**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 |