FINAL DATASETS

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| **PREGNANCY** | | | | | |
| **Dataset – condition 1** | **Dataset – condition 2** | **Dataset – meal** | **N meals** | **N participants** | **Mean nr of meals per participant** |
| BMI group | 1 = 18 - 24 | 1 = breakfast | 649 | 183 | 3.5 |
| 3 = lunch | 601 | 185 | 3.2 |
| 4+5 = dinner | 629 | 185 | 3.4 |
| 2\_3 = 25+ | 1 = breakfast | 543 | 176 | 3.1 |
| 3 = lunch | 514 | 174 | 3.0 |
| 4+5 = dinner | 545 | 176 | 3.1 |
| Gestational weight gain (gwg\_iom) | 2 = adequate | 1 = breakfast | 381 | 109 | 3.5 |
| 3 = lunch | 346 | 110 | 3.1 |
| 4+5 = dinner | 369 | 109 | 3.4 |
| 3 = excessive | 1 = breakfast | 526 | 154 | 3.4 |
| 3 = lunch | 512 | 153 | 3.3 |
| 4+5 = dinner | 532 | 155 | 3.4 |
| HEI score (HEI2015\_TOT) | T1  (< 52.5) | 1 = breakfast | 326 | 116 | 2.8 |
| 3 = lunch | 296 | 115 | 2.6 |
| 4+5 = dinner | 326 | 118 | 2.8 |
| T3  (> 63.4) | 1 = breakfast | 440 | 121 | 3.6 |
| 3 = lunch | 423 | 122 | 3.5 |
| 4+5 = dinner | 429 | 121 | 3.5 |
| **POSTPARTUM** | | | | | |
| **Dataset – condition 1** | **Dataset – condition 2** | **Dataset – meal** | **N meals** | **N participants** | **Mean nr of meals per participant** |
| Return to early pregnancy weight (EPW\_ever) | 1 = yes | 1 = breakfast | 346 | 136 | 2.5 |
| 3 = lunch | 330 | 131 | 2.5 |
| 4+5 = dinner | 356 | 137 | 2.6 |
| 0 = no | 1 = breakfast | 223 | 89 | 2.5 |
| 3 = lunch | 205 | 87 | 2.4 |
| 4+5 = dinner | 215 | 88 | 2.4 |
| HEI score (HEI2015\_TOT) | T1  (< 52.0) | 1 = breakfast | 169 | 86 | 2.0 |
| 3 = lunch | 157 | 82 | 1.9 |
| 4+5 = dinner | 175 | 86 | 2.0 |
| T3  (> 64.5) | 1 = breakfast | 243 | 89 | 2.7 |
| 3 = lunch | 235 | 88 | 2.7 |
| 4+5 = dinner | 239 | 89 | 2.7 |