

Supplementary Table 1. Eighteen food groups and their detailed composition.

Food group	Example food ¹	Item name	Question ref.	Variable name	Maternal FFO during pregnancy in ALSPAC	
					Food name ²	Portion size (g) ²
Healthy plant food groups						
Whole grains	Whole grain breakfast cereal, other cooked breakfast cereal, cooked oatmeal, dark bread, brown rice, other grains, bran, wheat germ, popcorn	Brown/granary bread	C7b	c253	Brown bread, average	18
		Wholemeal bread	C7c	c254	Wholemeal bread, average	18
		Rice	C1o	c217	Brown rice, boiled	27
		Pasta	C1p	c218	Spaghetti, wholemeal, boiled	30
		Oat cereals	C3l	c233	Muesli, Swiss style	17
		Wholegrain/bran cereals	C3m	c234	Porridge, made with water	53
					Ready Brek	10
		Crispbreads	C3p	c237	All-Bran	10
					Bran Flakes	8
					Fruit 'n Fibre	8
Fruits	Raisins or grapes, prunes, bananas, cantaloupe, watermelon, fresh apples or pears, oranges, grapefruit, strawberries, blueberries, peaches or apricots or plums	Fresh fruit	C3h	c229	Weetabix	10
					Crispread, rye	20
					Apples, eating, average, raw	17
					Bananas	17
					Grapes, average	17
					Oranges	21
					Peaches, raw	18
Vegetables	Tomatoes, tomato juice, tomato sauce, broccoli, cabbage, cauliflower, Brussels sprouts, carrots, mixed vegetables, yellow or winter squash, eggplant or zucchini, yams or sweet potatoes, spinach cooked, spinach raw, kale or mustard or chard greens, iceberg or head lettuce, romaine or leaf lettuce, celery, mushrooms, beets, alfalfa sprouts, garlic, corn	Green leafy vegetables	C3c	c224	Pears, average, raw	28
		Other green vegetables	C3d	c225	Brussels sprouts, boiled in unsalted water	36
					Cabbage, boiled in unsalted water, average	38
					Spring greens, boiled in unsalted water	19
					Green beans/French beans, boiled in unsalted water	23
					Cauliflower, boiled in unsalted water	23
					Leeks, boiled in unsalted water	19
		Carrots	C3e	c226	Carrots, oil, boiled in unsalted water	60
		Other root vegetables	C3f	c227	Parsnip, boiled in unsalted water	26
					Swede, boiled in unsalted water	24
					Turnip, boiled in unsalted water	12
		Salad	C3g	c228	Cucumber, raw	23
					Lettuce, average, raw	30
		Sweetcorn	C3b	c223	Tomatoes, raw	60
Nuts	Nuts, peanut butter	Tomatoes	C3i	c220	Sweetcorn, kernels, canned, re-heated, drained	21
		Nuts	C3t	c241	Tomatoes, canned, whole contents	80
					Almonds	8
		Tahini	C3v	c243	Brazil nuts	8
Legumes	String beans, tofu or soybeans, beans or lentils, peas or lima beans				Hazelnuts	8
		Baked beans	C3a	c222	Peanuts, roasted and salted	28
		Legumes	C3b	c223	Hummus	10
					Tahini paste	10
		Pulses	C3s	c240	Baked beans, canned in tomato sauce, re-heated	135
					Peas, frozen, boiled in unsalted water	35
					Peas, canned, re-heated, drained	18
		Bean curd	C3u	c242	Chick peas, whole, dried, boiled in unsalted water	40
		Meat replacement	C3w	c244	Lentils, red, split, dried, boiled in unsalted water	40
		Soya milk	C10g	c282	Red kidney beans, canned, re-heated, drained	40
Vegetable oils ³	Oil-based salad dressing, vegetable oil used for cooking				Tofu, soya bean, steamed, fried	80
		Sunflower/soya/corn/olive oil	C8e	c270	Vegeburger mix, made up with water, fried in vegetable oil	37
					Vegeburger, retail, grilled	47
		Other vegetable oil	C8f	c272	Soya mince, made up with water	36
					Soya milk, plain	100
					Corn oil	30
					Olive oil	10
Tea and coffee	Tea, coffee, decaffeinated coffee				Soya oil	20
		Regular tea	C12a	c300	Sunflower oil	20
