab] OR "Body Weight"[Mesh] OR "Body Composition"[Mesh] OR body fat[tiab] OR weight[ti] OR "Body Mass Index"[Mesh] OR body mass index[tiab] OR BMI[tiab] OR weight status[tiab] OR "Adipose Tissue"[Mesh] OR healthy weight[tiab] OR body fat mass[tiab] OR weight change[tiab] OR weight changes[tiab] OR "Weight Loss"[Mesh] OR weight loss*[tiab] OR weight reduc*[tiab] OR body weight[tiab] OR "Weight Reduction Programs"[Mesh] OR "Body-Weight Trajectory"[Mesh] OR weight maint* OR "Diet, Reducing"[Mesh] OR diet reduc*[tiab] OR weight cycling[tiab] OR weight decreas*[tiab] OR weight watch*[tiab] OR weight control*[tiab] OR weight retention[tiab] OR (weight[tiab] AND (reduction OR reduced OR reducing OR loss OR losses OR maintenanc* OR maintain*[tiab] OR decreas*[tiab] OR watch OR control*[tiab] OR change*[tiab] OR gain[tiab]))

#4 - #1 AND #2 AND #3

#5 - NOT("Animals"[Mesh] NOT ("Animals"[Mesh] AND "Humans"[Mesh])) NOT (editorial[ptyp] OR comment[ptyp] OR news[ptyp] OR letter[ptyp] OR review[ptyp] OR systematic review[ptyp] OR systematic review[ti] OR meta-analysis[ptyp] OR meta-analysis[ti] OR meta-analyses[ti] OR retracted publication[ptyp] OR retraction of publication[ptyp] OR retraction of publication[tiab] OR retraction notice[ti]) Filters: Publication date from 2000/01/01 to 2019/06/26; English, Update: Filters: Publication date from 2000/01/01 to 2019/11/07; English

Cochrane Central Register of Controlled Trials (CENTRAL)

- Provider: John Wiley & Sons
- Date(s) searched: June 26, 2019; Update: November 7, 2019
- Date range searched: January 1, 2000 – June 26, 2019; Update: January 1, 2000 – November 7, 2019
- Search terms:

#1 - “dietary pattern*” OR “diet pattern*” OR “eating pattern*” OR “food pattern*” OR “diet quality” OR “eating habit*” OR “dietary habit*” OR “diet habit*” OR “food habit*” OR [mh “Feeding Behavior”] OR “feeding behavior*” OR “beverage consumption” OR “beverage habit*” OR “beverage intake*” OR “dietary profile*” OR “food profile” OR “diet profile*” OR “eating profile*” OR “dietary guideline*” OR “dietary recommendation*” OR “dietary intake” OR “food

intake” OR “food consumption” OR “dietary consumption” OR “eating frequenc*” OR “food frequenc*” OR “eating style*” OR “dietary change*” OR “dietary choice*” OR “food choice*” OR [mh "Diet, Mediterranean"] OR “Mediterranean Diet*” OR [mh "Dietary Approaches To Stop Hypertension"] OR “Dietary Approaches To Stop Hypertension Diet*” OR “DASH diet*” OR [mh "Diet, Gluten-Free"] OR “Gluten Free diet*” OR “prudent diet*” OR [mh "Diet, Paleolithic"] OR “Paleolithic Diet*” OR [mh "Diet, Vegetarian"] OR “vegetarian diet*” OR “vegan diet*” OR [mh "Healthy Diet"] OR “plant based diet*” OR [mh "Diet, Western"] OR “western diet*” OR [mh "Diet, Carbohydrate-Restricted"] OR “low-carbohydrate diet*” OR “high carbohydrate diet*” OR “Ketogenic Diet*” OR “Nordic Diet*” OR [mh "Diet, Fat-Restricted"] OR [mh "Diet, High-Fat"] OR [mh "Diet, High-Protein"] OR “high protein diet*” OR “high-fat diet*” OR “low fat diet*” OR [mh "Diet, Protein-Restricted"] OR “low protein diet*” OR [mh "Diet, Sodium-Restricted"] OR “low-sodium diet*” OR “low salt diet*”OR (([mh "Dietary Proteins"] OR “dietary protein*” OR [mh "Dietary Carbohydrates"] OR “dietary carbohydrate*” OR [mh "Dietary Fats"] OR “dietary fat*” OR hypocaloric OR hypo-caloric) NEAR (diet OR diets OR consumption OR intake OR supplement*)) OR ("guideline adherence") NEAR (diet OR dietary OR food OR beverage)) OR (“diet score” OR “diet scores” OR “diet quality score” OR “diet quality scores” OR “diet quality index” OR “dietary habits score” OR kidmed OR “diet index” OR “dietary index” OR “Food-based Index” OR “diet quality index” OR “food index” OR “food score” OR “food scores” OR “Mediterranean diet score” OR MedDietScore OR “healthy eating index” OR “food frequency questionnaire” OR “food frequency questionnaires” OR “food frequency survey” OR “food frequency surveys” OR [mh “Nutrition Surveys”] OR “nutrition survey” OR “nutrition surveys” OR “diet survey” OR “diet surveys” OR “food survey” OR “food surveys” OR “dietary questionnaire”):ti,ab,kw OR ((pattern OR patterns OR consumption OR habit*) NEAR ([mh ^Diet] OR diet OR diets OR dietary OR [mh Food] OR food OR foods OR [mh Beverages] OR beverage OR beverages)):ti,ab,kw

#2 - [mh "Pregnancy"] OR [mh "Pregnancy Complications"] OR [mh "Prenatal Exposure Delayed Effects"] OR [mh "Maternal Exposure"] OR [mh "Pregnant Women"] OR [mh "Mothers"] OR [mh "Peripartum Period"] OR [mh "Maternal Nutritional Physiological Phenomena"] OR [mh "Postpartum Period"] OR [mh Lactation] OR [mh "Breast Feeding"] OR [mh "Milk, Human"] OR (pregnancy OR pre-pregnancy OR prenatal OR pre-natal OR maternal OR mother OR mothers OR postpartum OR perinatal OR peri-natal OR pre-conception OR preconception OR peri-conception OR periconception OR peripartum OR peri-partum OR gestation* OR natal OR antenatal OR ante-natal OR puerperium OR postpartum OR post-partum OR perinatal OR peri-natal OR puerperium OR postpartal OR post-partal OR postnatal OR “post delivery” OR “after birth” OR lactation OR lactating OR breastfeeding OR breast-feeding OR breast feed* OR breast-feed* OR breastfed OR breast-fed OR breastfeed OR “human milk” OR “nursing women”):ti,ab,kw

#3 - ((weight NEAR/4 (reduction OR reduced OR reducing OR loss OR losses OR maintenanc* OR maintain* OR decreas* OR watch OR control* OR change* OR gain)):ti,ab,kw OR (“gestational weight gain” OR “weight gain” OR obesity OR obese OR overweight OR "body size" OR overnutrition OR adipos* OR anthropometry OR anthropometric* OR adipose OR “body weight” OR “body fat” OR weight OR “body mass index” OR BMI OR “weight status” OR “healthy weight” OR “body fat mass” OR “weight change” OR “weight changes” OR “weight loss*” OR “weight reduct*” OR “body weight” OR “weight maint*” OR “diet reduc*” OR “weight cycling” OR “weight decreas*” OR “weight watch*” OR “weight control*” OR “weight retention”):ti,ab,kw OR [mh "Gestational Weight Gain"] OR [mh ^"Weight Gain"] OR [mh Obesity] OR [mh "Body Size"] OR [mh ^Overnutrition] OR [mh Adiposity] OR [mh "body

weight"] OR [mh "Body Composition"] OR [mh "Body Mass Index"] OR [mh "Adipose Tissue"] OR [mh "Weight Loss"] OR [mh "Weight Reduction Programs"] OR [mh "Body-Weight Trajectory"] OR [mh "Diet, Reducing"]

#4 - #1 AND #2 AND #3

Filters: pubication year from 2000 to 2019, Trials

Embase

- Provider: Elsevier
- Date(s) searched: June 26, 2019, Update: November 7, 2019
- Date range searched: January 1, 2000 – June 26, 2019; Update: January 1, 2000 – November 7, 2019
- Search terms:

#1 - 'feeding behavior'/exp OR 'mediterranean diet'/de OR 'dash diet'/de OR 'gluten free diet'/exp OR 'paleolithic diet'/de OR 'vegetarian diet'/exp OR 'healthy diet'/de OR 'western diet'/de OR 'low carbohydrate diet'/exp OR 'low fat diet'/de OR 'lipid diet'/exp OR 'protein diet'/exp OR 'protein restriction'/de OR 'sodium restriction'/de OR 'dietary pattern*':ab,ti OR 'diet pattern*':ab,ti OR 'eating pattern*':ab,ti OR 'food pattern*':ab,ti OR 'diet quality':ab,ti OR 'eating habit*':ab,ti OR 'dietary habit*':ab,ti OR 'diet habit*':ab,ti OR 'food habit*':ab,ti OR 'feeding behavior*':ab,ti OR 'beverage consumption':ab,ti OR 'beverage habit*':ab,ti OR 'beverage intake*':ab,ti OR 'dietary profile*':ab,ti OR 'food profile':ab,ti OR 'diet profile*':ab,ti OR 'eating profile*':ab,ti OR 'dietary guideline*':ab,ti OR 'dietary recommendation*':ab,ti OR 'dietary intake':ab,ti OR 'food intake':ab,ti OR 'food consumption':ab,ti OR 'dietary consumption':ab,ti OR 'eating frequenc*':ab,ti OR 'food frequenc*':ab,ti OR 'eating style*':ab,ti OR 'dietary change*':ab,ti OR 'dietary choice*':ab,ti OR 'food choice*':ab,ti OR 'mediterranean diet*':ab,ti OR 'dietary approaches to stop hypertension diet*':ab,ti OR 'dash diet*':ab,ti OR 'gluten free diet*':ab,ti OR 'prudent diet*':ab,ti OR 'paleolithic diet*':ab,ti OR 'vegetarian diet*':ab,ti OR 'vegan diet*':ab,ti OR 'plant based diet*':ab,ti OR 'western diet*':ab,ti OR 'low-carbohydrate diet*':ab,ti OR 'high carbohydrate diet*':ab,ti OR 'ketogenic diet*':ab,ti OR 'nordic diet*':ab,ti OR 'high protein diet*':ab,ti OR 'high-fat diet*':ab,ti OR 'low fat diet*':ab,ti OR 'low protein diet*':ab,ti OR 'low-sodium diet*':ab,ti OR 'low salt diet*':ab,ti OR (('dietary protein*' OR 'dietary carbohydrate*' OR 'dietary fat*' OR hypocaloric OR 'hypo caloric') NEAR/6 (diet OR diets OR consumption OR intake OR supplement*)):ab,ti)* OR (('guideline adherence' NEAR/6 (diet OR dietary OR food OR beverage)):ab,ti) OR 'diet score*':ab,ti OR 'diet quality score*':ab,ti OR 'dietary habits score*':ab,ti OR kidmed:ab,ti OR 'diet index*':ab,ti OR 'dietary index*':ab,ti OR 'food-based index*':ab,ti OR 'diet quality index*':ab,ti OR 'food index*':ab,ti OR 'food score*':ab,ti OR 'mediterranean diet score*':ab,ti OR meddietscore:ab,ti OR 'healthy eating index':ab,ti OR 'food frequency questionnaire*':ab,ti OR 'food frequency survey*':ab,ti OR 'nutrition survey*':ab,ti OR 'diet survey*':ab,ti OR 'food survey*':ab,ti OR 'dietary questionnaire':ab,ti OR ((pattern OR patterns OR consumption OR habit*) NEAR/6 (diet OR diets OR dietary OR food OR foods OR beverage OR beverages)):ab,ti)

#2 - pregnancy:ab,ti OR 'pre pregnancy':ab,ti OR prenatal:ab,ti OR 'pre natal':ab,ti OR maternal:ab,ti OR mother:ab,ti OR mothers:ab,ti OR 'pre conception':ab,ti OR preconception:ab,ti OR 'peri conception':ab,ti OR periconception:ab,ti OR peripartum:ab,ti OR 'peri partum':ab,ti OR gestation*:ab,ti OR natal:ab,ti OR antenatal:ab,ti OR 'ante natal':ab,ti OR postpartum:ab,ti OR post-partum:ab,ti OR perinatal:ab,ti OR 'peri natal':ab,ti OR puerperium:ab,ti OR postpartal:ab,ti OR post-partal:ab,ti OR postnatal:ab,ti OR 'post

delivery':ab,ti OR 'after birth':ab,ti OR lactation:ab,ti OR lactating:ab,ti OR breastfeeding:ab,ti OR breast-feeding:ab,ti OR 'breast feed*':ab,ti OR breastfed:ab,ti OR 'breast fed':ab,ti OR breastfeed:ab,ti OR 'human milk':ab,ti OR 'nursing women':ab,ti OR 'pregnancy'/exp/mj OR 'pregnancy complication'/exp/mj OR 'prenatal exposure'/mj OR 'maternal exposure'/mj OR 'pregnant woman'/mj OR 'mother'/mj OR 'puerperium'/exp/mj OR 'maternal nutrition'/mj OR 'lactation'/mj OR 'breast feeding'/exp/mj OR 'breast milk'/exp/mj

#3 - ((weight NEAR/4 (reduction OR reduced OR reducing OR loss OR losses OR maintenanc* OR maintain* OR decreas* OR watch OR control* OR change* OR gain)):ab,ti) OR 'gestational weight gain':ab,ti OR 'weight gain':ab,ti OR obesity:ab,ti OR obese:ab,ti OR overweight:ab,ti OR 'body size':ab,ti OR overnutrition:ab,ti OR adipos*:ab,ti OR anthropometry:ab,ti OR anthropometric*:ab,ti OR adipose:ab,ti OR 'body fat':ab,ti OR weight:ab,ti OR 'body mass index':ab,ti OR bmi:ab,ti OR 'weight status':ab,ti OR 'healthy weight':ab,ti OR 'body fat mass':ab,ti OR 'weight change':ab,ti OR 'weight changes':ab,ti OR 'weight loss*':ab,ti OR 'weight reduct*':ab,ti OR 'body weight':ab,ti OR 'weight maint*':ab,ti OR 'diet reduc*':ab,ti OR 'weight cycling':ab,ti OR 'weight decreas*':ab,ti OR 'weight watch*':ab,ti OR 'weight control*':ab,ti OR 'weight retention':ab,ti OR 'gestational weight gain'/mj OR 'body weight gain'/de OR 'obesity'/exp/mj OR 'body size'/mj OR 'overnutrition'/mj OR 'body weight'/exp/mj OR 'body composition'/exp/mj OR 'body mass'/de OR 'adipose tissue'/exp/mj OR 'body weight loss'/exp/mj OR 'weight loss program'/mj OR 'weight trajectory (body weight)'/mj OR 'low calorie diet'/exp/mj

#4 - #1 AND #2 AND #3

#5 - #4 AND ([article]/lim OR [article in press]/lim) AND [humans]/lim AND [english]/lim AND [2000-2019]/py NOT ([conference abstract]/lim OR [conference paper]/lim OR [editorial]/lim OR [erratum]/lim OR [letter]/lim OR [note]/lim OR [review]/lim OR [systematic review]/lim OR [meta analysis]/lim)

Cumulative Index of Nursing and Allied Health Literature (CINAHL Plus)

- Provider: EBSCOhost
- Date(s) searched: June 26, 2019; Update: November 7, 2019
- Date range searched: January 1, 2000 – June 26, 2019; Update: January 1, 2000 – November 7, 2019
- Search terms:

#1 - “dietary pattern*” OR “diet pattern*” OR “eating pattern*” OR “food pattern*” OR “diet quality” OR “eating habit*” OR “dietary habit*” OR “diet habit*” OR “food habit*” OR MH "Eating Behavior+" OR “feeding behavior*” OR “beverage consumption” OR “beverage habit*” OR “beverage intake*” OR “dietary profile*” OR “food profile*” OR “diet profile*” OR “eating profile*” OR “dietary guideline*” OR “dietary recommendation*” OR “dietary intake*” OR “food intake*” OR “food consumption” OR “dietary consumption” OR “eating frequenc*” OR “food frequenc*” OR “eating style*” OR “dietary change*” OR “dietary choice*” OR food choice*” OR MH "Diet, Mediterranean" OR “Mediterranean Diet*” OR MH "Dietary Approaches To Stop Hypertension" OR “Dietary Approaches To Stop Hypertension Diet*” OR “DASH diet*” OR MH "Diet, Gluten-Free" OR “Gluten Free diet*” OR “prudent diet*” OR MH "Diet, Paleolithic" OR “Paleolithic Diet*” OR MH "Diet, Vegetarian" OR “vegetarian diet*” OR “vegan diet*” OR MH "Healthy Diet" OR “plant based diet*” OR MH "Diet, Western" OR “western diet*” OR MH "Diet, Carbohydrate-Restricted" OR “low-carbohydrate diet*” OR “high carbohydrate diet*” OR

