

Table S1. Components of Canadian adaptation of Healthy Eating Index, range of scores and scoring criteria.

Component	Scoring criteria (daily servings) *	
	Minimum score	Maximum score
Adequacy †		
Total vegetables and fruit	0	4 to 10 servings
Whole fruit	0	0.8 to 2.1 servings
Dark green and orange vegetables	0	0.8 to 2.1 servings
Total grain products	0	3 to 8 servings
Whole grains	0	1.5 to 4 servings
Milk and alternatives	0	2 to 4 servings
Meat and alternatives	0	1 to 3 servings
Unsaturated fats	0	30 to 45 grams/day §
Moderation ‡		
Saturated fats	≥15% of total energy intake	≤7% of total energy intake
Sodium	Twice the UL	AI or less (≤1500 mg)
Other foods	≥40% of total energy intake	≤5% of total energy intake

Adapted from Garriguet D. (2009); UL, Upper Intake limit; AI, Adequate intake. * according to age and sex, as specified in Canada's Food Guide. † for adequacy components, 0 points for minimum intake or less, 5, 10 or 20 for maximum intake or more, and proportional for amounts between minimum and maximum. ‡ for moderation components, 10 or 20 points for minimum intake or less, 0 points for maximum intake or more, and proportional for amounts between minimum and maximum. § Refers only to the amount of unsaturated fats added directly to food during cooking or through salad dressings and does not represent total dietary intake of unsaturated fats.

Table S2. Period-specific macronutrient intake in comparison with dietary reference intakes.

	3 rd trimester of pregnancy			3 months postpartum			6 months postpartum			Overall <i>p</i> -Value ^a
	Mean ± SD	%Below EPR or AI	%Above EPR or AI	Mean ± SD	%Below EPR or AI	%Above EPR or AI	Mean ± SD	%Below EPR or AI	%Above EPR or AI	
EPR, g/day	95.7 ± 9.4	-	-	83.9 ± 10.1	-	-	80.2 ± 12.6	-	-	-
Protein, g/day	100 ± 19	36	64	97.1 ± 18.9	25	75	93.2 ± 21.6	25	75	0.22
Carbohydrate, g/day	283 ± 64	-	-	266 ± 68	-	-	259 ± 65	-	-	0.11
Total fat, g/day	91.9 ± 22.7	-	-	93.8 ± 24.5	-	-	90.5 ± 23.5	-	-	0.75
Dietary fiber, g/day	24.6 ± 5.6	89	11	22.0 ± 4.5	93	7	21.3 ± 6.6	89	11	0.01
ω-6 Linoleic acid, g/day	9.6 ± 5.6	-	-	11.1 ± 5.6	-	-	11.1 ± 5.3	-	-	0.23
ω-3 Linolenic acid, g/day	2.0 ± 1.0	-	-	2.1 ± 1.0	-	-	2.1 ± 0.8	-	-	0.84
Cholesterol, mg/day	297 ± 105	-	-	293 ± 120	-	-	306 ± 128	-	-	0.87

^a *p*-value for repeated measures ANOVA performed to assess variations in macronutrient intake across periods. When no dietary reference intake was established for a nutrient, the “-” is used instead of a 0. EPR: estimated protein requirement (1.1 g/kg of pre-pregnancy weight + 25 g for the third trimester and 1.3 g/kg for participants who breastfed or 0.8 g/kg for those who didn’t in the postpartum period). AI: adequate intake (14 g of fiber/1000 kcal consumed).