		Decaffeinated tea	C12c	c303	Vegetable oil, blended, average	100
		Regular coffee	C12d	c305	Regular tea	225
		Decaffeinated coffee	C12f	c308	Decaffeinated tea	225
		Herbal tea	C14b	c316	Regular coffee	225
					Herbal tea	225
Less healthy plant food groups						
Fruit juices	Apple cider (non-alcoholic) or juice, orange juice, grapefruit juice, other fruit juice	Fruit juice (tinned)	C3i	c230	Orange juice, unsweetened	80
		Fruit juice (not tinned)	C3j	c231	Apple juice, unsweetened	32
Refined grains	Refined grain breakfast cereal, white bread, English muffins or bagels or rolls, muffins or biscuits, white rice, pancakes or waffles, crackers, pasta	Orange juice, unsweetened			Orange juice, unsweetened	96
		Pineapple juice, unsweetened			Pineapple juice, unsweetened	32
		White bread	C7a	c252	White bread, sliced	36
		Chapatis/naan bread	C7d	c255	Chapatis, made without fat	28
		Rice	C1o	c217	Naan bread	40
		Pasta	C1p	c218	White rice, easy cook, boiled	108
		Other cereals	C3n	c235	Spaghetti, white, boiled	120
					Corn Flakes	6
					Frosties	6
					Rice Krispies	6
Potatoes	French fries, baked or mashed potatoes, potato or corn chips				Snickers	6
					Special K	7
					Chips, retail, fried in blended oil	42
					Chips, straight cut, frozen, fried in blended oil	33
					Chips, French fries, retail	23
					Oven chips, frozen, baked	33
					Chips, homemade, fried in blended oil	33
Sugar sweetened beverages	Colas with caffeine & sugar, colas without caffeine but with sugar, other carbonated beverages with sugar, non-carbonated fruit drinks with sugar				Old potatoes, roast, in blended oil	103
					New potatoes, boiled in unsalted water	20
					Old potatoes, baked, flesh only	27
					Old potatoes, boiled in unsalted water	60
					Potato crisps	27
Sweets and desserts	Chocolate, candy bars, candy without chocolate, cookies (home-baked & ready-made), brownies, doughnuts, cake (home-baked & ready-made), sweet roll (home-baked & ready-made), pie (home-baked & ready-made), jams or jellies or preserves or syrup or honey				Old potatoes, roast, in blended oil	103
					New potatoes, boiled in unsalted water	20
					Old potatoes, baked, flesh only	27
					Old potatoes, boiled in unsalted water	60
					Potato crisps	27
					Chips, retail, fried in blended oil	42
					Chips, straight cut, frozen, fried in blended oil	33
					Chips, French fries, retail	23
					Oven chips, frozen, baked	33
					Chips, homemade, fried in blended oil	33
Animal food groups	Butter added to food, butter or lard used for cooking				Gateau	14
					Crumble, fruit	28
					Fruit pie, pastry top and bottom	18
					Sponge pudding	20
					Cheesecake, frozen	12
					Rice pudding, canned	25
					Fancy feed cakes, individual	10
					Fruit cake, rich	14
					Sponge cake, jam filled	12
					Doughnuts, jam	15
Animal fat ⁴	Butter added to food, butter or lard used for cooking				Eccles cake	9
					Digestive biscuits, plain	3
					Semi-sweet biscuits	2
					Short-sweet biscuits	3
					Kit Kat	6
Sweets and desserts	Chocolate bars, candy without chocolate, cookies (home-baked & ready-made), brownies, doughnuts, cake (home-baked & ready-made), sweet roll (home-baked & ready-made), pie (home-baked & ready-made), jams or jellies or preserves or syrup or honey				Mars bar	33
					Twix	128
					Chocolate, fancy and filled	10
					Chocolate, milk	30
					Chocolate, plain	10
					Chew sweets	6
					Fruit pastilles	7
					Fudge	5
					Liquorice allsorts	9
					Peppermints	5
Sugars and sweets	Sugars and sweets				Toffees, mixed	8

