**Appendix A.   
  
Detailed methods dietary intake and corresponding 24-hour energy intake calculations**   
During the MOTHER study, participants kept a weekly self-reported 24-hour food diary. The food diary consisted of a list of pre-specified food products, as shown below in **Figure A1**. Participants were able to fill in their food intake in pieces or millilitres (ml) at six different moments: breakfast, lunch, dinner and three in-between mealtime snacks. Besides the pre-specified food item list, participants could also specify food products, which were not included in the standard checklist below ‘other’.  
 In collaboration with a dietician, databases of the Dutch National Institute for Public Health and the Environment (RIVM) were used to determine portion sizes and energy content of reported food products. First, we determined standard portion sizes of each of the listed food products by using the database containing portion sizes.(1) Secondly, the Dutch Food Composition Database 2019 was used to extract the corresponding energy content in kilocalories (kcal) per 100 gram and to calculate the energy content per portion size.(2)   
 Few of the listed food products were not specified in details, which made it difficult to find corresponding NEVO-codes in the Dutch Food Composition Database. For some of these products, an average NEVO-code was available, such as for meat products and sweet spreads. For many products however, average NEVO-codes were missing. In these cases, we used the most recent available Dutch National Food Consumption Survey (DNFCS) of 2012-2016 to calculate weighted averages of the five most consumed food products in the corresponding food category among adult women between 18 and 50 years.(3)  
 Furthermore, a ‘hot meal’ was also included in the pre-specified food diary, but was not further described in detail. The Dutch National food Consumption Survey 2012-2016 measured that 34.1% of the daily energy intake was consumed during diner and that, on average, the energy intake of adult women between 18 and 50 years was 1898 calories.(3) Therefore, we assumed that one portion size of a consumed hot meal contained 647 calories. **Supplement Table A1** shows each of the listed food products with corresponding portion sizes and energy content per 100 gram as well as per portion size.   
 Lastly, a 24-hour energy intake was calculated, adding up all caloric quantities of each of the reported food products per woman. For women reporting that they had no intake at all, the 24-hour energy intake was set at zero. For this study, the 24-hour energy intake at inclusion was used as a measure of HG severity and as predictor in regression analysis.

**References**

1. National Institute for Public Health and the Environment. Portie-online version 2020/1.4, RIVM, Bilthoven. [13 October 2020]. Available from: <https://portie-online.rivm.nl/>.

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3. National Institute for Public Health the Environment, van Rossum C, Nelis K, Wilson C, Ocké M. National dietary survey in 2012-2016 on the general population aged 1-79 years in the Netherlands. EFSA Supporting Publications. 2018;15(9):1488E.