

Supplemental table 1. Basal dietary intake of energy and nutrients in participating women at the 20th and the 30th week of pregnancy.

	FO		FO+5-MTHF		5-MTHF		Placebo		<i>P</i>
20th week pregnancy	(n=69)		(n=60)		(n=64)		(n=70)		
	Mean	SD	Mean	SD	Mean	SD	Mean	SD	
Energy (Kcal)	2905	870.7	2960	990.6	3038	1237.5	2792	925.4	n.s.
Protein (g)	112	35.9	110	37.9	114	44.8	107	38.4	n.s.
Fat (g)	15	58.0	162	54.8	169	79.9	152	63.3	n.s.
Carbohydrate (g)	249	81.1	259	111.0	258	105.5	242	93.6	n.s.
ΣSFA (g)	46.7	15.8	48.9	15.9	51.8	25.2	44.1	16.9	n.s.
ΣMUFA (g)	68.4	26.1	68.1	26.3	72.2	36.4	64.9	29.4	n.s.
ΣPUFA (g)	34.4	19.9	35.0	18.5	34.6	19.6	33.8	20.0	n.s.
22:6n-3 (g)	0.38	0.17	0.42	0.23	0.49	1.06	0.39	0.30	n.s.
20:4n-6 (g)	0.82	0.32	0.82	0.40	0.81	0.48	0.77	0.40	n.s.
20:5n-3 (g)	0.15	0.09	0.17	0.12	0.22	0.64	0.17	0.17	n.s.
Folate (µg)	370	182.7	357	156.1	365	182.6	345	137.6	n.s.
30th week pregnancy	(n=67)		(n=61)		(n=63)		(n=69)		
	Mean	SD	Mean	SD	Mean	SD	Mean	SD	
Energy (Kcal)	2905	1044.8	2831	977.2	2725	993.3	2816	975.5	n.s.
Protein (g)	106	38.5	109	43.6	103	30.2	104	34.0	n.s.
Fat (g)	160	61.2	155	59.9	150	63.2	153	60.9	n.s.
Carbohydrate (g)	253	103.7	241	89.6	234	94.7	249	95.2	n.s.
ΣSFA (g)	48.8	20.5	45.5	17.7	47.3	20.7	45.9	18.7	n.s.
ΣMUFA (g)	66.6	27.0	66.6	30.0	62.4	29.6	64.5	28.3	n.s.
ΣPUFA (g)	35.1	19.0	33.9	14.6	31.3	14.2	33.5	15.6	n.s.
22:6n3 (g)	0.38	0.22	0.40	0.19	0.36	0.17	0.43	0.43	n.s.
20:4n6 (g)	0.74	0.34	0.77	0.35	0.73	0.36	0.81	0.45	n.s.
20:5n3 (g)	0.15	0.12	0.18	0.10	0.14	0.10	0.18	0.25	n.s.
Folate (µg)	353	212.2	365	161.6	317	106.7	331	131.1	n.s.

FO: Fish oil; 5-MTHF: 5-Methyltetrahydrofolate; n.s: $P>0.05$; ΣSFA: Saturated fatty acids; ΣMUFA: Monounsaturated fatty acids; ΣPUFA: Polyunsaturated fatty acids.