¹Provided by Satija et al. (2016) for developing the plant-based diet indices, based on the FFQ data from the Nurses' Health Study, the Nurses' Health Study 2, and the Health Professionals Follow-Up Study in the United States (DOI:10.1371/journal.pmed.1002039).

²Assumed by Rogers & Emmett (1998) based on the data from the Ministry of Agriculture, Fisheries and Food in 1991 (DOI: 10.1038/sj.ejn.1600543); the assumed portion sizes were used for deriving the plant-based diet indices in the present study.

Margarine was excluded from the plant-based diet index by Satija et al. (2016) due to its changing fat acid composition over time; in the present study, we also excluded hard or soft margarine, polyunsaturated margarine, and low fat spread from the indices as it was not clear whether FGD food frequency questionnaire (ALSPAC, Avon Longitudinal Study of Parents and Children).

Supplementary Table 2. Maternal FFQ administered at 32 weeks gestation in ALSPAC.

Question ref.	Variable name	Question	Answer options
C1		We are interested in your diet. How many times nowadays do you eat:	Never or rarely / Once in 2 weeks / 1-3 times a week / 4-7 time a week / More than once a day
a	c200	Sausages, Burgers	
b	c201	Pies, Pasties (pork pie, steak/meat pie etc.)	
c	c202	Meat (beef, lamb, pork, ham, bacon etc.)	
d	c203	Poultry (chicken, turkey etc)	
e	c204	Liver, liver pate, kidney, heart	
f	c205	White fish (cod, haddock, plaice, fish fingers etc)	
g	c206	Other fish sh (pilchards, sardines, mackerel, tuna, herring, kippers, trout, salmon etc)	
h	c207	Shellfish (prawns, crab, cockles, mussels etc)	
i	c208	Eggs, quiche	
j	c209	Cheese	
k	c210	Pizza	
l	c211	Chips	
m	c215	Roast potatoes (cooked in fat)	
n	c216	Boiled, mashed, jacket potatoes	
o	c217	Rice (boiled)	
p	c218	Pasta (eg. spaghetti, Pot Noodles, lasagna)	
q	c219	Crisps	
r	c220	Fried foods (eg. fried fish, eggs, bacon, chops etc)	
C3		How many times a week nowadays do you eat:	Never or rarely / Once in 2 weeks / 1-3 times a week / 4-7 time a week / More than once a day
a	c222	Baked beans	
b	c223	Peas, sweetcorn, broad beans	
c	c224	Cabbage, brussel sprouts, kale and other green leafy vegetables	
d	c225	Other green vegetables (cauliflower, runner beans, leeks etc)	
e	c226	Carrots	
f	c227	Other root vegetables (turnip,swede,parsnip etc)	
g	c228	Salad (lettuce, tomato, cucumber etc)	
h	c229	Fresh fruit (apple, pear, banana, orange, bunch of grapes etc)	
i	c230	Tinned juice (including tomato juice)	
j	c231	Pure juice not in tin	
k	c232	Pudding (eg fruit pie, crumble, cheesecake, milk pudding, mousse, gateaux)	
l	c233	Oat cereals (eg porridge, Ready Brek, muesli)	
m	c234	Wholegrain or bran cereals (eg. All Bran, Bran Flakes, Weetabix, Wheatflakes, Fruit & Fibre)	
n	c235	Other cereals (eg Corn- flakes, Rice Krispies, Special K, Frosties)	
o	c236	Cakes or buns (fruit cake, sponge, teacake, buns, doughnut, flapjack, scone, custard tart,cream cake etc)	
p	c237	Crispbreads (Ryvita, crackerbread etc)	
q	c238	Biscuits (digestive, shortcake, Hob Nobs, Rich Tea, Nice, Marie, chocolate biscuits,Penguin Club, Kit Kat etc)	
