**Supplemental Table 1** RRs of gestational diabetes mellitus (GDM) according to quartiles of total fruit, anthocyanin-grouped fruit, GI-grouped fruit and GL-grouped fruit intake stratified by pre-pregnancy BMI and family history of diabetes

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Pre-pregnancy BMI | |  | Family history of diabetes | |
| <24 kg/m2 | ≥24 (kg/m2) | yes | no |
| Total fruit |  |  |  |  |  |
| Q1 | 1.00 | 1.00 | 1.00 | 1.00 |
| Q2 | 1.01 (0.81, 1.26) | 1.07 (0.67, 1.70) | 0.98 (0.78, 1.22) | 1.11 (0.73, 1.69) |
| Q3 | 1.07 (0.86, 1.33) | 0.78 (0.46, 1.32) | 1.08 (0.87, 1.34) | 1.03 (0.65, 1.64) |
| Q4 | 0.97 (0.77, 1.24) | 1.27 (0.83, 1.95) | 1.03 (0.81, 1.29) | 1.10 (0.68, 1.78) |
| *P*-trend | 0.861 | 0.372 | 0.770 | 0.707 |
| Anthocyanin-rich fruit |  |  |  |  |
| Q1 | 1.00 | 1.00 | 1.00 | 1.00 |
| Q2 | 0.96 (0.76, 1.22) | 0.88 (0.53, 1.46) | 0.95 (0.54, 1.69) | 0.97 (0.77, 1.22) |
| Q3 | 1.01 (0.81, 1.25) | 0.62 (0.31, 1.25) | 0.72 (0.44, 1.19) | 1.04 (0.83, 1.30) |
| Q4 | 0.71 (0.54, 0.93) | 0.68 (0.29, 1.60) | 1.04 (0.68, 1.60) | 0.65 (0.48, 0.89) |
| *P*-trend | 0.017 | 0.206 | 0.904 | 0.013 |
| Non-anthocyanin-rich fruit |  |  |  |  |
| Q1 | 1.00 | 1.00 | 1.00 | 1.00 |
| Q2 | 0.93 (0.74, 1.17) | 1.14 (0.73, 1.77) | 1.04 (0.68, 1.61) | 0.94 (0.75, 1.18) |
| Q3 | 1.01 (0.82, 1.26) | 0.73 (0.41, 1.27) | 0.98 (0.65, 1.50) | 1.00 (0.80, 1.26) |
| Q4 | 1.17 (0.94, 1.47) | 1.22 (0.80, 1.86) | 1.18 (0.75, 1.87) | 1.19 (0.95, 1.49) |
| *P*-trend | 0.103 | 0.495 | 0.510 | 0.077 |
| Low-GI fruit |  |  |  |  |
| Q1 | 1.00 | 1.00 | 1.00 | 1.00 |
| Q2 | 0.92 (0.74, 1.15) | 1.28 (0.80, 2.04) | 1.16 (0.76, 1.75) | 0.90 (0.72, 1.12) |
| Q3 | 1.05 (0.84, 1.29) | 0.75 (0.44, 1.30) | 1.11 (0.71, 1.74) | 1.03 (0.83, 1.28) |
| Q4 | 1.05 (0.84, 1.33) | 1.26 (0.80, 2.00) | 1.37 (0.85, 2.20) | 1.05 (0.84, 1.32) |
| *P*-trend | 0.460 | 0.536 | 0.225 | 0.443 |
| High-GI fruit |  |  |  |  |
| Q1 | 1.00 | 1.00 | 1.00 | 1.00 |
| Q2 | 0.98 (0.71, 1.35) | 1.35 (0.73, 2.49) | 1.45 (0.87, 2.40) | 0.99 (0.72, 1.37) |
| Q3 | 1.10 (0.85, 1.44) | 0.76 (0.29, 2.04) | 0.60 (0.27, 1.37) | 1.19 (0.91, 1.55) |
| Q4 | 0.85 (0.61, 1.17) | 1.50 (0.85, 2.65) | 0.82 (0.40, 1.70) | 0.92 (0.67, 1.26) |
| *P*-trend | 0.405 | 0.179 | 0.483 | 0.783 |
| Low-GL fruit |  |  |  |  |
| Q1 | 1.00 | 1.00 | 1.00 | 1.00 |
| Q2 | 0.93 (0.75, 1.17) | 1.14 (0.73, 1.80) | 1.25 (0.83, 1.88) | 0.86 (0.70, 1.11) |
| Q3 | 1.11 (0.90, 1.38) | 0.78 (0.45, 1.35) | 1.16 (0.73, 1.84) | 1.09 (0.88, 1.36) |
| Q4 | 1.05 (0.84, 1.33) | 1.26 (0.81, 1.96) | 1.19 (0.74, 1.90) | 1.08 (0.86, 1.35) |
| *P*-trend | 0.426 | 0.419 | 0.558 | 0.276 |
| High-GL fruit |  |  |  |  |
| Q1 | 1.00 | 1.00 | 1.00 | 1.00 |
| Q2 | 1.14 (0.92, 1.41) | 1.21 (0.72, 2.03) | 1.24 (0.80, 1.93) | 1.13 (0.92, 1.41) |
| Q3 | 1.04 (0.80, 1.34) | 1.09 (0.67, 1.75) | 0.70 (0.37, 1.33) | 1.12 (0.87, 1.44) |
| Q4 | 0.97 (0.75, 1.25) | 0.70 (0.20, 2.50) | 1.11 (0.60, 2.05) | 0.95 (0.72, 1.25) |
| *P*-trend | 0.953 | 0.918 | 0.974 | 0.836 |

Models adjusted for age (years); pre-pregnancy BMI (kg/m2 ); educational level (≤ 12; 13-15; ≥ 16 years); family income level ( ≤ 2999; 3000-4999; 5000-9999; ≥ 10000 CNY/month); family history of diabetes (yes/no); parity (1; ≥ 2); smoking (yes/no); alcohol consumption (yes/no); physical activity (MET h/week); energy (kJ/d); vegetables (g/d); whole grains (g/d); beverage (0; ≥1), dietary fibre (g/d) and relevant anthocyanin-grouped fruit, GI-grouped fruit and GL-grouped fruit intake were mutually adjusted in each model.