“Ketogenic Diet*” OR “Nordic Diet*” OR MH "Diet, Fat-Restricted" OR MH "Diet, High-Fat" OR MH "Diet, High-Protein" OR “high protein diet*” OR “high-fat diet*” OR “low fat diet*” OR MH "Diet, Protein-Restricted" OR “low protein diet*” OR MH "Diet, Sodium-Restricted" OR “low-sodium diet*” OR “low salt diet*” OR ((MH "Dietary Proteins" OR “dietary protein*” OR MH "Dietary Carbohydrates" OR “dietary carbohydrate*” OR MH "Dietary Fats" OR “dietary fat*” OR hypocaloric OR hypo-caloric) AND (diet OR diets OR consumption OR intake OR supplementation)) OR (MH “Guideline Adherence" AND (diet OR dietary OR food OR beverage)) OR (“diet score*” OR “diet quality score*” OR “diet quality index*” OR “dietary habits score*” OR kidmed OR “diet index*” OR “dietary index*” OR “Food-based Index*” OR “diet quality index*” OR “food index*” OR “food score*” OR “Mediterranean diet score*” OR MedDietScore OR “healthy eating index” OR “food frequency questionnaire*” OR “food frequency survey*” OR MH “Nutrition Surveys” OR “nutrition survey*” OR “diet survey*” OR “food survey*” OR “dietary questionnaire*”) OR ((pattern OR patterns OR consumption OR habit*) AND (MH “Diet" OR diet OR diets OR dietary OR MH "Food" OR food OR foods OR MH "Beverages" OR beverage OR beverages))

#2 - postpartum OR post-partum OR MH "Postpartum Period" OR postpartal OR post-partal OR postnatal OR post-natal OR "post deliver*" OR "after birth" OR MH pregnancy OR MH “pregnancy complications” OR MH "Prenatal Exposure Delayed Effects" OR MH "Maternal Exposure" OR MH "pregnant women" OR pregnan* OR pre-pregnancy OR prepregnancy OR prenatal OR antenatal OR maternal OR mother OR mothers OR perinatal OR peri-natal OR peri-conception OR periconception OR MH "Peripartum Period" OR peripartum OR peri-partum OR gestation* OR natal OR puerperium OR MH "Maternal Nutritional Physiological Phenomena" OR MH "Breast Feeding"OR breastfeeding OR breast-feeding OR MH "Milk, Human" OR “human milk” OR MH Lactation OR lactation OR lactating OR breastfeeding OR “breast feed*” OR breast-feed* OR breastfed OR breast-fed OR breastfeed* OR "nursing women" OR “nursing mother*”

#3 - MH "Gestational Weight Gain" OR MH "Weight Gain" OR MH Obesity OR MH "Body Size" OR MH Overnutrition OR MH Adiposity OR MH "Body Weight” OR MH "Body Composition" OR MH "Body Mass Index" OR MH "Adipose Tissue" OR MH "Weight Loss" OR MH "Weight Reduction Programs" OR MH "Body-Weight Trajectory" OR MH "Diet, Reducing" OR gestational weight gain OR weight gain OR obesity OR obese OR overweight OR "body size" OR overnutrition OR adipos* OR anthropometry OR anthropometric* OR adipose OR “body weight” OR “body fat” OR weight OR “body mass index” OR BMI OR “weight status” OR “healthy weight” OR “body fat mass” OR “weight change” OR “weight changes” OR “weight loss*” OR “weight reduc*” OR “body weight” OR MH "Body-Weight Trajectory" OR “weight change*” OR “weight maint*” OR “diet reduc*” OR “weight cycling” OR “weight decreas*” OR “weight watch*” OR “weight control*” OR “weight retention” OR (weight N4 (reduction OR reduced OR reducing OR loss OR losses OR maintenanc* OR maintain* OR decreas* OR watch OR control* OR change* OR gain))

#4 - #1 AND #2 AND #3

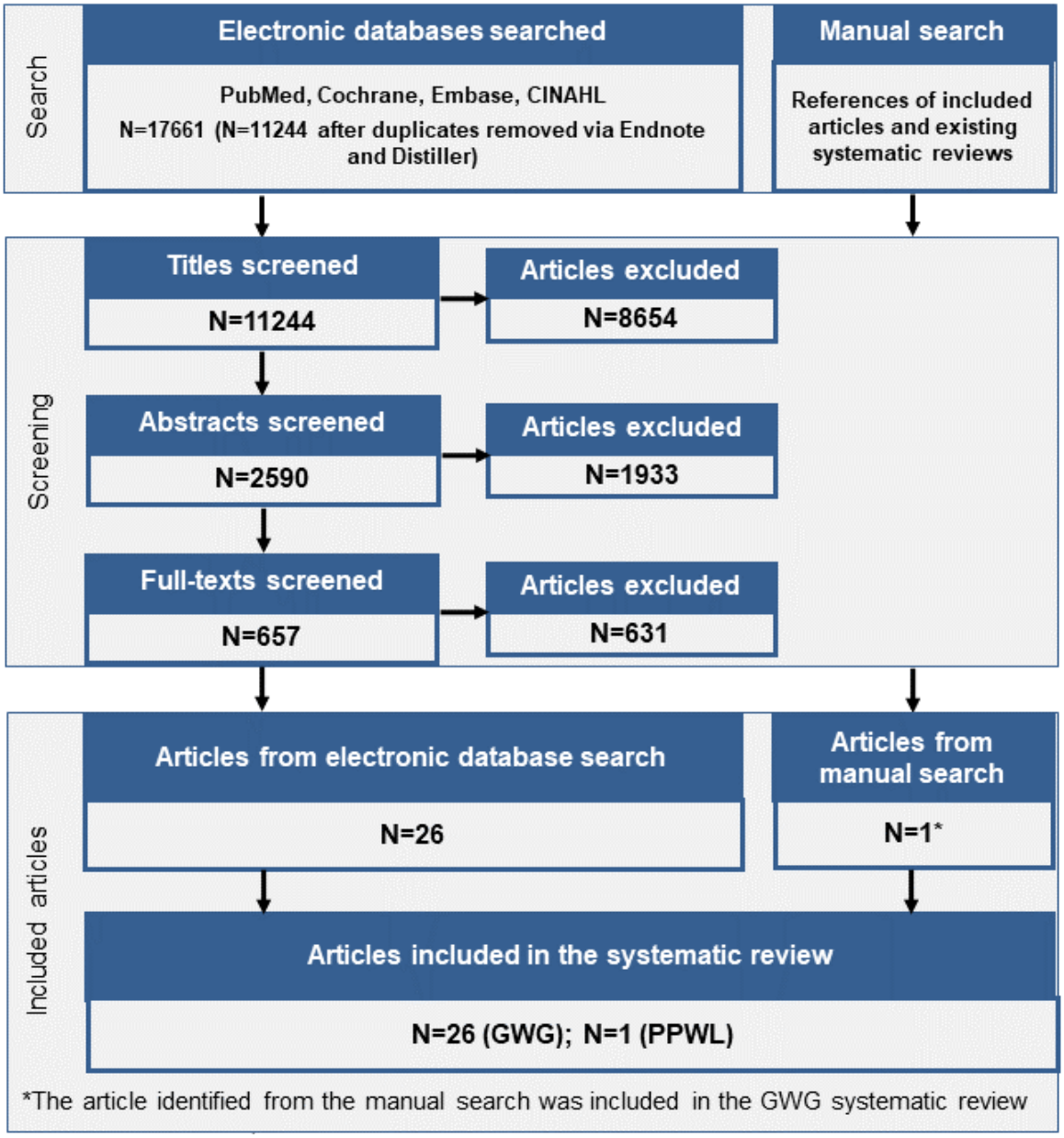
#5 - #4 NOT (MH "Literature Review" OR MH "Meta Analysis" OR MH "Systematic Review" OR MH "News" OR MH "Retracted Publication" OR MH "Retraction of Publication)

Filters: Published Date: 20000101 - 20190626; Update: Published Date: 20000101 - 20191107

LITERATURE SEARCH AND SCREENING RESULTS

The flow chart (**Figure 2**) below illustrates the literature search and screening results for articles examining the systematic review questions on dietary patterns and PPWL, as well as dietary patterns and gestational weight gain (GWG). Articles on dietary patterns and PPWL and dietary patterns and GWG were searched for and screened together. This was done to leverage the overlap in topical areas and to improve efficiency. After the initial electronic database search (January 2000-June 2019), an updated search was conducted to also capture macronutrient distribution articles (January 2000-November 2019). The results of both electronic database searches, after removal of duplicates, were screened independently by two NESR analysts using a step-wise process by reviewing titles, abstracts, and full-texts to determine which articles met the inclusion criteria for each systematic review question depicted in the flow chart. Refer to **Table 4** for the rationale for exclusion for each excluded full-text article. A manual search was done to find articles that were not identified when searching the electronic databases; all manually identified articles are also screened to determine whether they meet criteria for inclusion.

Figure 2: Flow chart of literature search and screening results



Excluded articles

The table below lists the articles excluded after full-text screening for the systematic review questions on dietary patterns during lactation and PPWL and dietary patterns during pregnancy and GWG, and includes columns for the categories of inclusion and exclusion criteria (see Table 3) that studies were excluded based on. At least one reason for exclusion is provided for each article, though this may not reflect all possible reasons for exclusion. Information about articles excluded after title and abstract screening is available upon request.

Table 4. Articles excluded after full text screening with rationale for exclusion

	Citation	Rationale
1.	Aaltonen, J, Ojala, T, Laitinen, K, Poussa, T, Ozanne, S, Isolauri, E. Impact of maternal diet during pregnancy and breastfeeding on infant metabolic programming: a prospective randomized controlled study. Eur J Clin Nutr. 2011. 65:10-9. doi:10.1038/ejcn.2010.225.	Intervention/Exposure; Outcome
2.	Abdel-Aziz, SB, Hegazy, IS, Mohamed, DA, Abu El Kasem, MMA, Hagag, SS. Effect of dietary counseling on preventing excessive weight gain during pregnancy. Public Health. 2018. 154:172-181. doi:10.1016/j.puhe.2017.10.014.	Intervention/Exposure
3.	Abreu, S, Santos, PC, Montenegro, N, Mota, J. Relationship between dairy product intake during pregnancy and neonatal and maternal outcomes among Portuguese women. Obes Res Clin Pract. 2017. 11:276-286. doi:10.1016/j.orcp.2016.07.001.	Intervention/Exposure
4.	Adair, LS, Kuzawa, CW, Borja, J. Maternal energy stores and diet composition during pregnancy program adolescent blood pressure. Circulation. 2001. 104:1034-9. doi:10.1161/hc3401.095037.	Outcome
5.	Adherence to Canada's Food Guide Recommendations during Pregnancy: Nutritional Epidemiology and Public Health. Curr Dev Nutr. 2017. 1:e000356. doi:10.3945/cdn.116.000356.	Outcome
6.	Ainscough, K, Kennelly, MA, O'Sullivan, EJ, Lindsay, KL, Gibney, ER, McCarthy, M, McAuliffe, FM. Impact of a smartphone app supporting a lifestyle intervention in overweight and obese pregnancy on on maternal health and lifestyle outcomes. American journal of obstetrics and gynecology. 2018. 218:S598-S599.	Abstract
7.	Akbari, Z, Mansourian, M, Kelishadi, R. Relationship of the intake of different food groups by pregnant mothers with the birth weight and gestational age: Need for public and individual educational programs. J Educ Health Promot. 2015. 4:23. doi:10.4103/2277-9531.154109.	Intervention/Exposure; Outcome

	Citation	Rationale
8.	Allman, BR, Diaz Fuentes, E, Williams, DK, Turner, DE, Andres, A, Borsheim, E. Obesity Status Affects the Relationship Between Protein Intake and Insulin Sensitivity in Late Pregnancy. Nutrients. 2019. 11. doi:10.3390/nu11092190.	Intervention/Exposure; Outcome
9.	Althuizen, E, van Poppel, MN, Seidell, JC, van Mechelen, W. Correlates of absolute and excessive weight gain during pregnancy. J Womens Health (Larchmt). 2009. 18:1559-66. doi:10.1089/jwh.2008.1275.	Intervention/Exposure
10.	Alves-Santos, NH, Cocate, PG, Benaim, C, Farias, DR, Emmett, PM, Kac, G. Prepregnancy Dietary Patterns and Their Association with Perinatal Outcomes: A Prospective Cohort Study. J Acad Nutr Diet. 2019. doi:10.1016/j.jand.2019.02.016.	Outcome
11.	Alves-Santos, NH, Cocate, PG, Eshriqui, I, Benaim, C, Barros, EG, Emmett, PM, Kac, G. Dietary patterns and their association with adiponectin and leptin concentrations throughout pregnancy: a prospective cohort. Br J Nutr. 2018. 119:320-329. doi:10.1017/s0007114517003580.	Population
12.	Alves-Santos, NH, Eshriqui, I, Franco-Sena, AB, Cocate, PG, Freitas-Vilela, AA, Benaim, C, Vaz Jdos, S, Castro, MB, Kac, G. Dietary intake variations from pre-conception to gestational period according to the degree of industrial processing: A Brazilian cohort. Appetite. 2016. 105:164-71. doi:10.1016/j.appet.2016.05.027.	Intervention/Exposure; Outcome
13.	Amezcua-Prieto, C, Martínez-Galiano, JM, Cano-Ibáñez, N, Olmedo-Requena, R, Bueno-Cavanillas, A, Delgado-Rodríguez, M. Types of carbohydrates intake during pregnancy and frequency of a small for gestational age newborn: A case-control study. Nutrients. 2019. 11. doi:10.3390/nu11030523.	Study Design
14.	Anand, SS, Gupta, M, Teo, KK, Schulze, KM, Desai, D, Abdalla, N, Zulyniak, M, de Souza, R, Wahi, G, Shaikh, M, Beyene, J, de Villa, E, Morrison, K, McDonald, SD, Gerstein, H. Causes and consequences of gestational diabetes in South Asians living in Canada: results from a prospective cohort study. CMAJ Open. 2017. 5:E604-e611. doi:10.9778/cmajo.20170027.	Intervention/Exposure; Outcome
15.	Anleu, E, Reyes, M, Araya, BM, Flores, M, Uauy, R, Garmendia, ML. Effectiveness of an Intervention of Dietary Counseling for Overweight and Obese Pregnant Women in the Consumption of Sugars and Energy. Nutrients. 2019. 11. doi:10.3390/nu11020385.	Intervention/Exposure
16.	Antal, M. Nutritional status of Hungarian pregnant women. Forum Nutr. 2003. 56:229-31.	Intervention/Exposure; Outcome
17.	Antonakou, A, Papoutsis, D, Panou, I, Chiou, A, Matalas, AL. Role of exclusive breastfeeding in energy balance and weight loss during the first six months postpartum. Clin Exp Obstet Gynecol. 2013. 40:485-8.	Intervention/Exposure

	Citation	Rationale
18.	Apolzan, JW, Myers, CA, Cowley, AD, Brady, H, Hsia, DS, Stewart, TM, Redman, LM, Martin, CK. Examination of the reliability and validity of the Mindful Eating Questionnaire in pregnant women. Appetite. 2016. 100:142-51. doi:10.1016/j.appet.2016.02.025.	Intervention/Exposure
19.	Arredondo, A, Torres, C, Orozco, E, Pacheco, S, Huang, F, Zambrano, E, Bolanos-Jimenez, F. Socio-economic indicators, dietary patterns, and physical activity as determinants of maternal obesity in middle-income countries: Evidences from a cohort study in Mexico. Int J Health Plann Manage. 2019. 34:e713-e725. doi:10.1002/hpm.2684.	Outcome
20.	Artal, R, Catanzaro, RB, Gavard, JA, Mostello, DJ, Friganza, JC. A lifestyle intervention of weight-gain restriction: diet and exercise in obese women with gestational diabetes mellitus. Appl Physiol Nutr Metab. 2007. 32:596-601. doi:10.1139/h07-024.	Intervention/Exposure
21.	Arvizu, M, Afeiche, MC, Hansen, S, Halldorsson, TF, Olsen, SF, Chavarro, JE. Fat intake during pregnancy and risk of preeclampsia: a prospective cohort study in Denmark. European Journal of Clinical Nutrition. 2019. 73:1040-1048. doi:10.1038/s41430-018-0290-z.	Outcome
22.	Arvizu, M, Stuart, J, Rich-Edwards, J, Gaskins, A, Rosner, B, Chavarro, J. Adherence to Pre-pregnancy DASH Dietary Pattern and Diet Recommendations from the American Heart Association and the Risk of Preeclampsia (OR35-06-19). Curr Dev Nutr. 2019. 3. doi:10.1093/cdn/nzz048.OR35-06-19.	Abstract
23.	Asbjornsdottir, B, Ronneby, H, Vestgaard, M, Ringholm, L, Nichum, VL, Jensen, DM, Raben, A, Damm, P, Mathiesen, ER. Lower daily carbohydrate consumption than recommended by the Institute of Medicine is common among women with type 2 diabetes in early pregnancy in Denmark. Diabetes Res Clin Pract. 2019. 152:88-95. doi:10.1016/j.diabres.2019.05.012.	Intervention/Exposure; Health Status
24.	Asci, O, Rathfisch, G. Effect of lifestyle interventions of pregnant women on their dietary habits, lifestyle behaviors, and weight gain: a randomized controlled trial. J Health Popul Nutr. 2016. 35:7. doi:10.1186/s41043-016-0044-2.	Intervention/Exposure
25.	Asemi, Z, Samimi, M, Tabassi, Z, Esmaillzadeh, A. The effect of DASH diet on pregnancy outcomes in gestational diabetes: a randomized controlled clinical trial. Eur J Clin Nutr. 2014. 68:490-5. doi:10.1038/ejcn.2013.296.	Health Status
26.	Asemi, Z, Samimi, M, Tabassi, Z, Sabihi, S, Esmaillzadeh, A. A randomized controlled clinical trial investigating the effect of DASH diet on insulin resistance, inflammation, and oxidative stress in gestational diabetes. Nutrition. 2013. 29:619-624. doi:10.1016/j.nut.2012.11.020.	Health Status