r	c239	Chocolate bars (Mars, Twix, Wispa, Bounty,Creme Egg etc)	
s	c240	Pulses - dried peas, beans, lentils, chick peas	
t	c241	Nuts, nut roast	
u	c242	Bean Curd (eg. Tofu, miso)	
v	c243	Tahini	
w	c244	Soya 'Meat', T.V.P., Vegeburgers	
x	c245	Chocolate (dairy milk or plain, nut, fruit filled etc)	
y	c246	Sweets (peppermints, boiled sweets, toffees etc)	
C4		When you have a soft drink, how often do you choose low calorie or diet drinks?	Always / Sometimes / Not at all / Don't drink soft drinks
C5		Frequency of choosing diet soft drink	Less than 1 / 1-2 / 3-4 / 5 or more
C7		How many pieces of bread, rolls or chappatis do you eat on a usual day?	Yes / No
a	c250	Slices of bread eaten per day	
C8		What types of bread do you eat most days?	Yes / No
a	c252	White bread	
b	c253	brown/granary bread	
c	c254	Wholemeal bread	
d	c255	Chappatis, nan bread	
e	c256	Don't usually eat any bread	
a		What sort of fat do you mainly use: (i) On bread or vegetables (ii) For frying	
a	c260	Butter, Ghee, Dripping Lard, solid cooking fat	
a	c261	Mainly use butter etc on bread or vegetables	
b	c263	Mainly use hard or soft margarine on bread or vegetables	
c	c264	Mainly use hard or soft margarine for frying	
c	c265	Polyunsaturated margarine e.g. Flora, sunflower, Vitalite	
c	c266	Mainly use polyunsaturated margarine on bread or vegetables	
d	c267	Low fat spread e.g. Outline, Delight, St.Ivel Gold	
c	c268	Mainly use low fat spread on bread or vegetables	
e	c269	Sunflower, soya, corn, olive oil	
f	c270	Mainly fry with sunflower oil or similar	
f	c271	Other vegetable oil	
f	c272	Mainly use other vegetable oil on bread or vegetables	
g	c273	Mainly use other vegetable oil for frying	
g	c274	Other (please describe)	
C9		How many slices of bread (or rolls) spread with fat do you eat each day? (include bought sandwiches)	Number of slices
C10		Slices of bread with fat daily	
a	c275	What type(s) of milk do you use?	Yes usually / Yes sometimes / No not at all
a	c276	Full fat (silver or gold top)	
b	c277	Semi Skimmed (red stripe)	
c	c278	Skimmed (blue stripe)	
d	c279	Sterilised	
f	c281	Goat/sheep milk	
g	c282	Soya milk	
h	c283	Other (please describe)	
C12		How many cups of tea do you drink in a day? (do not include herbal teas)	Number of cups
a	c300	How many of the cups of tea you drink each day are decaffeinated?	Number of cups
c	c303	How many cups of coffee do you drink in a day?	Number of cups
d	c305	How many of the cups of the coffee you drink each day are decaffeinated?	Number of cups
f	c308	How many cups/mugs of herbal teas have you drunk in the past week?	Number of cups/mugs
C13		How many cups/mugs of herbal teas have you drunk in the past week?	Number of cups/mugs
a	c310	How many drinks of cola do you have in a week?	Number of drinks
b	c312	How many cans of cola that you drink each week are decaffinated?	Number of cans
C14		How many cups/mugs of herbal teas have you drunk in the past week?	Number of cups/mugs

FFQ, food frequency questionnaire; ALSPAC, Avon Longitudinal Study of Parents and Children.

Supplementary Table 3. Distribution of the intake of the eighteen food groups in ALSPAC pregnant women included in the EWAS analysis.

