**Supplementary Table 1: Caloric and macronutrient intake, meal and snacks times and time-related eating patterns (n=100 per quarter).**

|  |  |  |  |
| --- | --- | --- | --- |
| **Dependent variables** | First trimester | Second trimester | Third trimester |
|  | Mean | SE | Mean | SE | Mean | SE |
| ***Daily total calories and macronutrients*** |  |  |  |  |  |  |
| Total energy (kcal)† | 1631.87 | 53.67 | 1674.05 | 54.81 | 1649.29 | 46.14 |
| Protein (kcal)† | 260.83 | 10.42 | 281.48 | 10.98 | 274.21 | 10.33 |
| Protein (%) | 16.00 | 0.41 | 16.99 | 0.47 | 16.52 | 0.41 |
| Fat (kcal)† | 550.03 | 21.48 | 581.13 | 22.36 | 578.89 | 21.10 |
| Fat (%) | 33.27 | 0.57 | 34.35 | 0.57 | 34.59 | 0.58 |
| Carbohydrate (kcal)† | 819.21 | 27.48 | 812.48 | 28.75 | 796.18 | 22.32 |
| Carbohydrate (%) | 50.73 | 0.76 | 48.66 | 0.72 | 48.89 | 0.78 |
| ***Meal and Snacks Times*** |  |  |  |  |  |  |
|  Breakfast (h:min) | 8:19 | 0:07 | 8:27 | 0:07 | 8:31 | 0:07 |
|  Morning snacks (h:min) | 10:09 | 0:05 | 9:58 | 0:06 | 10:06 | 0:05 |
|  Lunch (h:min) | 12:20 | 0:04 | 12:15 | 0:04 | 12:17 | 0:04 |
|  Afternoon (h:min) | 16:11 | 0:07 | 16:12 | 0:05 | 16:15 | 0:05 |
|  Dinner (h: min) | 20:06 | 0:06 | 20:06 | 0:05 | 19:57 | 0:05 |
|  Nighttime snacks (h:min) | 22:09 | 0:14 | 22:08 | 0:10 | 22:17 | 0:10 |
|  First meal (h:min) | 8:33 | 1:27 | 8:37 | 1:22 | 8:46 | 1:30 |
|  Last meal time (h:min) | 20:38 | 1:38 | 20:46 | 1:19 | 20:35 | 1:16 |
| ***Time-related eating patterns*** |  |  |  |  |  |  |
| Number of meals | 4.81 | 0.11 | 4.76 | 0.11 | 4.74 | 0.10 |
| Eating duration (hours) | 11.67 | 0.22 | 11.60 | 0.18 | 11.58 | 0.18 |
| Caloric midpoint (h:min) | 14:18 | 0:13 | 14:26 | 0:15 | 14:24 | 0:14 |
| Fasting hours  | 10.35 | 1.23 | 10.32 | 1.22 | 10.33 | 1.13 |
| **Sleep-wake data** |  |  |  |  |  |  |
| Mean PSQI‡ global sleep quality score (0–21)\* | 6.76 | 2.81 | 5.82 | 2.17 | 6.28 | 2.17 |

**Note:** SE = Standard error. ‡PSQI = Pittsburgh Sleep Quality Index. \*PSQI ≥5: indicates poor sleep quality. †To convert kcal to kJ, multiply by 4.184. **\*\***Caloric midpoint: average time at which 50% of daily calories were consumed. Fasting hours were determined by calculating the hours between the first and last eating episodes of each day and subtracting this time from 24 hours.