	Citation	Rationale
27.	Ashman, AM, Collins, CE, Hure, AJ, Jensen, M, Oldmeadow, C. Maternal diet during early childhood, but not pregnancy, predicts diet quality and fruit and vegetable acceptance in offspring. Matern Child Nutr. 2016. 12:579-90. doi:10.1111/mcn.12151.	Outcome
28.	Ashman, AM, Collins, CE, Weatherall, L, Brown, LJ, Rollo, ME, Clausen, D, Blackwell, CC, Pringle, KG, Attia, J, Smith, R, Lumbers, ER, Rae, KM. A cohort of Indigenous Australian women and their children through pregnancy and beyond: the Gomeroi gaaynggal study. J Dev Orig Health Dis. 2016. 7:357-68. doi:10.1017/s204017441600009x.	Intervention/Exposure
29.	Assaf-Balut, C, de la Torre, NG, Fuentes, M, Durán, A, Bordiú, E, Del Valle, L, Valerio, J, Jiménez, I, Herraiz, MA, Izquierdo, N, Torrejón, MJ, de Miguel, MP, Barabash, A, Cuesta, M, Rubio, MA, Calle-Pascual, AL. A high adherence to six food targets of the mediterranean diet in the late first trimester is associated with a reduction in the risk of materno-foetal outcomes: The st. carlos gestational diabetes mellitus prevention study. Nutrients. 2019. 11. doi:10.3390/nu11010066.	Study Design; Temporality
30.	Assaf-Balut, C, Garcia de la Torre, N, Duran, A, Fuentes, M, Bordiu, E, Del Valle, L, Valerio, J, Familiar, C, Jimenez, I, Herraiz, MA, Izquierdo, N, Torrejon, MJ, Runkle, I, de Miguel, MP, Moraga, I, Montanez, MC, Barabash, A, Cuesta, M, Rubio, MA, Calle-Pascual, AL. Medical nutrition therapy for gestational diabetes mellitus based on Mediterranean Diet principles: a subanalysis of the St Carlos GDM Prevention Study. BMJ Open Diabetes Res Care. 2018. 6:e000550. doi:10.1136/bmjdrc-2018-000550.	Intervention/Exposure; Outcome
31.	Aydin, EK, Ozturk, S. Assessment of the Diets and Weights of Primiparous and Multiparous Pregnant Women in the Last Trimester. International Journal of Caring Sciences. 2016. 9:1033-1039.	Study Design; Intervention/Exposure
32.	Babaei, M, Banaem, LM. Nutritional status of pregnant women and urine calcium-to-creatinine ratio during 24th-28th weeks of pregnancy and their relationship with the incidence of hypertensive disorders during pregnancy. Journal of Kermanshah University of Medical Sciences. 2018. 22. doi:10.5812/jkums.69638.	Outcome
33.	Badon, SE, Miller, RS, Qiu, C, Sorensen, TK, Williams, MA, Enquobahrie, DA. Maternal healthy lifestyle during early pregnancy and offspring birthweight: differences by offspring sex. J Matern Fetal Neonatal Med. 2018. 31:1111-1117. doi:10.1080/14767058.2017.1309383.	Outcome; Comparator
34.	Bao, W, Bowers, K, Tobias, DK, Olsen, SF, Chavarro, J, Vaag, A, Kiely, M, Zhang, C. Prepregnancy low-carbohydrate dietary pattern and risk of gestational diabetes mellitus: a prospective cohort study. Am J Clin Nutr. 2014. 99:1378-84. doi:10.3945/ajcn.113.082966.	Outcome

	Citation	Rationale
35.	Bao, W. Comment on Koivusalo et al. Gestational diabetes mellitus can be prevented by lifestyle intervention: the finnish gestational diabetes prevention study (RADIEL): a randomized controlled Trial. Diabetes Care 2016; 39: 24-30. Diabetes Care. 39 (8) (pp e125), 2016. doi:10.2337/dc16-0665.	Study Design
36.	Bao, W, Tobias, DK, Hu, FB, Chavarro, J, Zhang, C. Pre-pregnancy potato consumption and risk of gestational diabetes mellitus. BMJ: British Medical Journal. 2016. 352:h6898-h6898.	Outcome
37.	Barbieri, MA, Portella, AK, Silveira, PP, Bettiol, H, Agranonik, M, Silva, AA, Goldani, MZ. Severe intrauterine growth restriction is associated with higher spontaneous carbohydrate intake in young women. Pediatr Res. 2009. 65:215-20. doi:10.1203/PDR.0b013e31818d6850.	Study Design; Outcome
38.	Barebring, L, Brembeck, P, Lof, M, Brekke, HK, Winkvist, A, Augustin, H. Food intake and gestational weight gain in Swedish women. Springerplus. 2016. 5:377. doi:10.1186/s40064-016-2015-x.	Study Design; Intervention/Exposure
39.	Barnes, RA, Edghill, N, Mackenzie, J, Holters, G, Ross, GP, Jalaludin, BB, Flack, JR. Predictors of large and small for gestational age birthweight in offspring of women with gestational diabetes mellitus. Diabetic Medicine. 2013. 30:1040-1046. doi:10.1111/dme.12207.	Intervention/Exposure; Outcome
40.	Bawadi, HA, Al-Kuran, O, Al-Bastoni, LA, Tayyem, RF, Jaradat, A, Tuuri, G, Al-Beitawi, SN, Al-Mehaisen, LM. Gestational nutrition improves outcomes of vaginal deliveries in Jordan: an epidemiologic screening. Nutr Res. 2010. 30:110-7. doi:10.1016/j.nutres.2010.01.005.	Intervention/Exposure; Comparator
41.	Baykan, A, Yalcin, SS, Yurdakok, K. Does maternal iron supplementation during the lactation period affect iron status of exclusively breast-fed infants? Turk J Pediatr. 2006. 48:301-7.	Outcome
42.	Beardsall, A, Perreault, M, Farncombe, T, Vanniyasingam, T, Thabane, L, Teo, KK, Atkinson, SA. Maternal and child factors associated with bone length traits in children at 3years of age. Bone. 2019. 127:1-8. doi:10.1016/j.bone.2019.05.025.	Intervention/Exposure; Outcome
43.	Bechtel-Blackwell, DA. Computer-assisted self-interview and nutrition education in pregnant teens. Clin Nurs Res. 2002. 11:450-62. doi:10.1177/105477302237456.	Intervention/Exposure
44.	Belan, M, Carranza-Mamane, B, AinMelk, Y, Pesant, MH, Duval, K, Jean-Denis, F, Langlois, MF, Lavoie, H, Waddell, G, Baillargeon, JP. A lifestyle intervention targeting women with obesity and infertility improves their fertility outcomes, especially in women with PCOS: a randomized controlled trial. Fertility and sterility. 2019. 112:e40-. doi:10.1016/j.fertnstert.2019.07.234.	Conference abstract

	Citation	Rationale
45.	Ben Naftali, Y, Chermesh, I, Solt, I, Friedrich, Y, Lowenstein, L. Achieving the Recommended Gestational Weight Gain in High-Risk Versus Low-Risk Pregnancies. Isr Med Assoc J. 2018. 20:411-414.	Intervention/Exposure
46.	Benaim, C, Freitas-Vilela, AA, Pinto, TJP, Lepsch, J, Farias, DR, Dos Santos Vaz, J, El-Bacha, T, Kac, G. Early pregnancy body mass index modifies the association of pre-pregnancy dietary patterns with serum polyunsaturated fatty acid concentrations throughout pregnancy in Brazilian women. Matern Child Nutr. 2018. 14. doi:10.1111/mcn.12480.	Intervention/Exposure; Outcome
47.	Bennett, WL, Liu, SH, Yeh, HC, Nicholson, WK, Gunderson, EP, Lewis, CE, Clark, JM. Changes in weight and health behaviors after pregnancies complicated by gestational diabetes mellitus: the CARDIA study. Obesity (Silver Spring). 2013. 21:1269-75. doi:10.1002/oby.20133.	Intervention/Exposure; Diet measured (well) before pregnancy
48.	Berkey, CS, Tamimi, RM, Willett, WC, Rosner, B, Hickey, M, Toriola, AT, Lindsay Frazier, A, Colditz, GA. Dietary intake from birth through adolescence in relation to risk of benign breast disease in young women. Breast Cancer Res Treat. 2019. doi:10.1007/s10549-019-05323-8.	Population; Outcome
49.	Bertolotto, A, Volpe, L, Calianno, A, Pugliese, MC, Lencioni, C, Resi, V, Ghio, A, Corfini, M, Benzi, L, Del Prato, S, Di Cianni, G. Physical activity and dietary habits during pregnancy: effects on glucose tolerance. J Matern Fetal Neonatal Med. 2010. 23:1310-4. doi:10.3109/14767051003678150.	Intervention/Exposure; No association between diet and GWG examined
50.	Bertz, F, Winkvist, A, Brekke, HK. Sustainable weight loss among overweight and obese lactating women is achieved with an energy-reduced diet in line with dietary recommendations: results from the LEVA randomized controlled trial. J Acad Nutr Diet. 2015. 115:78-86. doi:10.1016/j.jand.2014.05.017.	Outcome
51.	Black, MM, Papas, MA, Bentley, ME, Cureton, P, Saunders, A, Le, K, Anliker, J, Robinson, N. Overweight adolescent African-American mothers gain weight in spite of intentions to lose weight. J Am Diet Assoc. 2006. 106:80-7. doi:10.1016/j.jada.2005.09.049.	Population
52.	Blumfield, ML, Hure, AJ, MacDonald-Wicks, LK, Smith, R, Simpson, SJ, Giles, WB, Raubenheimer, D, Collins, CE. Dietary balance during pregnancy is associated with fetal adiposity and fat distribution. Am J Clin Nutr. 2012. 96:1032-41. doi:10.3945/ajcn.111.033241.	Outcome; Comparator
53.	Blumfield, ML, Schreurs, M, Rollo, ME, MacDonald-Wicks, LK, Kokavec, A, Collins, CE. The association between portion size, nutrient intake and gestational weight gain: a secondary analysis in the WATCH study 2006/7. J Hum Nutr Diet. 2016. 29:271-80. doi:10.1111/jhn.12330.	Intervention/Exposure; Outcome

	Citation	Rationale
54.	Bo, S, Menato, G, Lezo, A, Signorile, A, Bardelli, C, De Michieli, F, Massobrio, M, Pagano, G. Dietary fat and gestational hyperglycaemia. Diabetologia. 2001. 44:972-8. doi:10.1007/s001250100590.	Intervention/Exposure; Outcome
55.	Bobinski, R, Mikulska, M, Mojska, H, Ulman-Wodarz, I, Sodowska, P. Assessment of the diet components of pregnant women as predictors of risk of preterm birth and born baby with low birth weight. Ginekol Pol. 2015. 86:292-9.	Intervention/Exposure; Outcome
56.	Boghossian, NS, Yeung, EH, Lipsky, LM, Poon, AK, Albert, PS. Dietary patterns in association with postpartum weight retention. Am J Clin Nutr. 2013. 97:1338-45. doi:10.3945/ajcn.112.048702.	Population
57.	Bonakdar, SA, Dorosty Motlagh, AR, Baghernіya, M, Ranjbar, G, Daryabeygi-Khotbehsara, R, Mohajeri, SAR, Safarian, M. Pre-pregnancy Body Mass Index and Maternal Nutrition in Relation to Infant Birth Size. Clin Nutr Res. 2019. 8:129-137. doi:10.7762/cnr.2019.8.2.129.	Study Design; Outcome
58.	Bouwland-Both, MI, Steegers-Theunissen, RP, Vujkovic, M, Lesaffre, EM, Mook-Kanamori, DO, Hofman, A, Lindemans, J, Russcher, H, Jaddoe, VW, Steegers, EA. A periconceptional energy-rich dietary pattern is associated with early fetal growth: the Generation R study. Bjog. 2013. 120:435-45. doi:10.1111/1471-0528.12086.	Outcome
59.	Brandhagen, M, Lissner, L, Brantsaeter, AL, Meltzer, HM, Haggkvist, AP, Haugen, M, Winkvist, A. Breast-feeding in relation to weight retention up to 36 months postpartum in the Norwegian Mother and Child Cohort Study: modification by socio-economic status? Public Health Nutr. 2014. 17:1514-23. doi:10.1017/s1368980013001869.	Intervention/Exposure
60.	Brantsæter, AL, Haugen, M, Myhre, R, Sengpiel, V, Englund-Ögge, L, Nilsen, RM, Borgen, I, Duarte-Salles, T, Papadopoulou, E, Vejrup, K, Von Ruesten, A, Hillesund, ER, Birgisdottir, BE, Magnus, P, Trogstad, L, Jacobsson, B, Bacelis, J, Myking, S, Knutsen, HK, Kvalem, HE, Alexander, J, Mendez, M, Meltzer, HM. Diet matters, particularly in pregnancy – Results from MoBa studies of maternal diet and pregnancy outcomes. Norsk Epidemiologi. 2014. 24:63-77.	Study Design
61.	Brekke, HK, Bertz, F, Rasmussen, KM, Bosaeus, I, Ellegård, L, Winkvist, A. Diet and exercise interventions among overweight and obese lactating women: Randomized trial of effects on cardiovascular risk factors. PLoS ONE. 2014. 9. doi:10.1371/journal.pone.0088250.	Outcome
62.	Briley, C, Flanagan, NL, Lewis, NM. In-home prenatal nutrition intervention increased dietary iron intakes and reduced low birthweight in low-income African-American women. Journal of the American Dietetic Association. 2002. 102:984-987.	Intervention/Exposure

	Citation	Rationale
63.	Broekhuizen, K, Simmons, D, Devlieger, R, van Assche, A, Jans, G, Galjaard, S, Corcoy, R, Adelantado, JM, Dunne, F, Desoye, G, Harreiter, J, Kautzky-Willer, A, Damm, P, Mathiesen, ER, Jensen, DM, Andersen, LL, Lapolla, A, Dalfra, MG, Bertolotto, A, Wender-Ozegowska, E, Zawiejska, A, Hill, D, Snoek, FJ, Jelsma, JGM, Bosmans, JE, van Poppel, MNM, van Dongen, JM. Cost-effectiveness of healthy eating and/or physical activity promotion in pregnant women at increased risk of gestational diabetes mellitus: economic evaluation alongside the DALI study, a European multicenter randomized controlled trial. Int J Behav Nutr Phys Act. 2018. 15:23. doi:10.1186/s12966-018-0643-y.	Intervention/Exposure; Outcome
64.	Brustman, LE, Langer, O, Bimson, B, Scarpelli, S, El Daouk, M. Weight gain in gestational diabetes: the effect of treatment modality. J Matern Fetal Neonatal Med. 2016. 29:1025-9. doi:10.3109/14767058.2015.1034101.	Intervention/Exposure; Comparator
65.	Buckingham-Schutt, LM, Ellingson, LD, Vazou, S, Campbell, CG. The Behavioral Wellness in Pregnancy study: a randomized controlled trial of a multi-component intervention to promote appropriate weight gain. The American journal of clinical nutrition. 2019. 109:1071-1079. doi:10.1093/ajcn/nqy359.	Intervention/Exposure; Outcome
66.	Buhling, KJ, Elsner, E, Wolf, C, Harder, T, Engel, B, Wascher, C, Siebert, G, Dudenhausen, JW. No influence of high- and low-carbohydrate diet on the oral glucose tolerance test in pregnancy. Clin Biochem. 2004. 37:323-7. doi:10.1016/j.clinbiochem.2003.11.008.	Outcome
67.	Bzikowska-Jura, A, Czerwonogrodzka-Senczyna, A, Oledzka, G, Szostak-Wegierek, D, Weker, H, Wesolowska, A. Maternal Nutrition and Body Composition During Breastfeeding: Association with Human Milk Composition. Nutrients. 2018. 10. doi:10.3390/nu10101379.	Intervention/Exposure
68.	Cahill, JM, Freeland-Graves, JH, Shah, BS, Lu, H, Pepper, MR. Determinants of weight loss after an intervention in low-income women in early postpartum. J Am Coll Nutr. 2012. 31:133-43.	Population
69.	Caire-Juvera, G, Casanueva, E, Bolanos-Villar, AV, de Regil, LM, Calderon de la Barca, AM. No changes in weight and body fat in lactating adolescent and adult women from Mexico. Am J Hum Biol. 2012. 24:425-31. doi:10.1002/ajhb.22234.	Intervention/Exposure
70.	Cano Ibanez, N, Martinez Galiano, JM, Amezcua Prieto, C, Olmedo Requena, R, Bueno Cavanillas, A, Delgado Rodriguez, M. Meat and meat products intake in pregnancy and risk of small for gestational age infants. A case-control study. Nutr Hosp. 2019. 36:405-411. doi:10.20960/nh.2366.	Study Design

