SUPPLEMENTARY DATA

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| **Table S1.** The AHEI-2010 scoring method and mean scores at baseline among pregnant women in the NELA cohort Study. |
| **Component** | **Criteria for minimum score (0)** | **Criteria for maximum score (10)** |
| Vegetables, *servings/d* | 0 | ≥5 |
| Fruit, *servings/d* | 0 | ≥4 |
| Whole grains, *g/d* | 0 | 75 |
| Sugar-sweetened beverages and fruit juice, *serving*s*/d* | ≥1 | 0 |
| Nuts and Legumes, *servings/d* | 0 | ≥1 |
| Red and processed meat, servings/d | ≥1.5 | 0 |
| Trans Fat, % of energy | ≥4 | ≤0.5 |
| Long-chain (n-3) fats (EPA\* + DHA\*\*), *mg/d* | 0 | 250 |
| PUFA†, *% of energy* | ≤2 | ≥10 |
| Sodium, *mg/d* | Highest decile | Lowest decile |
| EPA: Eicosapentanoic acid. DHA: Docosahexaenoic acid. PUFA: Polyunsaturated fatty acid. |
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SUPPLEMENTARY DATA

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**Figure S1**. Correlation study between the 3 indices used to evaluate the pattern of adherence to the Mediterranean diet (aMED and rMED) and adherence to a healthy diet pattern (AHEI-2010) in the NELA cohort. \*\*\* (p-value<0.001); Corr: degree of correlation among indices.