	N	Percentile of intake														
		Min	P10	P20	P25	P30	P33.3	P40	P50	P60	P66.7	P70	P75	P80	P90	Max
Whole grains (g/day)	687	0.00	16.29	44.14	55.36	66.84	70.44	81.57	100.00	124.00	140.36	146.01	155.32	164.69	204.24	305.43
Fruits (g/day)	687	0.00	33.71	33.71	92.71	92.71	92.71	92.71	92.71	92.71	168.57	168.57	168.57	168.57	168.57	168.57
Vegetables (g/day)	687	0.00	60.94	80.00	86.79	93.71	99.95	106.57	119.79	129.77	141.00	149.67	163.07	168.41	215.67	446.29
Nuts (g/day)	687	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	3.71	3.71	3.71	3.71	14.86	40.86	
Legumes (g/day)	687	0.00	13.43	23.93	24.79	24.79	31.79	42.36	53.71	53.71	53.71	53.71	62.29	76.50	90.61	359.14
Vegetable oils (g/day)	687	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5.97	11.11	12.73	13.64	14.73	44.44	206.25
Tea and coffee (g/day)	687	0.00	450.00	675.00	675.00	900.00	900.00	900.00	1125.00	1125.00	1350.00	1350.00	1350.00	1414.29	1800.00	4500.00
Fruit juices (g/day)	687	0.00	0.00	11.43	17.14	45.71	45.71	45.71	68.57	125.71	125.71	125.71	131.43	228.57	342.86	
Refined grains (g/day)	687	0.00	18.64	41.83	43.29	51.94	62.45	65.14	67.50	74.57	88.93	91.07	95.36	109.07	140.61	326.40
Potatoes (g/day)	687	0.00	41.07	58.21	60.14	65.93	80.29	88.00	107.64	119.36	123.14	127.07	136.64	144.79	170.00	267.86
Sugar sweetened beverages (g/day)	687	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	23.57	47.14	1178.57
Sweets and desserts (g/day)	687	0.00	17.14	33.24	36.71	43.14	45.44	52.64	63.36	77.29	86.86	91.07	98.29	111.54	155.21	279.50
Animal fat (g/day)	687	0.00	28.57	40.00	49.29	57.14	57.14	57.14	66.67	72.22	85.71	85.71	97.14	114.29	125.79	255.56
Dairy (g/day)	687	0.00	113.14	113.14	113.14	136.14	136.14	136.14	136.14	213.14	213.14	213.14	213.14	236.14	236.14	413.14
Egg (g/day)	687	0.00	0.00	7.43	7.43	7.43	7.43	7.43	29.71	29.71	29.71	29.71	29.71	29.71	81.71	
Fish and seafood (g/day)	687	0.00	0.00	9.29	15.64	17.79	17.79	17.79	37.14	43.29	45.64	45.64	49.64	71.14	71.14	265.57
Meat (g/day)	687	0.00	13.43	38.00	47.21	53.71	53.71	59.43	64.36	68.64	85.50	91.21	97.71	103.43	113.43	328.29
Miscellaneous animal-based foods (g/day)	687	0.00	0.00	0.00	0.00	0.00	16.43	16.43	16.43	16.43	16.43	16.43	16.43	65.71	180.71	

ALSPAC, Avon Longitudinal Study of Parents and Children. EWAS, epigenome-wide association study.

Supplementary Table 4. Tertile cutoffs of the intake of the eighteen food groups in ALSPAC