	Citation	Rationale
71.	Cao, LL, Yan, CH, Yu, XD, Tian, Y, Zhao, L, Liu, JX, Shen, XM. Relationship between serum concentrations of polychlorinated biphenyls and organochlorine pesticides and dietary habits of pregnant women in Shanghai. Sci Total Environ. 2011. 409:2997-3002. doi:10.1016/j.scitotenv.2011.04.040.	Outcome
72.	Carmichael, SL, Ma, C, Feldkamp, ML, Shaw, GM. Comparing Usual Dietary Intakes Among Subgroups of Mothers in the Year Before Pregnancy. Public Health Rep. 2019. 134:155-163. doi:10.1177/0033354918821078.	Study Design; Outcome
73.	Carmichael, SL, Yang, W, Gilboa, S, Ailes, E, Correa, A, Botto, LD, Feldkamp, ML, Shaw, GM. Elevated body mass index and decreased diet quality among women and risk of birth defects in their offspring. Birth Defects Res A Clin Mol Teratol. 2016. 106:164-71. doi:10.1002/bdra.23471.	Study Design; Outcome
74.	Castro, MB, Kac, G, Sichieri, R. Assessment of protein intake during pregnancy using a food frequency questionnaire and the effect on postpartum body weight variation. Cad Saude Publica. 2010. 26:2112-20.	Intervention/Exposure; Country
75.	Castro, MBT, Cunha, DB, Araujo, MC, Bezerra, IN, Adegboye, ARA, Kac, G, Sichieri, R. High protein diet promotes body weight loss among Brazilian postpartum women. Matern Child Nutr. 2018. :e12746. doi:10.1111/mcn.12746.	Population
76.	Castro, PS, de Castro, MBT, Kac, G. Adherence to dietary recommendations by the Institute of Medicine and the effect on body weight during pregnancy. Cadernos de Saude Publica. 2013. 29:1311-1321. doi:10.1590/S0102-311X2013000700006.	Not English
77.	Centofanti, SF, Francisco, RPV, Phillippi, ST, Galletta, MAK, Sousa, AMS, Rodrigues, AS, Curi, R, Brizot, ML. Maternal nutrient intake and fetal gastroschisis: A case-control study. Am J Med Genet A. 2019. doi:10.1002/ajmg.a.61265.	Study Design
78.	Chan, GM, McElligott, K, McNaught, T, Gill, G. Effects of dietary calcium intervention on adolescent mothers and newborns: a randomized controlled trial. Obstetrics and gynecology. 2006. 108:565-571. doi:10.1097/01.AOG.0000231721.42823.9e.	Intervention/Exposure; Association btw macronutrient proportion and GWG not analyzed
79.	Chan, KK, Ho, LF, Lao, TT. Nutritional intake and placental size in gestational diabetic pregnancies--a preliminary observation. Placenta. 2003. 24:985-8.	Outcome
80.	Chandler-Laney, PC, Schneider, CR, Gower, BA, Granger, WM, Mancuso, MS, Biggio, JR. Association of late-night carbohydrate intake with glucose tolerance among pregnant African American women. Matern Child Nutr. 2016. 12:688-98. doi:10.1111/mcn.12181.	Outcome; Comparator
81.	Chang, MW, Brown, R, Nitzke, S. Fast Food Intake in Relation to Employment Status, Stress, Depression, and Dietary Behaviors in Low-Income Overweight and Obese Pregnant Women. Matern Child Health J. 2016. 20:1506-17. doi:10.1007/s10995-016-1949-5.	Intervention/Exposure

	Citation	Rationale
82.	Chang, MW, Nitzke, S, Brown, R. Design and outcomes of a Mothers In Motion behavioral intervention pilot study. J Nutr Educ Behav. 2010. 42:S11-21. doi:10.1016/j.jneb.2010.01.010.	Intervention/Exposure; Population
83.	Chang, MW, Schaffir, J, Brown, R, Wegener, DT. Mediation by self-efficacy in the relation between social support and dietary intake in low-income postpartum women who were overweight or obese. Appetite. 2019. 140:248-254. doi:10.1016/j.appet.2019.05.031.	Intervention/Exposure
84.	Chang, MW, Tan, A, Schaffir, J. Relationships between stress, demographics and dietary intake behaviours among low-income pregnant women with overweight or obesity. Public Health Nutr. 2019. 22:1066-1074. doi:10.1017/s1368980018003385.	Study Design; Outcome
85.	Charo, L, Lacoursiere, DY. Introduction: obesity and lifestyle issues in women. Clin Obstet Gynecol. 2014. 57:433-45. doi:10.1097/grf.0000000000000040.	Study Design; Diet assessed at same time as final weight
86.	Chatzi, Leda, Garcia, Raquel, Roumeliotaki, Theano, Basterrechea, Mikel, Begiristain, Haizea, Iñiguez, Carmen, Vioque, Jesus, Kogevinas, Manolis, Sunyer, Jordi. Mediterranean diet adherence during pregnancy and risk of wheeze and eczema in the first year of life: INMA (Spain) and RHEA (Greece) mother–child cohort studies. British Journal of Nutrition. 2013. 110:2058-2068. doi:10.1017/S0007114513001426.	Outcome
87.	Chen, GW, Ding, WH, Ku, HY, Chao, HR, Chen, HY, Huang, MC, Wang, SL. Alkylphenols in human milk and their relations to dietary habits in central Taiwan. Food Chem Toxicol. 2010. 48:1939-44. doi:10.1016/j.fct.2010.04.038.	Outcome
88.	Chen, H, Wang, P, Han, Y, Ma, J, Troy, FA, 2nd, Wang, B. Evaluation of dietary intake of lactating women in China and its potential impact on the health of mothers and infants. BMC Womens Health. 2012. 12:18. doi:10.1186/1472-6874-12-18.	Outcome; Comparator
89.	Chen, LW, Aris, IM, Bernard, JY, Tint, MT, Chia, A, Colega, M, Gluckman, PD, Shek, LP, Saw, SM, Chong, YS, Yap, F, Godfrey, KM, van Dam, RM, Chong, MF, Lee, YS. Associations of Maternal Dietary Patterns during Pregnancy with Offspring Adiposity from Birth Until 54 Months of Age. Nutrients. 2016. 9. doi:10.3390/nu9010002.	Study Design
90.	Chen, LW, Murrin, CM, Mehegan, J, Kelleher, CC, Phillips, CM. Maternal, but not paternal or grandparental, caffeine intake is associated with childhood obesity and adiposity: The Lifeways Cross-Generation Cohort Study. Am J Clin Nutr. 2019. 109:1648-1655. doi:10.1093/ajcn/nqz019.	Intervention/Exposure
91.	Chen, LW, Navarro, P, Murrin, CM, Mehegan, J, Kelleher, CC, Phillips, CM. Maternal Dietary Glycemic and Insulinemic Indexes Are Not Associated with Birth Outcomes or Childhood Adiposity at 5 Years of Age in an Irish Cohort Study. J Nutr. 2019. 149:1037-1046. doi:10.1093/jn/nxz025.	Outcome

	Citation	Rationale
92.	Chen, LW, Tint, MT, Fortier, MV, Aris, IM, Bernard, JY, Colega, M, Gluckman, PD, Saw, SM, Chong, YS, Yap, F, Godfrey, KM, Kramer, MS, van Dam, RM, Chong, MFF, Lee, YS. Maternal macronutrient intake during pregnancy is associated with neonatal abdominal adiposity: The growing up in singapore towards healthy outcomes (GUSTO) study. Journal of Nutrition. 2016. 146:1571-1579. doi:10.3945/jn.116.230730.	Study Design; Outcome
93.	Chen, Q, Feng, Y, Yang, H, Wu, W, Zhang, P, Wang, K, Wang, Y, Ko, J, Shen, J, Guo, L, Zhao, F, Du, W, Ru, S, Wang, S, Zhang, Y. A Vitamin Pattern Diet Is Associated with Decreased Risk of Gestational Diabetes Mellitus in Chinese Women: Results from a Case Control Study in Taiyuan, China. J Diabetes Res. 2019. 2019:5232308. doi:10.1155/2019/5232308.	Study Design; Intervention/Exposure
94.	Chen, X, Scholl, TO, Leskiw, M, Savaille, J, Stein, TP. Differences in maternal circulating fatty acid composition and dietary fat intake in women with gestational diabetes mellitus or mild gestational hyperglycemia. Diabetes Care. 2010. 33:2049-54. doi:10.2337/dc10-0693.	Outcome; Comparator
95.	Cheng, YW, Chung, JH, Kurbisch-Block, I, Inturrisi, M, Shafer, S, Caughey, AB. Gestational weight gain and gestational diabetes mellitus: perinatal outcomes. Obstetrics & Gynecology. 2008. 112:1015-1022.	Intervention/Exposure
96.	Chia, AR, de Seymour, JV, Colega, M, Chen, LW, Chan, YH, Aris, IM, Tint, MT, Quah, PL, Godfrey, KM, Yap, F, Saw, SM, Baker, PN, Chong, YS, van Dam, RM, Lee, YS, Chong, MF. A vegetable, fruit, and white rice dietary pattern during pregnancy is associated with a lower risk of preterm birth and larger birth size in a multiethnic Asian cohort: the Growing Up in Singapore Towards healthy Outcomes (GUSTO) cohort study. Am J Clin Nutr. 2016. 104:1416-1423. doi:10.3945/ajcn.116.133892.	Study Design
97.	Chia, AR, Tint, MT, Han, CY, Chen, LW, Colega, M, Aris, IM, Chua, MC, Tan, KH, Yap, F, Shek, LP, Chong, YS, Godfrey, KM, Fortier, MV, Lee, YS, Chong, MF. Adherence to a healthy eating index for pregnant women is associated with lower neonatal adiposity in a multiethnic Asian cohort: the Growing Up in Singapore Towards healthy Outcomes (GUSTO) Study. Am J Clin Nutr. 2018. 107:71-79. doi:10.1093/ajcn/nqx003.	Outcome; Temporality
98.	Chiu, YH, Williams, PL, Gillman, MW, Hauser, R, Rifas-Shiman, SL, Bellavia, A, Fleisch, AF, Oken, E, Chavarro, JE. Maternal intake of pesticide residues from fruits and vegetables in relation to fetal growth. Environ Int. 2018. 119:421-428. doi:10.1016/j.envint.2018.07.014.	Intervention/Exposure; Outcome
99.	Chong, MF, Chia, AR, Colega, M, Tint, MT, Aris, IM, Chong, YS, Gluckman, P, Godfrey, KM, Kwek, K, Saw, SM, Yap, F, van Dam, RM, Lee, YS. Maternal Protein Intake during Pregnancy Is Not Associated with Offspring Birth Weight in a Multiethnic Asian Population. J Nutr. 2015. 145:1303-10. doi:10.3945/jn.114.205948.	Intervention/Exposure; Outcome

	Citation	Rationale
100	Chortatos, A, Haugen, M, Iversen, PO, Vikanes, A, Magnus, P, Veierod, MB. Nausea and vomiting in pregnancy: associations with maternal gestational diet and lifestyle factors in the Norwegian Mother and Child Cohort Study. Bjog. 2013. 120:1642-53. doi:10.1111/1471-0528.12406.	Intervention/Exposure; Outcome
101	Clerget-Froidevaux, MS, Sachs, LM. High-fat diet and pregnancy: Are you ready to take risks for your offspring? Endocrinology. 2017. 158:2716-2718. doi:10.1210/en.2017-00611.	Study Design
102	Coathup, V, Northstone, K, Izadi, H, Wheeler, S, Smith, L. Do Maternal Dietary Antioxidants Modify the Relationship Between Binge Drinking and Small for Gestational Age? Findings from a Longitudinal Cohort Study. Alcoholism: Clinical and Experimental Research. 2018. 42:2196-2204. doi:10.1111/acer.13864.	Outcome
103	Coelho Nde, L, Cunha, DB, Esteves, AP, Lacerda, EM, Theme Filha, MM. Dietary patterns in pregnancy and birth weight. Rev Saude Publica. 2015. 49:62. doi:10.1590/s0034-8910.2015049005403.	No association with GWG as dependent variable
104	Cohen, TR, Koski, KG. Limiting excess weight gain in healthy pregnant women: importance of energy intakes, physical activity, and adherence to gestational weight gain guidelines. J Pregnancy. 2013. 2013:787032. doi:10.1155/2013/787032.	Intervention/Exposure
105	Cohen, TR, Plourde, H, Koski, KG. Are Canadian women achieving a fit pregnancy? A pilot study. Can J Public Health. 2010. 101:87-91.	Intervention/Exposure
106	Colatrella, A, Framarino, M, Toscano, V, Bongiovanni, M, Festa, C, Mattei, L, Merola, G, Bitterman, O, Maravalle, M, Napoli, A. Continuous glucose monitoring during breastfeeding in women with recent gestational diabetes mellitus. Diabetes Technol Ther. 2012. 14:576-82. doi:10.1089/dia.2011.0266.	Intervention/Exposure; Outcome
107	Colleran, HL, Lovelady, CA. Use of MyPyramid Menu Planner for Moms in a weight-loss intervention during lactation. J Acad Nutr Diet. 2012. 112:553-8. doi:10.1016/j.jand.2011.12.004.	Intervention/Exposure; Outcome
108	Collins, CT, Chua, MC, Rajadurai, VS, McPhee, AJ, Miller, LN, Gibson, RA, Makrides, M. Higher protein and energy intake is associated with increased weight gain in pre-term infants. J Paediatr Child Health. 2010. 46:96-102. doi:10.1111/j.1440-1754.2009.01645.x.	Population; Outcome
109	Colon-Ramos, U, Racette, SB, Ganiban, J, Nguyen, TG, Kocak, M, Carroll, KN, Volgyi, E, Tylavsky, FA. Association between dietary patterns during pregnancy and birth size measures in a diverse population in Southern US. Nutrients. 2015. 7:1318-32. doi:10.3390/nu7021318.	Outcome; Association btw DP and GWG not analyzed

