**Table S2** Chinese Healthy Diet Index for Pregnancy (CHDI-P) components and standard for scoring

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Components** | | **Score** | | | | | |
| **Diversity** | | | | | | | |
| Category of food | | Recommended number of species/d | | | Range of score | | |
| Grains, Tubers and Mixed beans | | 3 | | | 0-3 | | |
| Vegetables and Fruits | | 4 | | | 0-4 | | |
| Meat, Poultry, Fish and Eggs | | 3 | | | 0-3 | | |
| Dairy, Soybeans and Nuts | | 2 | | | 0-2 | | |
| Total | | 12 | | | 0-12 | | |
| **Adequacy** | | | | | | | |
|  | | Unit | Base Score (BS) | | | Weighting | Range of score |
| 0 | 1.5 | 3 |
| Whole grains/Mixed beans | | g/d | 0 | (0,50) | ≥50 | 2BS | 0,3,6 |
| Tubers | | 0 | (0,50) | ≥50 | 1/3BS | 0,0.5,1 |
| Poultry | | 0 | (0,40) | ≥40 | BS | 0,1.5,3 |
| Fish and seafood | | 0 | (0,40) | ≥40 | BS | 0,1.5,3 |
| Eggs | | 0 | (0,50) | ≥50 | BS | 0,1.5,3 |
| Dairy | | 0 | (0,300) | ≥300 | BS | 0,1.5,3 |
| Soybeans | | 0 | (0,15) | ≥15 | BS | 0,1.5,3 |
| Animal liver | | 0/>50 | (0,25) | [25,50] | BS | 0,1.5,3 |
| Animal blood | | 0/>50 | (0,25) | [25,50] | BS | 0,1.5,3 |
| Red meats | | 0/>100 | (0,50) | [50,100] | BS | 0,1.5,3 |
| Dark-colored vegetables | | 0 | (0,200) | ≥200 | 2BS | 0,3,6 |
| Fruits | | 0/>350 | (0,200) | [200,350] | BS | 0,1.5,3 |
| Marine algae | | 0 | (0,20) | ≥20 | BS | 0,1.5,3 |
| Iodized salt | | 0/>15 | (6,15] | (0,6] | BS | 0,1.5,3 |
| Nuts | | 0 | (0,10) | ≥10 | BS | 0,1.5,3 |
| Folic acid supplements | | μg/d | 0 | (0,400) | ≥400 | 2BS | 0,3,6 |
| **Limitation** | | | | | | | |
|  | Unit | Base Score (BS) | | | | Weighting | Range of score |
| 0 | | 2.75 | 5.5 |
| Fried foods | g/d | ≥200 | | (0,200) | 0 | BS | 0,2.75,5.5 |
| Sugary beverages | ≥400 | | (0,400) | 0 | BS | 0,2.75,5.5 |
| Processed meats | ≥50 | | (0,50) | 0 | BS | 0,2.75,5.5 |
| Alcohol | >0 | | \_ | 0 | BS | 0,5.5 |
| Refined grains | <170/>450 | | \_ | [170,450] | BS | 0,5.5 |
| Cooking oil | 0/>50 | | (25,50] | (0,25] | BS | 0,2.75,5.5 |