	Cut-off	N		
		T1	T2	T3
Whole grains (g/day)	T1: 0-70.29 T2: 70.64-140.29 T3: 140.36-305.43	229	228	230
Fruits (g/day)	T1: 0-33.71 T2: 92.71-92.71 T3: 168.57-168.57	147	279	261
Vegetables (g/day)	T1: 0-99.86 T2: 100.07-140.93 T3: 141-446.29	229	227	231
Nuts (g/day)	T1: 0-0 T2: 1.43-3.71 T3: 5.14-40.86	444	153	90
Legumes (g/day)	T1: 0-30.57 T2: 33.36-53.43 T3: 53.71-359.14	229	87	371
Vegetable oils (g/day)	T1: 0-0 T2: 5.56-13.64 T3: 15-206.25	388	161	138
Tea and coffee (g/day)	T1: 0-803.25 T2: 900-1318.5 T3: 1350-4500	187	262	238
Fruit juices (g/day)	T1: 0-34.29 T2: 45.71-114.29 T3: 125.71-342.86	196	161	330
Refined grains (g/day)	T1: 0-62.36 T2: 62.57-88.71 T3: 88.93-326.4	229	226	232
Potatoes (g/day)	T1: 0-79.43 T2: 80.29-122.71 T3: 123.14-267.86	227	207	253
Sugar sweetened beverages (g/day)	T1: 0-0 T2: 23.57-47.14 T3: 70.71-1178.57	540	82	65
Sweets and desserts (g/day)	T1: 0-45.29 T2: 45.64-86.71 T3: 86.86-279.5	229	227	231
Animal fat (g/day)	T1: 0-56.67 T2: 57.14-84.09 T3: 85.71-255.56	205	243	239
Dairy (g/day)	T1: 0-113.14 T2: 136.14-203.29 T3: 213.14-413.14	190	208	289
Egg (g/day)	T1: 0-0 T2: 7.43-7.43 T3: 29.71-81.71	89	220	378
Fish and seafood (g/day)	T1: 0-15.64 T2: 17.79-43.5 T3: 45.64-265.57	177	257	253
Meat (g/day)	T1: 0-49.79 T2: 53.71-84.86 T3: 85.5-328.29	181	275	231
Miscellaneous animal-based foods (g/day)	T1: 0-0 T2: 16.43-16.43 T3: 65.71-180.71	273	321	93

T1, the first tertile; T2, the second tertile; T3: the third tertile.

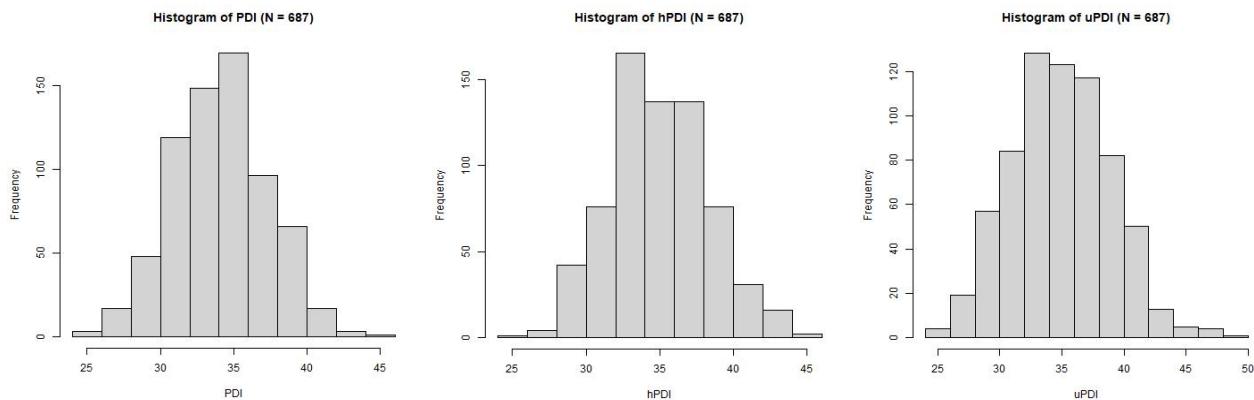
ALSPAC, Avon Longitudinal Study of Parents and Children. EWAS, epigenome-wide association study.