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110	Conway, MC, Mulhern, MS, McSorley, EM, van Wijngaarden, E, Strain, JJ, Myers, GJ, Davidson, PW, Shamlaye, CF, Yeates, AJ. Dietary determinants of polyunsaturated fatty acid (PUFA) status in a high fish-eating cohort during pregnancy. Nutrients. 2018. 10. doi:10.3390/nu10070927.	Outcome
111	Cormick, G, Betran, AP, Harbron, J, Dannemann Purnat, T, Parker, C, Hall, D, Seuc, AH, Roberts, JM, Belizan, JM, Hofmeyr, GJ. Are women with history of pre-eclampsia starting a new pregnancy in good nutritional status in South Africa and Zimbabwe? BMC Pregnancy Childbirth. 2018. 18:236. doi:10.1186/s12884-018-1885-z.	Intervention/Exposure; Comparator
112	Courtney, A, O'Brien, E, McAuliffe, F. The DASH (Dietary Approaches to Stop Hypertension) dietary pattern and blood pressure in pregnancy. BJOG. 2019. 126:42-. doi:10.1111/1471-0528.15633.	Abstract
113	Courville, AB, Harel, O, Lammi-Keefe, CJ. Consumption of a DHA-containing functional food during pregnancy is associated with lower infant ponderal index and cord plasma insulin concentration. Br J Nutr. 2011. 106:208-12. doi:10.1017/s0007114511000961.	Outcome
114	Crume, TL, Brinton, JT, Shapiro, A, Kaar, J, Glueck, DH, Siega-Riz, AM, Dabelea, D. Maternal dietary intake during pregnancy and offspring body composition: The Healthy Start Study. Am J Obstet Gynecol. 2016. 215:609.e1-609.e8. doi:10.1016/j.ajog.2016.06.035.	Intervention/Exposure; Outcome
115	Cuco, G, Arija, V, Iranzo, R, Vila, J, Prieto, MT, Fernandez-Ballart, J. Association of maternal protein intake before conception and throughout pregnancy with birth weight. Acta Obstet Gynecol Scand. 2006. 85:413-21. doi:10.1080/00016340600572228.	Outcome
116	Cuco, G, Fernandez-Ballart, J, Sala, J, Viladrich, C, Iranzo, R, Vila, J, Arija, V. Dietary patterns and associated lifestyles in preconception, pregnancy and postpartum. Eur J Clin Nutr. 2006. 60:364-71. doi:10.1038/sj.ejcn.1602324.	Outcome; Comparator
117	Cunha, MPL, Marques, RC, Dorea, JG. Influence of Maternal Fish Intake on the Anthropometric Indices of Children in the Western Amazon. Nutrients. 2018. 10. doi:10.3390/nu10091146.	Intervention/Exposure; Outcome
118	D. Association of food choices during pregnancy with gestational diabetes mellitus. Clinical Diabetology. 2017. 6:131-135. doi:10.5603/DK.2017.0022.	Study Design; Intervention/Exposure
119	Dammann, KW, Smith, C. Factors affecting low-income women's food choices and the perceived impact of dietary intake and socioeconomic status on their health and weight. Journal of Nutrition Education & Behavior. 2009. 41:242-253. doi:10.1016/j.jneb.2008.07.003.	Intervention/Exposure; Population
120	Daundasekara, SS, Beasley, AD, O'Connor, DP, Sampson, M, Hernandez, D, Ledoux, T. Validation of the intuitive Eating Scale for pregnant women. Appetite. 2017. 112:201-209. doi:10.1016/j.appet.2017.02.001.	Intervention/Exposure

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121	Davis, JN, Shearrer, GE, Tao, W, Hurston, SR, Gunderson, EP. Dietary variables associated with substantial postpartum weight retention at 1-year among women with GDM pregnancy. BMC Obes. 2017. 4:31. doi:10.1186/s40608-017-0166-0.	Intervention/Exposure
122	de Castro, MB, Freitas Vilela, AA, de Oliveira, AS, Cabral, M, de Souza, RA, Kac, G, Sichieri, R. Sociodemographic characteristics determine dietary pattern adherence during pregnancy. Public Health Nutr. 2016. 19:1245-51. doi:10.1017/s1368980015002700.	Study Design
123	de Castro, MB, Kac, G, de Leon, AP, Sichieri, R. High-protein diet promotes a moderate postpartum weight loss in a prospective cohort of Brazilian women. Nutrition. 2009. 25:1120-8. doi:10.1016/j.nut.2009.02.006.	Intervention/Exposure; Population
124	de Castro, MB, Sichieri, R, Barbosa Brito Fdos, S, Nascimento, S, Kac, G. Mixed dietary pattern is associated with a slower decline of body weight change during postpartum in a cohort of Brazilian women. Nutr Hosp. 2014. 29:519-25. doi:10.3305/nh.2014.29.3.7155.	Population; Country
125	De Jersey, SusanJ, Ross, LyndaJ, Himstedt, Kellie, McIntyre, David H, Callaway, LeonieK. Weight gain and nutritional intake in obese pregnant women: Some clues for intervention. Nutrition & Dietetics. 2011. 68:53-59. doi:10.1111/j.1747-0080.2010.01470.x.	Comparator
126	de la Torre, NG, Assaf-Balut, C, Jimenez Varas, I, Del Valle, L, Duran, A, Fuentes, M, Del Prado, N, Bordiu, E, Valerio, JJ, Herraiz, MA, Izquierdo, N, Torrejon, MJ, Cuadrado, MA, de Miguel, P, Familiar, C, Runkle, I, Barabash, A, Rubio, MA, Calle-Pascual, AL. Effectiveness of Following Mediterranean Diet Recommendations in the Real World in the Incidence of Gestational Diabetes Mellitus (GDM) and Adverse Maternal-Foetal Outcomes: A Prospective, Universal, Interventional Study with a Single Group. The St Carlos Study. Nutrients. 2019. 11. doi:10.3390/nu11061210.	Study Design; Intervention/Exposure
127	Deierlein, AL, Siega-Riz, AM, Herring, A. Dietary energy density but not glycemic load is associated with gestational weight gain. Am J Clin Nutr. 2008. 88:693-9. doi:10.1093/ajcn/88.3.693.	Intervention/Exposure
128	Del Prado, M, Villalpando, S, Lance, A, Alfonso, E, Demmelmair, H, Koletzko, B. Contribution of dietary and newly formed arachidonic acid to milk secretion in women on low fat diets. Adv Exp Med Biol. 2000. 478:407-8. doi:10.1007/0-306-46830-1_50.	Book chapter
129	Della Libera, B, Ribeiro Baiao, M, de Souza Santos, MM, Padilha, P, Dutra Alves, P, Saunders, C. Adherence of pregnant women to dietary counseling and adequacy of total gestational weight gain. Nutr Hosp. 2011. 26:79-85.	Study Design; Intervention/Exposure
130	Denguezli, W, Faleh, R, Fessi, A, Yassine, A, Hajjaji, A, Laajili, H, Sakouhi, M. Risk factors of fetal macrosomia: role of maternal nutrition. Tunis Med. 2009. 87:564-8.	Outcome; Country

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131	Deniz Ç, D, Özler, S, Sayın, FK, Eryılmaz, MA. Associations between night eating syndrome and metabolic parameters in pregnant women. Turk Jinekoloji ve Obstetrik Dernegi Dergisi. 2019. 16:107-111. doi:10.4274/tjod.galenos.2019.77864.	Study Design; Outcome
132	Derbyshire, E, Davies, J, Costarelli, V, Dettmar, P. Prepregnancy body mass index and dietary intake in the first trimester of pregnancy. J Hum Nutr Diet. 2006. 19:267-73. doi:10.1111/j.1365-277X.2006.00705.x.	Study Design; Outcome
133	deRosset, L, Berry, DC, Sanchez-Lugo, L, Ritter, K, Purdum, C, Santolim, V, Gilliland, R, Pender, L. Mama Sana .. Usted Sana: Lessons Learned From a Postpartum Weight Loss Intervention for Hispanic Women With Infants Six Months or Less. Hispanic Health Care International. 2013. 11:78-86. doi:10.1891/1540-4153.11.2.78.	Intervention/Exposure; Population
134	DeSantiago, S, Alonso, L, Ramírez, I, Ortíz, N, Tovar, AR, Torres, N, Bourges, H. Metabolizable energy from a predominantly vegetable diet consumed by Mexican rural lactating women. Nutrition Research. 2000. 20:215-224. doi:10.1016/S0271-5317(99)00154-2.	Intervention/Exposure; Outcome
135	Dhana, K, Haines, J, Liu, G, Zhang, C, Wang, X, Field, AE, Chavarro, JE, Sun, Q. Association between maternal adherence to healthy lifestyle practices and risk of obesity in offspring: results from two prospective cohort studies of mother-child pairs in the United States. Bmj. 2018. 362:k2486. doi:10.1136/bmj.k2486.	Outcome
136	Dharod, JM, Croom, JE, Sady, CG. Food Insecurity: Its Relationship to Dietary Intake and Body Weight among Somali Refugee Women in the United States. Journal of Nutrition Education & Behavior. 2013. 45:47-53. doi:10.1016/j.jneb.2012.03.006.	Study Design; Outcome
137	Di Carlo, C, Iannotti, G, Sparice, S, Chiacchio, MP, Greco, E, Tommaselli, GA, Nappi, C. The role of a personalized dietary intervention in managing gestational weight gain: a prospective, controlled study in a low-risk antenatal population. Archives of gynecology and obstetrics. 2014. 289:765-770. doi:10.1007/s00404-013-3054-y.	Intervention/Exposure; Comparator
138	Diemert, A, Lezius, S, Pagenkemper, M, Hansen, G, Drozdowska, A, Hecher, K, Arck, P, Zyriax, BC. Maternal nutrition, inadequate gestational weight gain and birth weight: results from a prospective birth cohort. BMC Pregnancy Childbirth. 2016. 16:224. doi:10.1186/s12884-016-1012-y.	Intervention/Exposure; Comparator
139	Dieting okay for breastfeeding mothers. J Natl Med Assoc. 2000. 92:A14.	Study Design; Commentary
140	Dikensoy, E, Balat, O, Cebesoy, B, Ozkur, A, Cicek, H, Can, G. Effect of fasting during Ramadan on fetal development and maternal health. J Obstet Gynaecol Res. 2008. 34:494-8. doi:10.1111/j.1447-0756.2008.00814.x.	Intervention/Exposure

	Citation	Rationale
141.	Dodd, JM, Cramp, C, Sui, Z, Yelland, LN, Deussen, AR, Grivell, RM, Moran, LJ, Crowther, CA, Turnbull, D, McPhee, AJ, Wittert, G, Owens, JA, Robinson, JS. The effects of antenatal dietary and lifestyle advice for women who are overweight or obese on maternal diet and physical activity: the LIMIT randomised trial. BMC Med. 2014. 12:161. doi:10.1186/s12916-014-0161-y.	Outcome
142.	Dodd, JM, Deussen, AR, Mohamad, I, Rifas-Shiman, SL, Yelland, LN, Louise, J, McPhee, AJ, Grivell, RM, Owens, JA, Gillman, MW, Robinson, JS. The effect of antenatal lifestyle advice for women who are overweight or obese on secondary measures of neonatal body composition: the LIMIT randomised trial. Bjog. 2016. 123:244-53. doi:10.1111/1471-0528.13796.	Intervention/Exposure; Outcome
143.	Dodd, JM, Grivell, RM, Owens, JA. Antenatal Dietary and Lifestyle Interventions for Women Who are Overweight or Obese: outcomes from the LIMIT Randomized Trial. Current nutrition reports. 2014. 3:392-399. doi:10.1007/s13668-014-0101-7.	Intervention/Exposure
144.	Dodd, JM, Kannieappan, LM, Grivell, RM, Deussen, AR, Moran, LJ, Yelland, LN, Owens, JA. Effects of an antenatal dietary intervention on maternal anthropometric measures in pregnant women with obesity. Obesity (Silver Spring). 2015. 23:1555-62. doi:10.1002/oby.21145.	Intervention/Exposure
145.	Dodd, JM, Newman, A, Moran, LJ, Deussen, AR, Grivell, RM, Yelland, LN, Crowther, CA, McPhee, AJ, Wittert, G, Owens, JA, Turnbull, D, Robinson, JS. The effect of antenatal dietary and lifestyle advice for women who are overweight or obese on emotional well-being: the LIMIT randomized trial. Acta Obstet Gynecol Scand. 2016. 95:309-18. doi:10.1111/aogs.12832.	Intervention/Exposure; Outcome
146.	Dodd, JM. Dietary and lifestyle advice for pregnant women who are overweight or obese: the LIMIT randomized trial. Annals of nutrition & metabolism. 2014. 64:197-202. doi:10.1159/000365018.	Study Design; Intervention/Exposure
147.	Dominguez, LJ, Martinez-Gonzalez, MA, Basterra-Gortari, FJ, Gea, A, Barbagallo, M, Bes-Rastrollo, M. Fast food consumption and gestational diabetes incidence in the SUN project. PLoS One. 2014. 9:e106627. doi:10.1371/journal.pone.0106627.	Intervention/Exposure; Outcome
148.	Donazar-Ezcurra, M, Lopez-Del Burgo, C, Martinez-Gonzalez, MA, Basterra-Gortari, FJ, de Irala, J, Bes-Rastrollo, M. Pre-pregnancy adherences to empirically derived dietary patterns and gestational diabetes risk in a Mediterranean cohort: the Seguimiento Universidad de Navarra (SUN) project. Br J Nutr. 2017. 118:715-721. doi:10.1017/s0007114517002537.	Outcome
149.	Donazar-Ezcurra, M, Lopez-Del Burgo, C, Martinez-Gonzalez, MA, Basterra-Gortari, FJ, de Irala, J, Bes-Rastrollo, M. Soft drink consumption and gestational diabetes risk in the SUN project. Clin Nutr. 2018. 37:638-645. doi:10.1016/j.clnu.2017.02.005.	Intervention/Exposure; Outcome

	Citation	Rationale
150	Donnelly, JM, Walsh, JM, Byrne, J, Molloy, EJ, McAuliffe, FM. Impact of maternal diet on neonatal anthropometry: a randomized controlled trial. Pediatr Obes. 2015. 10:52-6. doi:10.1111/j.2047-6310.2013.00216.x.	Intervention/Exposure
151	Dos Santos, K, Tavares Patricio, P, Santana Vieira Lima, T, Cavalcante de Barros, D, Saunders, C. A pilot intervention to reduce postpartum weight retention at primary health care in Brazil. Nutr Hosp. 2019. doi:10.20960/nh.02508.	Comparator
152	Drehmer, M, Camey, SA, Nunes, MA, Duncan, BB, Lacerda, M, Pinheiro, AP, Schmidt, MI. Fibre intake and evolution of BMI: from pre-pregnancy to postpartum. Public Health Nutr. 2013. 16:1403-13. doi:10.1017/s1368980012003849.	Study Design; Intervention/Exposure
153	Drouillet, P, Forhan, A, De Lauzon-Guillain, B, Thiébaugeorges, O, Goua, V, Magnin, G, Schweitzer, M, Kaminski, M, Ducimetière, P, Charles, M. Maternal fatty acid intake and fetal growth: evidence for an association in overweight women. The 'EDEN mother-child' cohort (study of pre- and early postnatal determinants of the child's development and health). British Journal of Nutrition. 2009. 101:583-591. doi:10.1017/S0007114508025038.	Outcome; Comparator
154	Drouillet, P, Kaminski, M, De Lauzon-Guillain, B, Forhan, A, Ducimetiere, P, Schweitzer, M, Magnin, G, Goua, V, Thiebaugeorges, O, Charles, MA. Association between maternal seafood consumption before pregnancy and fetal growth: evidence for an association in overweight women. The EDEN mother-child cohort. Paediatr Perinat Epidemiol. 2009. 23:76-86. doi:10.1111/j.1365-3016.2008.00982.x.	Outcome
155	Dubois, L, Diasparra, M, Bédard, B, Colapinto, CK, Fontaine-Bisson, B, Tremblay, RE, Fraser, WD. Adequacy of nutritional intake during pregnancy in relation to prepregnancy BMI: results from the 3D Cohort Study. British Journal of Nutrition. 2018. 120:335-344. doi:10.1017/S0007114518001393.	Intervention/Exposure
156	Dujmovic, M, Kresic, G, Mandic, ML, Kenjeric, D, Cvijanovic, O. Changes in dietary intake and body weight in lactating and non-lactating women: prospective study in northern coastal Croatia. Coll Antropol. 2014. 38:179-87.	Comparator; Not all lactating
157	Durham, HA, Lovelady, CA, Brouwer, RJ, Krause, KM, Ostbye, T. Comparison of dietary intake of overweight postpartum mothers practicing breastfeeding or formula feeding. J Am Diet Assoc. 2011. 111:67-74. doi:10.1016/j.jada.2010.10.001.	Study Design; Outcome
158	Easter, A, Naumann, U, Northstone, K, Schmidt, U, Treasure, J, Micali, N. A longitudinal investigation of nutrition and dietary patterns in children of mothers with eating disorders. J Pediatr. 2013. 163:173-8.e1. doi:10.1016/j.jpeds.2012.11.092.	Intervention/Exposure; Population

