FINAL DATASETS

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| **PREGNANCY** | | | | | |
| **Variable** | **Comparison groups** | **Dataset – meal** | **N meals** | **N participants** | **Mean nr of meals per participant** |
| 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** | | | | | |
| **Variable** | **Comparison group** | **Dataset – meal** | **N meals** | **N participants** | **Mean nr of meals per participant** |
| 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 |