Supplementary Table 5. Descriptive statistics for vegetarian subgroups

	Total N	N (%) or mean (SD)
Vegetarian subgroups	687	
Non-vegetarian		648 (94.3%)
Pesco-vegetarian		20 (2.9%)
Full vegetarian ¹		19 (2.8%)
Overall plant-based diet index (PDI)	687	34.59 (3.29)
Healthful plant-based diet index (hPDI)	687	35.49 (3.39)
Unhealthful plant-based diet index (uPDI)	687	35.44 (3.99)

¹Including 19 lacto-ovo-vegetarians and 0 vegans.

ALSPAC, Avon Longitudinal Study of Parents and Children. EWAS, epigenome-wide ass



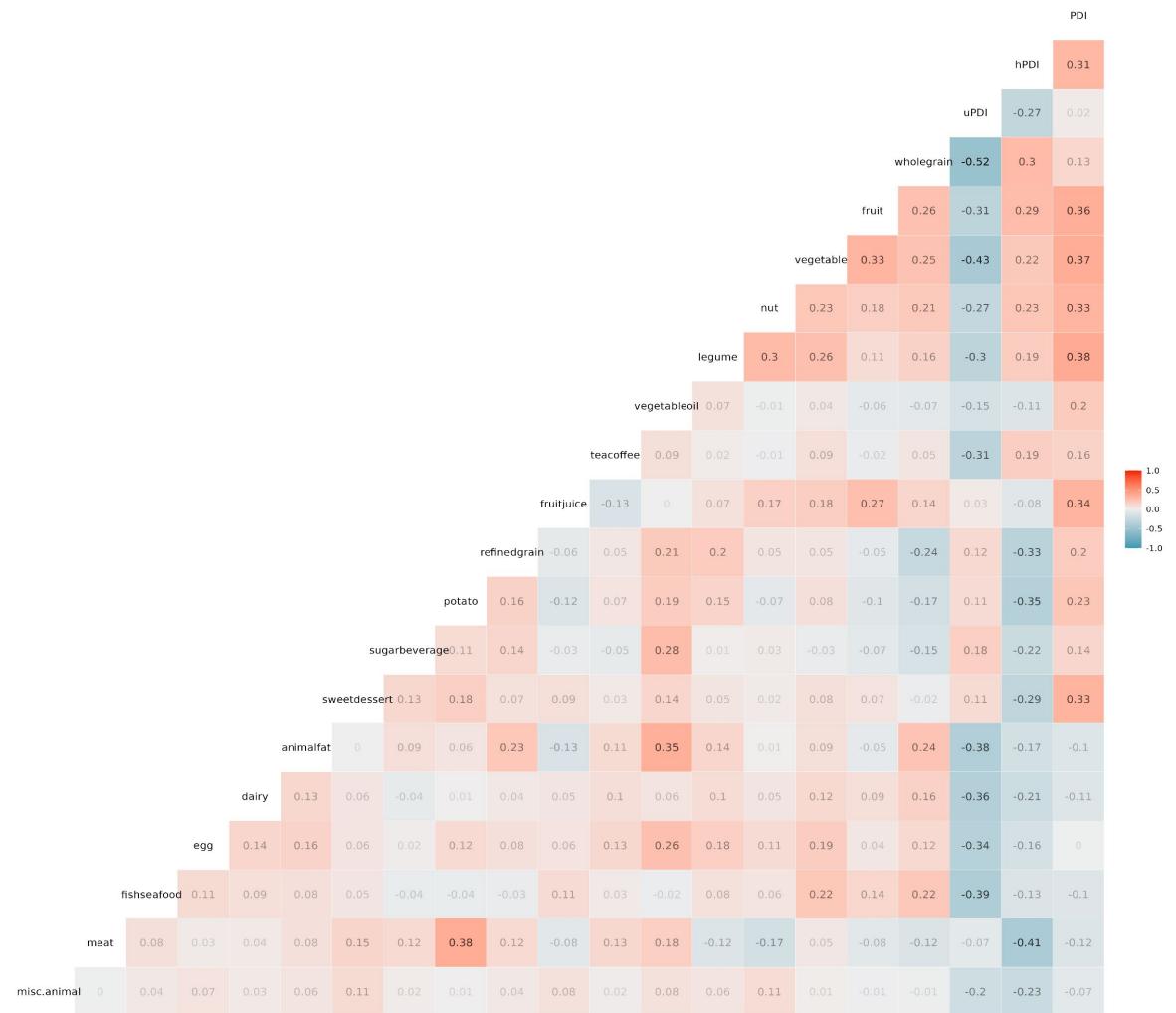
Supplementary Figure 1. Distribution of the overall plant-based diet index (left), healthful plant-based diet index (middle), and unhealthful plant-based diet index (right).
 PDI, overall plant-based diet index. hPDI, healthful plant-based diet index. uPDI, unhealthful plant-based diet index. ALSPAC, Avon Longitudinal Study of Parents and Children. EWAS, ep