	Citation	Rationale
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176.	Ferrara, P, Sandullo, F, Di Ruscio, F, Franceschini, G, Peronti, B, Blasi, V, Bietolini, S, Ruggiero, A. The impact of lacto-ovo-/lacto-vegetarian and vegan diets during pregnancy on the birth anthropometric parameters of the newborn. J Matern Fetal Neonatal Med. 2019. :1-7. doi:10.1080/14767058.2019.1590330.	Outcome
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181.	Flynn, AC, Seed, PT, Patel, N, Barr, S, Bell, R, Briley, AL, Godfrey, KM, Nelson, SM, Oteng-Ntim, E, Robinson, SM, Sanders, TA, Sattar, N, Wardle, J, Poston, L, Goff, LM. Dietary patterns in obese pregnant women; influence of a behavioral intervention of diet and physical activity in the UPBEAT randomized controlled trial. Int J Behav Nutr Phys Act. 2016. 13:124. doi:10.1186/s12966-016-0450-2.	Outcome
182.	Forbes, LE, Graham, JE, Berglund, C, Bell, RC. Dietary change during pregnancy and women's reasons for change. Nutrients. 2018. 10. doi:10.3390/nu10081032.	Study Design; Outcome
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185.	Fowles, ER, Timmerman, GM, Bryant, M, Kim, S. Eating at fast-food restaurants and dietary quality in low-income pregnant women. West J Nurs Res. 2011. 33:630-51. doi:10.1177/0193945910389083.	Outcome
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189.	Garay, SM, Savory, KA, Sumption, L, Penketh, R, Janssen, AB, John, RM. The Grown in Wales Study: Examining dietary patterns, custom birthweight centiles and the risk of delivering a small-for-gestational age (SGA) infant. PLoS One. 2019. 14:e0213412. doi:10.1371/journal.pone.0213412.	Study Design
190.	Garg, A, Kashyap, S. Effect of counseling on nutritional status during pregnancy. Indian J Pediatr. 2006. 73:687-92.	Country
191.	Gazquez, A, Uhl, O, Ruiz-Palacios, M, Gill, C, Patel, N, Koletzko, B, Poston, L, Larque, E. Placental lipid droplet composition: Effect of a lifestyle intervention (UPBEAT) in obese pregnant women. Biochim Biophys Acta Mol Cell Biol Lipids. 2018. 1863:998-1005. doi:10.1016/j.bbalip.2018.04.020.	Intervention/Exposure
192.	Gennaro, S, Fehder, W. Health behaviors in postpartum women. Family & Community Health. 2000. 22:16-26.	Intervention/Exposure; Comparator
193.	George, GC, Hanss-Nuss, H, Milani, TJ, Freeland-Graves, JH. Food choices of low-income women during pregnancy and postpartum. J Am Diet Assoc. 2005. 105:899-907. doi:10.1016/j.jada.2005.03.028.	Outcome
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195.	Geraghty, AA, O'Brien, EC, Alberdi, G, Horan, MK, Donnelly, J, Larkin, E, Segurado, R, Mehegan, J, Molloy, EJ, McAuliffe, FM. Maternal protein intake during pregnancy is associated with child growth up to 5 years of age, but not through insulin-like growth factor-1: findings from the ROLO study. Br J Nutr. 2018. 120:1252-1261. doi:10.1017/s0007114518002611.	Intervention/Exposure; Comparator
196.	Gesteiro, E, Bastida, S, Sanchez Muniz, FJ. Effects of maternal glucose tolerance, pregnancy diet quality and neonatal insulinemia upon insulin resistance/sensitivity biomarkers in normoweight neonates. Nutr Hosp. 2011. 26:1447-55. doi:10.1590/s0212-16112011000600036.	Outcome
197.	Ghani, RA, Shyam, S, Arshad, F, Wahab, NA, Chinna, K, Safii, NS, Nisak, MY, Kamaruddin, NA. The influence of fasting insulin level in post-gestational diabetes mellitus women receiving low-glycaemic-index diets. Nutr Diabetes. 2014. 4:e107. doi:10.1038/nutd.2014.5.	Population; Outcome

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199	Giesta, JM, Zoche, E, Correa, RDS, Bosa, VL. Associated factors with early introduction of ultra-processed foods in feeding of children under two years old. Cien Saude Colet. 2019. 24:2387-2397. doi:10.1590/1413-81232018247.24162017.	Study Design
200	Gignac, F, Romaguera, D, Fernandez-Barres, S, Phillipat, C, Garcia Esteban, R, Lopez-Vicente, M, Vioque, J, Fernandez-Somoano, A, Tardon, A, Iniguez, C, Lopez-Espinosa, MJ, Garcia de la Hera, M, Amiano, P, Ibarluzea, J, Guxens, M, Sunyer, J, Julvez, J. Maternal nut intake in pregnancy and child neuropsychological development up to 8 years old: a population-based cohort study in Spain. Eur J Epidemiol. 2019. 34:661-673. doi:10.1007/s10654-019-00521-6.	Intervention/Exposure
201	Gingras, V, Paradis, AM, Tchernof, A, Weisnagel, SJ, Robitaille, J. Relationship between the adoption of preventive practices and the metabolic profile of women with prior gestational diabetes mellitus. Appl Physiol Nutr Metab. 2012. 37:1232-8. doi:10.1139/h2012-114.	Population; Outcome
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204	Gonzalez, HF, Malpeli, A, Mansur, JL, De Santiago, S, Etchegoyen, GS. Changes in body composition in lactating adolescent mothers. Arch Latinoam Nutr. 2005. 55:252-6.	Intervention/Exposure
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206	Gonzalez-Nahm, S, Mendez, M, Robinson, W, Murphy, SK, Hoyo, C, Hogan, V, Rowley, D. Low maternal adherence to a Mediterranean diet is associated with increase in methylation at the MEG3-IG differentially methylated region in female infants. Environ Epigenet. 2017. 3:dvx007. doi:10.1093/eep/dvx007.	Population

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208	Goodman, M, Thomson, J, Landry, A. Nutrition Environment Scores of Local Food Retailers and Proximity to Study Participants' Residence in Rural South (P04-157-19). Curr Dev Nutr. 2019. 3. doi:10.1093/cdn/nzz051.P04-157-19.	Abstract
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210	Gray-Donald, K, Robinson, E, Collier, A, David, K, Renaud, L, Rodrigues, S. Intervening to reduce weight gain in pregnancy and gestational diabetes mellitus in Cree communities: an evaluation. Cmaj. 2000. 163:1247-51.	Intervention/Exposure
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212	Guelinckx, I, Devlieger, R, Mullie, P, Vansant, G. Effect of lifestyle intervention on dietary habits, physical activity, and gestational weight gain in obese pregnant women: a randomized controlled trial. Am J Clin Nutr. 2010. 91:373-80. doi:10.3945/ajcn.2009.28166.	Intervention/Exposure; Outcome
213	Guilloty, NI, Soto, R, Anzalota, L, Rosario, Z, Cordero, JF, Palacios, C. Diet, Pre-pregnancy BMI, and Gestational Weight Gain in Puerto Rican Women. Matern Child Health J. 2015. 19:2453-61. doi:10.1007/s10995-015-1764-4.	Intervention/Exposure
214	Gunther, J, Hoffmann, J, Kunath, J, Spies, M, Meyer, D, Stecher, L, Rosenfeld, E, Kick, L, Rauh, K, Hauner, H. Effects of a Lifestyle Intervention in Routine Care on Prenatal Dietary Behavior-Findings from the Cluster-Randomized GeliS Trial. J Clin Med. 2019. 8. doi:10.3390/jcm8070960.	Comparator
215	Gunther, J, Hoffmann, J, Rauh, K, Kunath, J, Rosenfeld, E, Kick, L, Stecher, L, Hauner, H. The effect of lifestyle counselling on dietary behavior of pregnant women - Secondary results of the randomised controlled GeliS trial. Obesity facts. 2019. 12:171-. doi:10.1159/000489691.	Abstract
216	Gunther, J, Hoffmann, J, Spies, M, Meyer, D, Kunath, J, Stecher, L, Rosenfeld, E, Kick, L, Rauh, K, Hauner, H. Associations between the Prenatal Diet and Neonatal Outcomes-A Secondary Analysis of the Cluster-Randomised GeliS Trial. Nutrients. 2019. 11. doi:10.3390/nu11081889.	Outcome

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218.	Guzel, AI, Cinar, M, Erkilinc, S, Aksoy, RT, Yumusak, OH, Celik, F, Celik, Y. Association between adverse perinatal outcomes and amino acid levels measured with nutrient questionnaire in adolescent pregnancies. J Chin Med Assoc. 2016. 79:335-9. doi:10.1016/j.jcma.2015.12.008.	Intervention/Exposure; Outcome
219.	Haakstad, LAH, Voldner, N, Bø, K. Pregnancy and advanced maternal age—The associations between regular exercise and maternal and newborn health variables. Acta Obstetricia et Gynecologica Scandinavica. 2019. doi:10.1111/aogs.13738.	Intervention/Exposure
220.	Hagberg, LA, Brekke, HK, Bertz, F, Winkvist, A. Cost-utility analysis of a randomized controlled weight loss trial among lactating overweight/obese women. BMC Public Health. 2014. 14:38. doi:10.1186/1471-2458-14-38.	Outcome
221.	Haire-Joshu, DL, Schwarz, CD, Peskoe, SB, Budd, EL, Brownson, RC, Joshu, CE. A group randomized controlled trial integrating obesity prevention and control for postpartum adolescents in a home visiting program. Int J Behav Nutr Phys Act. 2015. 12:88. doi:10.1186/s12966-015-0247-8.	Intervention/Exposure; Population
222.	Hajianfar, H, Esmaillzadeh, A, Feizi, A, Shahshahan, Z, Azadbakht, L. Major Maternal Dietary Patterns during Early Pregnancy and Their Association with Neonatal Anthropometric Measurement. Biomed Res Int. 2018. 2018:4692193. doi:10.1155/2018/4692193.	Outcome
223.	Hajianfar, H, Esmaillzadeh, A, Feizi, A, Shahshahan, Z, Azadbakht, L. The association between major dietary patterns and pregnancy-related complications. Archives of Iranian Medicine. 2018. 21:443-451.	Outcome
224.	Halldorsson, TI, Meltzer, HM, Thorsdottir, I, Knudsen, V, Olsen, SF. Is high consumption of fatty fish during pregnancy a risk factor for fetal growth retardation? A study of 44,824 Danish pregnant women. Am J Epidemiol. 2007. 166:687-96. doi:10.1093/aje/kwm133.	Outcome
225.	Halldorsson, TI, Thorsdottir, I, Meltzer, HM, Strom, M, Olsen, SF. Dioxin-like activity in plasma among Danish pregnant women: dietary predictors, birth weight and infant development. Environ Res. 2009. 109:22-8. doi:10.1016/j.envres.2008.08.011.	Outcome
226.	Hamad, R, Collin, DF, Baer, RJ, Jelliffe-Pawlowski, LL. Association of Revised WIC Food Package With Perinatal and Birth Outcomes: A Quasi-Experimental Study. JAMA Pediatrics. 2019. 173:845-852. doi:10.1001/jamapediatrics.2019.1706.	Intervention/Exposure

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228	Harley, K, Eskenazi, B, Block, G. The association of time in the US and diet during pregnancy in low-income women of Mexican descent. Paediatr Perinat Epidemiol. 2005. 19:125-34. doi:10.1111/j.1365-3016.2005.00640.x.	Comparator; Association btw DP and GWG not analyzed
229	Harmon, KA, Gerard, L, Jensen, DR, Kealey, EH, Hernandez, TL, Reece, MS, Barbour, LA, Bessesen, DH. Continuous glucose profiles in obese and normal-weight pregnant women on a controlled diet: metabolic determinants of fetal growth. Diabetes Care. 2011. 34:2198-204. doi:10.2337/dc11-0723.	Intervention/Exposure
230	Harreiter, J, Simmons, D, Desoye, G, Corcoy, R, Adelantado, JM, Devlieger, R, Galjaard, S, Damm, P, Mathiesen, ER, Jensen, DM, Andersen, LLT, Dunne, F, Lapolla, A, Dalfra, MG, Bertolotto, A, Wender-Ozegowska, E, Zawiejska, A, Mantaj, U, Hill, D, Jelsma, JGM, Snoek, FJ, Leutner, M, Lackinger, C, Worda, C, Bancher-Todesca, D, Scharnagl, H, van Poppel, MNM, Kautzky-Willer, A. Nutritional Lifestyle Intervention in Obese Pregnant Women, Including Lower Carbohydrate Intake, Is Associated With Increased Maternal Free Fatty Acids, 3-beta-Hydroxybutyrate, and Fasting Glucose Concentrations: A Secondary Factorial Analysis of the European Multicenter, Randomized Controlled DALI Lifestyle Intervention Trial. Diabetes Care. 2019. doi:10.2337/dc19-0418.	Intervention/Exposure
231	Haruna, M, Shiraishi, M, Matsuzaki, M, Yatsuki, Y, Yeo, S. Effect of tailored dietary guidance for pregnant women on nutritional status: A double-cohort study. Matern Child Nutr. 2017. 13. doi:10.1111/mcn.12391.	Intervention/Exposure
232	Hassiotou, F, Geddes, DT. Programming of appetite control during breastfeeding as a preventative strategy against the obesity epidemic. J Hum Lact. 2014. 30:136-42. doi:10.1177/0890334414526950.	Outcome
233	Hauner, H, Much, D, Vollhardt, C, Brunner, S, Schmid, D, Sedlmeier, EM, Heimberg, E, Schuster, T, Zimmermann, A, Schneider, KT, Bader, BL, Amann-Gassner, U. Effect of reducing the n-6:n-3 long-chain PUFA ratio during pregnancy and lactation on infant adipose tissue growth within the first year of life: an open-label randomized controlled trial. Am J Clin Nutr. 2012. 95:383-94. doi:10.3945/ajcn.111.022590.	Intervention/Exposure
234	Hauner, H, Vollhardt, C, Schneider, KT, Zimmermann, A, Schuster, T, Amann-Gassner, U. The impact of nutritional fatty acids during pregnancy and lactation on early human adipose tissue development. Rationale and design of the INFAT study. Ann Nutr Metab. 2009. 54:97-103. doi:10.1159/000209267.	Outcome; No Results

	Citation	Rationale
235	Hawkins, M, Hosker, M, Marcus, BH, Rosal, MC, Braun, B, Stanek, EJ, 3rd, Markenson, G, Chasan-Taber, L. A pregnancy lifestyle intervention to prevent gestational diabetes risk factors in overweight Hispanic women: a feasibility randomized controlled trial. Diabet Med. 2015. 32:108-15. doi:10.1111/dme.12601.	Intervention/Exposure
236	Heery, E, Kelleher, CC, Wall, PG, McAuliffe, FM. Prediction of gestational weight gain - a biopsychosocial model. Public Health Nutr. 2015. 18:1488-98. doi:10.1017/s1368980014001815.	Intervention/Exposure
237	Heery, E, Wall, PG, Kelleher, CC, McAuliffe, FM. Effects of dietary restraint and weight gain attitudes on gestational weight gain. Appetite. 2016. 107:501-510. doi:10.1016/j.appet.2016.08.103.	Intervention/Exposure
238	Hernandez, TL, Van Pelt, RE, Anderson, MA, Reece, MS, Reynolds, RM, de la Houssaye, BA, Heerwagen, M, Donahoo, WT, Daniels, LJ, Chartier-Logan, C, Janssen, RC, Friedman, JE, Barbour, LA. Women With Gestational Diabetes Mellitus Randomized to a Higher-Complex Carbohydrate/Low-Fat Diet Manifest Lower Adipose Tissue Insulin Resistance, Inflammation, Glucose, and Free Fatty Acids: A Pilot Study. Diabetes Care. 2016. 39:39-42. doi:10.2337/dc15-0515.	Health Status
239	Herrick, K, Phillips, DI, Haselden, S, Shiell, AW, Campbell-Brown, M, Godfrey, KM. Maternal consumption of a high-meat, low-carbohydrate diet in late pregnancy: relation to adult cortisol concentrations in the offspring. J Clin Endocrinol Metab. 2003. 88:3554-60. doi:10.1210/jc.2003-030287.	Intervention/Exposure; Outcome
240	Hill, AJ, Cairnduff, V, McCance, DR. Nutritional and clinical associations of food cravings in pregnancy. J Hum Nutr Diet. 2016. 29:281-9. doi:10.1111/jhn.12333.	Intervention/Exposure; Outcome
241	Hill, AJ, McCance, DR. Anthropometric and nutritional associations of food cravings in pregnancy. Pregnancy Hypertens. 2014. 4:235. doi:10.1016/j.preghy.2014.03.018.	Study Design
242	Hinkle, S, Li, M, Grewal, J, Yisahak, S, Grantz, K, Ajjarapu, A, Zhang, C. Beverage Intake in U.S. Women Across Pregnancy and Gestational Diabetes Risk (P11-010-19). Curr Dev Nutr. 2019. 3. doi:10.1093/cdn/nzz048.P11-010-19.	Abstract
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286	Keller, C, Todd, M, Ainsworth, B, Records, K, Vega-Lopez, S, Permana, P, Coonrod, D, Williams, AN. Overweight, Obesity, and Neighborhood Characteristics among Postpartum Latinas. Journal of Obesity. 2013. 2013:1-8. doi:2013/916468.	Intervention/Exposure; Outcome
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304	Koutelidakis, AE, Alexatou, O, Kousaiti, S, Gkretsi, E, Vasios, G, Sampani, A, Tolia, M, Kiortsis, DN, Giaginis, C. Higher adherence to Mediterranean diet prior to pregnancy is associated with decreased risk for deviation from the maternal recommended gestational weight gain. Int J Food Sci Nutr. 2018. 69:84-92. doi:10.1080/09637486.2017.1330403.	Study Design
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312.	Lamichhane, DK, Leem, JH, Kim, HC, Lee, JY, Park, MS, Jung, DY, Ko, JK, Ha, M, Kim, Y, Hong, YC, Ha, EH. Impact of prenatal exposure to polycyclic aromatic hydrocarbons from maternal diet on birth outcomes: a birth cohort study in Korea. Public Health Nutr. 2016. 19:2562-71. doi:10.1017/s1368980016000550.	Intervention/Exposure
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315.	Laraia, BA, Adler, NE, Coleman-Phox, K, Vieten, C, Mellin, L, Kristeller, JL, Thomas, M, Stotland, NE, Lustig, RH, Dallman, MF, Hecht, FM, Bush, NR, de Groat, CL, Epel, E. Novel Interventions to Reduce Stress and Overeating in Overweight Pregnant Women: A Feasibility Study. Matern Child Health J. 2018. 22:670-678. doi:10.1007/s10995-018-2435-z.	Intervention/Exposure
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317.	Laraia, BA, Siega-Riz, AM, Dole, N, London, E. Pregravid weight is associated with prior dietary restraint and psychosocial factors during pregnancy. Obesity (Silver Spring). 2009. 17:550-8. doi:10.1038/oby.2008.585.	Intervention/Exposure; Outcome
318.	Larranaga, I, Santa-Marina, L, Begiristain, H, Machon, M, Vrijheid, M, Casas, M, Tardon, A, Fernandez-Somoano, A, Llop, S, Rodriguez-Bernal, CL, Fernandez, MF. Socio-economic inequalities in health, habits and self-care during pregnancy in Spain. Matern Child Health J. 2013. 17:1315-24. doi:10.1007/s10995-012-1134-4.	Intervention/Exposure; Outcome
319.	Larsen, SC, Angquist, L, Laurin, C, Morgen, CS, Jakobsen, MU, Paternoster, L, Smith, GD, Olsen, SF, Sorensen, TI, Nohr, EA. Association between Maternal Fish Consumption and Gestational Weight Gain: Influence of Molecular Genetic Predisposition to Obesity. PLoS One. 2016. 11:e0150105. doi:10.1371/journal.pone.0150105.	Intervention/Exposure

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362	Marshburn, MK. Helping Obese Pregnant Women Achieve Healthy Weight Gain: Is Provider Intervention Feasible? Helping Obese Pregnant Women Achieve Healthy Weight Gain: Is Provider Intervention Feasible? 2017. :1-1.	Dissertation
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364	Martin, CL, Siega-Riz, AM, Sotres-Alvarez, D, Robinson, WR, Daniels, JL, Perrin, EM, Stuebe, AM. Maternal Dietary Patterns are Associated with Lower Levels of Cardiometabolic Markers during Pregnancy. Paediatr Perinat Epidemiol. 2016. 30:246-55. doi:10.1111/ppe.12279.	Outcome
365	Martin, J, MacDonald-Wicks, L, Hure, A, Smith, R, Collins, CE. Reducing postpartum weight retention and improving breastfeeding outcomes in overweight women: a pilot randomised controlled trial. Nutrients. 2015. 7:1464-79. doi:10.3390/nu7031464.	Intervention/Exposure
366	Martinez-Galiano, JM, Olmedo-Requena, R, Barrios-Rodriguez, R, Amezcua-Prieto, C, Bueno-Cavanillas, A, Salcedo-Bellido, I, Jimenez-Moleon, JJ, Delgado-Rodriguez, M. Effect of Adherence to a Mediterranean Diet and Olive Oil Intake during Pregnancy on Risk of Small for Gestational Age Infants. Nutrients. 2018. 10. doi:10.3390/nu10091234.	Study Design; Outcome
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375	McGowan, CA, Walsh, JM, Byrne, J, Curran, S, McAuliffe, FM. The influence of a low glycemic index dietary intervention on maternal dietary intake, glycemic index and gestational weight gain during pregnancy: a randomized controlled trial. Nutr J. 2013. 12:140. doi:10.1186/1475-2891-12-140.	Intervention/Exposure
376	McGuire, E. Breastfeeding and high maternal body mass index. Breastfeed Rev. 2013. 21:7-14.	Study Design
377	McGurk, P, Hill, AJ, McCance, DR. An investigation of dietary intake of pregnant women in the third trimester in Northern Ireland. Journal of Human Nutrition & Dietetics. 2011. 24:293-294. doi:10.1111/j.1365-277X.2011.01175_22.x.	Conference abstract
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381.	Meinila, J, Valkama, A, Koivusalo, SB, Stach-Lempinen, B, Lindstrom, J, Kautiainen, H, Eriksson, JG, Erkkola, M. Healthy Food Intake Index (HFII) - Validity and reproducibility in a gestational-diabetes-risk population. BMC Public Health. 2016. 16:680. doi:10.1186/s12889-016-3303-7.	Outcome
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387.	Micali, N, Al Essimii, H, Field, AE, Treasure, J. Pregnancy loss of control over eating: A longitudinal study of maternal and child outcomes. American Journal of Clinical Nutrition. 2018. 108:101-107. doi:10.1093/ajcn/nqy040.	Intervention/Exposure; Outcome
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390.	Milajerdi, A, Tehrani, H, Haghighatdoost, F, Larijani, B, Surkan, PJ, Azadbakht, L. Associations between higher egg consumption during pregnancy with lowered risks of high blood pressure and gestational diabetes mellitus. Int J Vitam Nutr Res. 2018. 88:166-175. doi:10.1024/0300-9831/a000505.	Study Design; Intervention/Exposure
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392.	Mirmiran, P, Hosseinpour-Niazi, S, Moghaddam-Banaem, L, Lamyian, M, Goshtasebi, A, Azizi, F. Inverse relation between fruit and vegetable intake and the risk of gestational diabetes mellitus. Int J Vitam Nutr Res. 2019. :1-8. doi:10.1024/0300-9831/a000475.	Intervention/Exposure
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394.	Mitchell, EA, Robinson, E, Clark, PM, Becroft, DM, Glavish, N, Pattison, NS, Pryor, JE, Thompson, JM, Wild, CJ. Maternal nutritional risk factors for small for gestational age babies in a developed country: a case-control study. Arch Dis Child Fetal Neonatal Ed. 2004. 89:F431-5. doi:10.1136/adc.2003.036970.	Outcome
395.	Miyake, Y, Okubo, H, Sasaki, S, Tanaka, K, Hirota, Y. Maternal dietary patterns during pregnancy and risk of wheeze and eczema in Japanese infants aged 16-24 months: the Osaka Maternal and Child Health Study. Pediatr Allergy Immunol. 2011. 22:734-41. doi:10.1111/j.1399-3038.2011.01176.x.	Outcome
396.	Moller, UK, Streym, S, Heickendorff, L, Mosekilde, L, Rejnmark, L. Effects of 25OHD concentrations on chances of pregnancy and pregnancy outcomes: a cohort study in healthy Danish women. Eur J Clin Nutr. 2012. 66:862-8. doi:10.1038/ejcn.2012.18.	Intervention/Exposure; Outcome
397.	Molyneaux, E, Poston, L, Khondoker, M, Howard, LM. Obesity, antenatal depression, diet and gestational weight gain in a population cohort study. Arch Womens Ment Health. 2016. 19:899-907. doi:10.1007/s00737-016-0635-3.	Intervention/Exposure; Outcome

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399	Moore, VM, Davies, MJ, Willson, KJ, Worsley, A, Robinson, JS. Dietary composition of pregnant women is related to size of the baby at birth. J Nutr. 2004. 134:1820-6. doi:10.1093/jn/134.7.1820.	Intervention/Exposure
400	Moradi, M, Maracy, MR, Esmaillzadeh, A, Surkan, PJ, Azadbakht, L. Associations Between Dietary Energy Density in Mothers and Growth of Breastfeeding Infants During the First 4 Months of Life. J Am Coll Nutr. 2018. :1-7. doi:10.1080/07315724.2018.1465486.	Intervention/Exposure
401	Moran, LJ, Flynn, AC, Louise, J, Deussen, AR, Dodd, JM. The effect of a lifestyle intervention on pregnancy and postpartum dietary patterns determined by factor analysis. Obesity (Silver Spring). 2017. 25:1022-1032. doi:10.1002/oby.21848.	Study Design; Outcome
402	Moran, LJ, McNaughton, SA, Sui, Z, Cramp, C, Deussen, AR, Grivell, RM, Dodd, JM. The characterisation of overweight and obese women who are under reporting energy intake during pregnancy. BMC Pregnancy Childbirth. 2018. 18:204. doi:10.1186/s12884-018-1826-x.	Intervention/Exposure; Outcome
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	Citation	Rationale
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443.	Pajaujiene, S, Dabasinskiene, L, Santos-Rocha, R. Health promotion program for improving women's body composition and active lifestyle in postpartum: A pilot study. Acta Medica Mediterranea. 2018. 34:1365-1375. doi:10.19193/0393-6384_2018_5_209.	Intervention/Exposure
444.	Paknahad, Z, Fallah, A, Moravejolahkami, AR. Maternal Dietary Patterns and Their Association with Pregnancy Outcomes. Clin Nutr Res. 2019. 8:64-73. doi:10.7762/cnr.2019.8.1.64.	Outcome
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450.	Parker, HW, Tovar, A, McCurdy, K, Vadiveloo, M. Associations between pre-pregnancy BMI, gestational weight gain, and prenatal diet quality in a national sample. PLoS One. 2019. 14:e0224034. doi:10.1371/journal.pone.0224034.	Only presented DP score by GWG, not GWG by DP score
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455.	Pauley, AM, Hohman, E, Savage, JS, Rivera, DE, Guo, P, Leonard, KS, Symons Downs, D. Gestational Weight Gain Intervention Impacts Determinants of Healthy Eating and Exercise in Overweight/Obese Pregnant Women. Journal of Obesity. 2018. 2018. doi:10.1155/2018/6469170.	Intervention/Exposure; Comparator
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458.	Peraita-Costa, I, Llopis-Gonzalez, A, Perales-Marin, A, Sanz, F, Llopis-Morales, A, Morales-Suarez-Varela, M. A Retrospective Cross-Sectional Population-Based Study on Prenatal Levels of Adherence to the Mediterranean Diet: Maternal Profile and Effects on the Newborn. Int J Environ Res Public Health. 2018. 15. doi:10.3390/ijerph15071530.	Study Design
459.	Perez-Ferre, N, Del Valle, L, Torrejon, MJ, Barca, I, Calvo, MI, Matia, P, Rubio, MA, Calle-Pascual, AL. Diabetes mellitus and abnormal glucose tolerance development after gestational diabetes: A three-year, prospective, randomized, clinical-based, Mediterranean lifestyle interventional study with parallel groups. Clin Nutr. 2015. 34:579-85. doi:10.1016/j.clnu.2014.09.005.	Population; Outcome
460.	Petersen, SB, Rasmussen, MA, Olsen, SF, Vestergaard, P, Mølgaard, C, Halldorsson, T, Strøm, M. Maternal Dietary Patterns during Pregnancy in Relation to Offspring Forearm Fractures: Prospective Study from the Danish National Birth Cohort. Nutrients. 2015. 7:2382-2400. doi:10.3390/nu7042382.	Outcome
461.	Petrella, E, Bruno, R, Pedrielli, G, Bertarini, V, Neri, I, Facchinetti, F. A customized low glycaemic-index (GI) diet prevents both the gestational diabetes mellitus (GDM) and the large for gestational age (LGA) babies in overweight/obese pregnant women. American journal of obstetrics and gynecology. 2016. 214:S159-.	Abstract
462.	Petrella, E, Facchinetti, F, Bertarini, V, Pignatti, L, Neri, I, Battistini, NC. Occurrence of pregnancy complications in women with BMI >25 submitted to a healthy lifestyle and eating habits program. American journal of obstetrics and gynecology. 2013. 208:S33-S34. doi:10.1016/j.ajog.2012.10.229.	Abstract
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464.	Phang, M, Dissanayake, HU, McMullan, RL, Hyett, J, Gordon, A, Garg, ML, Skilton, MR. Increased alpha-Linolenic Acid Intake during Pregnancy is Associated with Higher Offspring Birth Weight. Curr Dev Nutr. 2019. 3:nzy081. doi:10.1093/cdn/nzy081.	Intervention/Exposure; Outcome
465.	Phelan, S, Phipps, MG, Abrams, B, Darroch, F, Grantham, K, Schaffner, A, Wing, RR. Does behavioral intervention in pregnancy reduce postpartum weight retention? Twelve-month outcomes of the Fit for Delivery randomized trial. Am J Clin Nutr. 2014. 99:302-11. doi:10.3945/ajcn.113.070151.	Intervention/Exposure; Population

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467.	Phelan, S, Wing, RR, Brannen, A, McHugh, A, Hagobian, TA, Schaffner, A, Jelalian, E, Hart, CN, Scholl, TO, Munoz-Christian, K, Yin, E, Phipps, MG, Keadle, S, Abrams, B. Randomized controlled clinical trial of behavioral lifestyle intervention with partial meal replacement to reduce excessive gestational weight gain. American Journal of Clinical Nutrition. 2018. 107:183-194. doi:10.1093/ajcn/nqx043.	Intervention/Exposure
468.	Pinto, TJ, Farias, DR, Rebelo, F, Lepsch, J, Vaz, JS, Moreira, JD, Cunha, GM, Kac, G. Lower inter-partum interval and unhealthy life-style factors are inversely associated with n-3 essential fatty acids changes during pregnancy: a prospective cohort with Brazilian women. PLoS One. 2015. 10:e0121151. doi:10.1371/journal.pone.0121151.	Intervention/Exposure; Outcome
469.	Plante, AS, Savard, C, Lemieux, S, Carbonneau, E, Robitaille, J, Provencher, V, Morisset, AS. Trimester-Specific Intuitive Eating in Association With Gestational Weight Gain and Diet Quality. J Nutr Educ Behav. 2019. 51:677-683. doi:10.1016/j.jneb.2019.01.011.	Intervention/Exposure; Outcome
470.	Pollak, KI, Alexander, SC, Bennett, G, Lyna, P, Coffman, CJ, Bilheimer, A, Farrell, D, Bodner, ME, Swamy, GK, Ostbye, T. Weight-related SMS texts promoting appropriate pregnancy weight gain: a pilot study. Patient education and counseling. 2014. 97:256-260. doi:10.1016/j.pec.2014.07.030.	Intervention/Exposure
471.	Pomerleau, CS, Brouwer, RJ, Jones, LT. Weight concerns in women smokers during pregnancy and postpartum. Addict Behav. 2000. 25:759-67.	Intervention/Exposure
472.	Poston, L, Bell, R, Croker, H, Flynn, AC, Godfrey, KM, Goff, L, Hayes, L, Khazaezadeh, N, Nelson, SM, Oteng-Ntim, E, Pasupathy, D, Patel, N, Robson, SC, Sandall, J, Sanders, TA, Sattar, N, Seed, PT, Wardle, J, Whitworth, MK, Briley, AL. Effect of a behavioural intervention in obese pregnant women (the UPBEAT study): a multicentre, randomised controlled trial. Lancet Diabetes Endocrinol. 2015. 3:767-77. doi:10.1016/s2213-8587(15)00227-2.	Intervention/Exposure
473.	Pullmer, R, Zaitsoff, S, Cobb, R. Body Satisfaction During Pregnancy: The Role of Health-Related Habit Strength. Matern Child Health J. 2018. 22:391-400. doi:10.1007/s10995-017-2406-9.	Intervention/Exposure; Outcome
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475.	Quinlivan, JA, Lam, LT, Fisher, J. A randomised trial of a four-step multidisciplinary approach to the antenatal care of obese pregnant women. Aust N Z J Obstet Gynaecol. 2011. 51:141-6. doi:10.1111/j.1479-828X.2010.01268.x.	Intervention/Exposure
476.	Quinn, EA, Kuzawa, CW. A dose-response relationship between fish consumption and human milk DHA content among Filipino women in Cebu City, Philippines. Acta Paediatr. 2012. 101:e439-45. doi:10.1111/j.1651-2227.2012.02777.x.	Outcome
477.	Quinn, EA, Largado, F, Power, M, Kuzawa, CW. Predictors of breast milk macronutrient composition in Filipino mothers. Am J Hum Biol. 2012. 24:533-40. doi:10.1002/ajhb.22266.	Study Design; Outcome
478.	Radesky, JS, Oken, E, Rifas-Shiman, SL, Kleinman, KP, Rich-Edwards, JW, Gillman, MW. Diet during early pregnancy and development of gestational diabetes. Paediatr Perinat Epidemiol. 2008. 22:47-59. doi:10.1111/j.1365-3016.2007.00899.x.	Outcome
479.	Radwan, H, Hashim, M, Shaker Obaid, R, Hasan, H, Naja, F, Al Ghazal, H, Jan Jan Mohamed, H, Rizk, R, Al Hilali, M, Rayess, R, Izzaldin, G. The Mother-Infant Study Cohort (MISC): Methodology, challenges, and baseline characteristics. PLoS One. 2018. 13:e0198278. doi:10.1371/journal.pone.0198278.	Study Design; Intervention/Exposure
480.	Ramage, SM, McCargar, LJ, Berglund, C, Harber, V, Bell, RC. Assessment of Pre-Pregnancy Dietary Intake with a Food Frequency Questionnaire in Alberta Women. Nutrients. 2015. 7:6155-6166. doi:10.3390/nu7085277.	Outcome
481.	Ramon, R, Ballester, F, Iniguez, C, Rebagliato, M, Murcia, M, Esplugues, A, Marco, A, Garcia de la Hera, M, Vioque, J. Vegetable but not fruit intake during pregnancy is associated with newborn anthropometric measures. J Nutr. 2009. 139:561-7. doi:10.3945/jn.108.095596.	Intervention/Exposure; Outcome
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483.	Redman, LM, Gilmore, LA, Breaux, J, Thomas, DM, Elkind-Hirsch, K, Stewart, T, Hsia, DS, Burton, J, Apolzan, JW, Cain, LE, Altazan, AD, Ragusa, S, Brady, H, Davis, A, Tilford, JM, Sutton, EF, Martin, CK. Effectiveness of SmartMoms, a Novel eHealth Intervention for Management of Gestational Weight Gain: Randomized Controlled Pilot Trial. JMIR Mhealth Uhealth. 2017. 5:e133. doi:10.2196/mhealth.8228.	Intervention/Exposure
484.	Renault, KM, Carlsen, EM, Norgaard, K, Nilas, L, Pryds, O, Secher, NJ, Cortes, D, Jensen, JE, Olsen, SF, Halldorsson, TI. Intake of carbohydrates during pregnancy in obese women is associated with fat mass in the newborn offspring. Am J Clin Nutr. 2015. 102:1475-81. doi:10.3945/ajcn.115.110551.	Intervention/Exposure; Outcome