Supplementary Table 6. Intakes of the 18 food groups and plant-based diet indices by vegetaria

	Vegetarian subgroups			
			Full vegetarian	
	Non-vegetarian (N = 648)	Pesco-vegetarian (N = 20)	Lacto-ovo-vegetarian (N = 19)	Vegan (N = 0)
Whole grains (g/day)	105.58 (68.44)	156.02 (58.04)	139.55 (56.58)	NA
Fruits (g/day)	105.75 (53.81)	142.86 (42.14)	134.41 (48.86)	NA
Vegetables (g/day)	127.08 (61.40)	189.18 (99.83)	144.53 (77.38)	NA
Nuts (g/day)	2.51 (5.48)	10.66 (10.52)	9.85 (9.72)	NA
Legumes (g/day)	48.85 (34.16)	101.05 (48.13)	103.92 (58.26)	NA
Vegetable oils (g/day)	11.32 (20.71)	9.26 (17.70)	10.72 (18.43)	NA
Tea and coffee (g/day)	1094.00 (537.02)	1007.68 (509.53)	962.59 (514.00)	NA
Fruit juices (g/day)	91.56 (79.95)	139.43 (98.41)	107.97 (51.00)	NA
Refined grains (g/day)	76.84 (47.61)	75.87 (41.76)	93.23 (46.75)	NA
Potatoes (g/day)	105.87 (49.38)	82.49 (46.40)	91.34 (50.57)	NA
Sugar sweetened beverages (g/day)	20.59 (69.86)	16.50 (53.04)	13.65 (28.67)	NA
Sweets and desserts (g/day)	76.57 (53.92)	65.26 (46.95)	55.29 (31.55)	NA
Animal fat (g/day)	72.89 (40.07)	82.20 (45.64)	78.96 (39.23)	NA
Dairy (g/day)	172.63 (65.12)	181.47 (68.70)	178.40 (65.53)	NA
Egg (g/day)	20.43 (17.66)	36.40 (24.92)	29.71 (15.06)	NA
Fish and seafood (g/day)	36.76 (28.64)	51.64 (33.86)	0.00 (0.00)	NA
Meat (g/day)	74.14 (37.12)	0.00 (0.00)	0.00 (0.00)	NA
Miscellaneous animal-based foods (g/day)	16.43 (20.75)	19.71 (40.80)	24.21 (26.47)	NA
Overall plant-based diet index (PDI)	34.38 (3.20)	37.25 (2.86)	38.79 (2.74)	NA
Healthful plant-based diet index (hPDI)	35.29 (3.32)	38.55 (3.25)	38.89 (2.66)	NA
Unhealthful plant-based diet index (uPDI)	35.54 (3.99)	32.65 (3.39)	35.00 (3.37)	NA

Data presented as mean (standard deviation).

ALSPAC, Avon Longitudinal Study of Parents and Children. EWAS, epigenome-wide association study.



Supplementary Figure 2. Correlation matrix between plant-based diet indices and intakes of the 18 food groups in ALSPAC pregnant women included in the EWAS
PDI, overall plant-based diet index. hPDI, healthful plant-based diet index. uPDI, unhealthful plant-based diet index. ALSPAC, Avon Longitudinal Study of Parents and Children. EWAS, ep