	Citation	Rationale
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488.	Rerkasem, K, Wongthanee, A, Rerkasem, A, Chiowanich, P, Sritara, P, Pruenglampoo, S, Mangklabruks, A. Intrauterine nutrition and carotid intimal media thickness in young Thai adults. Asia Pac J Clin Nutr. 2012. 21:247-52.	Outcome
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503	Sauder, KA, Starling, AP, Shapiro, AL, Kaar, JL, Ringham, BM, Glueck, DH, Leiferman, JA, Siega-Riz, AM, Dabelea, D. Diet, physical activity and mental health status are associated with dysglycaemia in pregnancy: the Healthy Start Study. Diabet Med. 2016. 33:663-7. doi:10.1111/dme.13093.	Intervention/Exposure; Outcome
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506	Schoenaker, DA, Soedamah-Muthu, SS, Callaway, LK, Mishra, GD. Pre-pregnancy dietary patterns and risk of gestational diabetes mellitus: results from an Australian population-based prospective cohort study. Diabetologia. 2015. 58:2726-35. doi:10.1007/s00125-015-3742-1.	Population; Outcome
507	Schoenaker, DA, Soedamah-Muthu, SS, Mishra, GD. Quantifying the mediating effect of body mass index on the relation between a Mediterranean diet and development of maternal pregnancy complications: the Australian Longitudinal Study on Women's Health. Am J Clin Nutr. 2016. 104:638-45. doi:10.3945/ajcn.116.133884.	Outcome
508	Sedaghat, F, Akhoondan, M, Ehteshami, M, Aghamohammadi, V, Ghanei, N, Mirmiran, P, Rashidkhani, B. Maternal Dietary Patterns and Gestational Diabetes Risk: A Case-Control Study. Journal of Diabetes Research. 2017. 2017. doi:10.1155/2017/5173926.	Outcome
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513.	Sharma, SS, Greenwood, DC, Simpson, NAB, Cade, JE. Is dietary macronutrient composition during pregnancy associated with offspring birth weight? An observational study. Br J Nutr. 2018. 119:330-339. doi:10.1017/s0007114517003609.	Intervention/Exposure; Outcome
514.	Sharma, SV, Chuang, RJ, Byrd-Williams, C, Danho, M, Upadhyaya, M, Berens, P, Hoelscher, DM. Pilot evaluation of HEAL - A natural experiment to promote obesity prevention behaviors among low-income pregnant women. Prev Med Rep. 2018. 10:254-262. doi:10.1016/j.pmedr.2018.04.005.	Intervention/Exposure; Outcome
515.	Shieh, C, Yang, Z, Haas, DM, Carpenter, JS. Feasibility and Potential Benefits of a Self-Monitoring Enhanced Lifestyle Intervention to Prevent Excessive Gestational Weight Gain in Women Who Are Overweight or Obese. J Obstet Gynecol Neonatal Nurs. 2017. 46:182-196. doi:10.1016/j.jogn.2016.09.006.	Intervention/Exposure
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522.	Simoes-Wust, AP, Molto-Puigmarti, C, Jansen, EH, van Dongen, MC, Dagnelie, PC, Thijs, C. Organic food consumption during pregnancy and its association with health-related characteristics: the KOALA Birth Cohort Study. Public Health Nutr. 2017. 20:2145-2156. doi:10.1017/s1368980017001215.	Intervention/Exposure
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527	Skreden, M, Hillesund, ER, Wills, AK, Brantsaeter, AL, Bere, E, Overby, NC. Adherence to the New Nordic Diet during pregnancy and subsequent maternal weight development: a study conducted in the Norwegian Mother and Child Cohort Study (MoBa). Br J Nutr. 2018. 119:1286-1294. doi:10.1017/s0007114518000776.	Intervention/Exposure; Population
528	Slane, JD, Levine, MD. Association of Restraint and Disinhibition to Gestational Weight Gain among Pregnant Former Smokers. Womens Health Issues. 2015. 25:390-5. doi:10.1016/j.whi.2015.03.005.	Intervention/Exposure
529	Sloan, NL, Lederman, SA, Leighton, J, Himes, JH, Rush, D. The effect of prenatal dietary protein intake on birth weight. Nutrition Research. 2001. 21:129-139. doi:10.1016/S0271-5317(00)00258-X.	Intervention/Exposure; Data collected in 1983
530	Sommer, C, Sletner, L, Jenum, AK, Mrkrid, K, Andersen, LF, Birkeland, K, Mosdl, A. Ethnic differences in maternal dietary patterns are largely explained by socioeconomic score and integration score: a population-based study. Food & Nutrition Research. 2013. 57:1-12. doi:10.3402/fnr.v57i0.21164.	Study Design; Outcome
531	Sotres-Alvarez, D, Herring, AH, Siega-Riz, AM. Latent transition models to study women's changing of dietary patterns from pregnancy to 1 year postpartum. Am J Epidemiol. 2013. 177:852-61. doi:10.1093/aje/kws303.	Outcome
532	Spencer, L, Rollo, M, Hutchesson, M, Collins, C. Perceived healthy eating and physical activity factors influencing weight management in postpartum women: A mixed methods analysis. Obesity Research & Clinical Practice. 2014. 8:96-96. doi:10.1016/j.orcp.2014.10.176.	Conference abstract
533	Sridhar, SB, Darbinian, J, Ehrlich, SF, Markman, MA, Gunderson, EP, Ferrara, A, Hedderson, MM. Maternal gestational weight gain and offspring risk for childhood overweight or obesity. Am J Obstet Gynecol. 2014. 211:259.e1-8. doi:10.1016/j.ajog.2014.02.030.	Intervention/Exposure; Outcome
534	Stendell-Hollis, NR, Laudermilk, MJ, West, JL, Thompson, PA, Thomson, CA. Recruitment of lactating women into a randomized dietary intervention: successful strategies and factors promoting enrollment and retention. Contemp Clin Trials. 2011. 32:505-11. doi:10.1016/j.cct.2011.03.007.	Study Design; Outcome

	Citation	Rationale
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536.	Stuebe, AM, Oken, E, Gillman, MW. Associations of diet and physical activity during pregnancy with risk for excessive gestational weight gain. Am J Obstet Gynecol. 2009. 201:58.e1-8. doi:10.1016/j.ajog.2009.02.025.	Intervention/Exposure
537.	Su, T, Lu, J, Ma, H. Lifestyle intervention prevents pregnant woman from gestational diabetes mellitus: a Chinese randomized controlled trial. International journal of clinical and experimental medicine. 2016. 9:23584-23590.	Intervention/Exposure
538.	Suliga, E, Adamczyk-Gruszka, OK. Health behaviours of pregnant women and gestational weight gains -A pilot study. Medical Studies/Studia Medyczne. 2015. 31:161-167. doi:10.5114/ms.2015.54753.	Diet assessed at same time as final weight
539.	Suliga, E, Rokita, W, Adamczyk-Gruszka, O, Pazera, G, Ciesla, E, Gluszek, S. Factors associated with gestational weight gain: a cross-sectional survey. BMC Pregnancy Childbirth. 2018. 18:465. doi:10.1186/s12884-018-2112-7.	Study Design
540.	Surendran, S, Aji, AS, Ariyasra, U, Sari, SR, Malik, SG, Tasrif, N, Yani, FF, Lovegrove, JA, Sudji, IR, Lipoeto, NI, Vimaleswaran, KS. A nutrigenetic approach for investigating the relationship between vitamin B12 status and metabolic traits in Indonesian women. *J Diabetes Metab Disord.* 2019. 18(2):389-399. doi:10.1007/s40200-019-00424-z.	Study Design
541.	Swendeman, D, Comulada, WS, Koussa, M, Worthman, CM, Estrin, D, Rotheram-Borus, MJ, Ramanathan, N. Longitudinal Validity and Reliability of Brief Smartphone Self-Monitoring of Diet, Stress, and Physical Activity in a Diverse Sample of Mothers. JMIR Mhealth Uhealth. 2018. 6:e176. doi:10.2196/mhealth.9378.	Intervention/Exposure; Population
542.	Swensen, AR, Harnack, LJ, Ross, JA. Nutritional assessment of pregnant women enrolled in the Special Supplemental Program for Women, Infants, and Children (WIC). J Am Diet Assoc. 2001. 101:903-8. doi:10.1016/s0002-8223(01)00221-8.	Study Design; Outcome
543.	Switkowski, KM, Jacques, PF, Must, A, Hivert, MF, Fleisch, A, Gillman, MW, Rifas-Shiman, S, Oken, E. Higher Maternal Protein Intake during Pregnancy Is Associated with Lower Cord Blood Concentrations of Insulin-like Growth Factor (IGF)-II, IGF Binding Protein 3, and Insulin, but Not IGF-I, in a Cohort of Women with High Protein Intake. J Nutr. 2017. 147:1392-1400. doi:10.3945/jn.117.250589.	Intervention/Exposure; Outcome
544.	Szmeja, MA, Cramp, C, Grivell, RM, Deussen, AR, Yelland, LN, Dodd, JM. Use of a DVD to provide dietary and lifestyle information to pregnant women who are overweight or obese: a nested randomised trial. BMC Pregnancy Childbirth. 2014. 14:409. doi:10.1186/s12884-014-0409-8.	Intervention/Exposure; Outcome

	Citation	Rationale
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546.	Tahir, MJ, Haapala, JL, Foster, LP, Duncan, KM, Teague, AM, Kharbanda, EO, McGovern, PM, Whitaker, KM, Rasmussen, KM, Fields, DA, Jacobs, DR, Jr, Harnack, LJ, Demerath, EW. Higher Maternal Diet Quality during Pregnancy and Lactation Is Associated with Lower Infant Weight-For-Length, Body Fat Percent, and Fat Mass in Early Postnatal Life. Nutrients. 2019. 11. doi:10.3390/nu11030632.	Study Design
547.	Talai Rad, N, Ritterath, C, Siegmund, T, Wascher, C, Siebert, G, Henrich, W, Buhling, KJ. Longitudinal analysis of changes in energy intake and macronutrient composition during pregnancy and 6 weeks post-partum. Arch Gynecol Obstet. 2011. 283:185-90. doi:10.1007/s00404-009-1328-1.	Outcome; Comparator
548.	Tavares, MP, Devincenzi, MU, Sachs, A, de Vilhena Abrão, ACF. Nutritional status and diet quality of nursing mothers on exclusive breastfeeding. Acta Paulista de Enfermagem. 2013. 26:294-298.	Study Design; Outcome
549.	Taveras, E, Blackburn, K, Gillman, M, Haines, J, McDonald, J, Price, S, Oken, E. First Steps for Mommy and Me: A Pilot Intervention to Improve Nutrition and Physical Activity Behaviors of Postpartum Mothers and Their Infants. Maternal & Child Health Journal. 2011. 15:1217-1227. doi:10.1007/s10995-010-0696-2.	Intervention/Exposure; Outcome
550.	Teixeira, VH, Moreira, P. Maternal food intake and socioeconomic status to tackle childhood malnutrition. Jornal de Pediatria. 2016. 92:546-548. doi:10.1016/j.jped.2016.08.002.	Editorial
551.	Thomas Berube, L, Messito, MJ, Woolf, K, Deierlein, A, Gross, R. Correlates of Prenatal Diet Quality in Low-Income Hispanic Women. J Acad Nutr Diet. 2019. doi:10.1016/j.jand.2019.02.004.	Study Design; Outcome
552.	Thomson, JL, Tussing-Humphreys, LM, Goodman, MH, Olender, S. Baseline Demographic, Anthropometric, Psychosocial, and Behavioral Characteristics of Rural, Southern Women in Early Pregnancy. Matern Child Health J. 2016. 20:1980-8. doi:10.1007/s10995-016-2016-y.	Study Design
553.	Thomson, JL, Tussing-Humphreys, LM, Goodman, MH, Olender, SE. Gestational Weight Gain: Results from the Delta Healthy Sprouts Comparative Impact Trial. J Pregnancy. 2016. 2016:5703607. doi:10.1155/2016/5703607.	Intervention/Exposure

	Citation	Rationale
554	Thomson, JL, Tussing-Humphreys, LM, Goodman, MH. Delta Healthy Sprouts: a randomized comparative effectiveness trial to promote maternal weight control and reduce childhood obesity in the Mississippi Delta. Contemp Clin Trials. 2014. 38:82-91. doi:10.1016/j.cct.2014.03.004.	Study Design; No Results
555	Tian, HM, Wu, YX, Lin, YQ, Chen, XY, Yu, M, Lu, T, Xie, L. Dietary patterns affect maternal macronutrient intake levels and the fatty acid profile of breast milk in lactating Chinese mothers. Nutrition. 2019. 58:83-88. doi:10.1016/j.nut.2018.06.009.	Study Design
556	Tielemans, MJ, Erler, NS, Franco, OH, Jaddoe, VWV, Steegers, EAP, Kiefte-de jong, JC. Dietary acid load and blood pressure development in pregnancy: The Generation R Study. Clinical Nutrition. 2018. 37:597-603. doi:10.1016/j.clnu.2017.01.013.	Outcome; Association btw DP and GWG not analyzed
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558	Tobias, DK, Hu, FB, Chavarro, J, Rosner, B, Mozaffarian, D, Zhang, C. Healthful dietary patterns and type 2 diabetes mellitus risk among women with a history of gestational diabetes mellitus. Arch Intern Med. 2012. 172:1566-72. doi:10.1001/archinternmed.2012.3747.	Population; Outcome
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625	Zareei, S, Homayounfar, R, Naghizadeh, MM, Ehrampoush, E, Rahimi, M. Dietary pattern in pregnancy and risk of gestational diabetes mellitus (GDM). Diabetes Metab Syndr. 2018. 12:399-404. doi:10.1016/j.dsx.2018.03.004.	Study Design; Outcome
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629	Zhang, C, Tobias, DK, Chavarro, JE, Bao, W, Wang, D, Ley, SH, Hu, FB. Adherence to healthy lifestyle and risk of gestational diabetes mellitus: prospective cohort study. Bmj. 2014. 349:g5450. doi:10.1136/bmj.g5450.	Outcome
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631	Zulyniak, MA, de Souza, RJ, Shaikh, M, Desai, D, Lefebvre, DL, Gupta, M, Wilson, J, Wahi, G, Subbarao, P, Becker, AB, Mandhane, P, Turvey, SE, Beyene, J, Atkinson, S, Morrison, KM, McDonald, S, Teo, KK, Sears, MR, Anand, SS. Does the impact of a plant-based diet during pregnancy on birth weight differ by ethnicity? A dietary pattern analysis from a prospective Canadian birth cohort alliance. BMJ Open. 2017. 7:e017753. doi:10.1136/bmjopen-2017-017753.	Outcome