

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

Food group		Maternal FFQ during pregnancy in ALSPAC						
	Example food ¹	Item name	Question ref.	Variable name	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	36		
		Rice	C1o	c217	Brown rice, boiled	27		
		Pasta	C1p	c218	Spaghetti, wholemeal, boiled	30		
		Oat cereals	C3l	c233	Muesli, Swiss style	17		
					Porridge, made with water	53		
					Ready Brek	10		
		Wholegrain/bran cereals	C3m	c234	All-Bran	10		
					Bran Flakes	8		
					Fruit 'n Fibre	8		
					Weetabix	10		
		Crispbreads	C3p	c237	Crispbread, rye	20		
		Fresh fruit	C3h	c229	Apples, eating, average, raw	17		
					Bananas	17		
Fruits	Raisins or grapes, prunes, bananas, cantaloupe, watermelon, fresh apples or pears, oranges, grapefruit, strawberries, blueberries, peaches or apricots or plums				Grapes, average	17		
					Oranges	21		
					Peaches, raw	18		
					Pears, average, raw	28		
					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		
					Broccoli, green, boiled in unsalted water	21		
					Cauliflower, boiled in unsalted water	23		
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	Other green vegetables	C3d	c225	Leeks, boiled in unsalted water	19		
					Carrots, old, boiled in unsalted water	60		
		Carrots	C3e	c226	Parsnip, boiled in unsalted water	26		
		Other root vegetables	C3f	c227	Swede, boiled in unsalted water	24		
					Turnip, boiled in unsalted water	12		
		Salad	C3g	c228	Cucumber, raw	23		
					Lettuce, average, raw	30		
					Tomatoes, raw	60		
		Sweetcorn	C3b	c223	Sweetcorn, kernels, canned, re-heated, drained	21		
		Tomatoes	C3i	c230	Tomatoes, canned, whole contents	80		
		Nuts	C3t	c241	Almonds	8		
					Brazil nuts	8		
					Hazelnuts	8		
					Peanuts, roasted and salted	28		
					Hummus	10		
					Tahini paste	10		
		Legumes	String beans, tofu or soybeans, beans or lentils, peas or lima beans	Baked beans	C3a	c222	Baked beans, canned in tomato sauce, re-heated	135
				Legumes	C3b	c223	Peas, frozen, boiled in unsalted water	35
					Peas, canned, re-heated, drained	18		
Pulses	C3s			c240	Chick peas, whole, dried, boiled in unsalted water	40		
					Lentils, red, split, dried, boiled in unsalted water	40		
					Red kidney beans, canned, re-heated, drained	40		
Bean curd	C3u			c242	Tofu, soya bean, steamed, fried	80		
Meat replacement	C3w			c244	Vegeburger mix, made up with water, fried in vegetable oil	37		
					Vegeburger, retail, grilled	47		
					Soya mince, made up with water	36		
Vegetable oils ³	Oil-based salad dressing, vegetable oil used for cooking	Soya milk	C10g	c282	Soya milk, plain	100		
		Sunflower/soya/corn/olive oil	C8e	c270	Corn oil	30		
					Olive oil	10		
					Soya oil	30		
					Sunflower oil	30		
					Vegetable oil, blended, average	100		
Tea and coffee	Tea, coffee, decaffeinated coffee	Other vegetable oil	C8f	c272	Regular tea	225		
		Regular tea	C12a	c300	Decaffeinated tea	225		
		Decaffeinated tea	C12c	c303	Regular coffee	225		
		Regular coffee	C12d	c305	Decaffeinated coffee	225		
		Decaffeinated coffee	C12f	c308	Herbal tea	225		
		Herbal tea	C14b	c316				
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		
					Orange juice, unsweetened	96		
Refined grains	Refined grain breakfast cereal, white bread, English muffins or bagels or rolls, muffins or biscuits, white rice, pancakes or waffles, crackers, pasta	White bread	C7a	c252	Pineapple juice, unsweetened	32		
		Chapatis/naan bread	C7d	c255	White bread, sliced	36		
					Chapatis, made without fat	28		
					Naan bread	40		
		Rice	C1o	c217	White rice, easy cook, boiled	108		
		Pasta	C1p	c218	Spaghetti, white, boiled	120		
					Corn Flakes	6		
		Other cereals	C3n	c235	Frosties	6		
					Rice Krispies	6		
					Shreddies	9		
					Special K	6		
		Potatoes	French fries, baked or mashed potatoes, potato or corn chips	Chips	C1l	c211	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		
Roast potatoes	C1m			c215	Old potatoes, roast in blended oil	103		
Potatoes (other)	C1n			c216	New potatoes, boiled in unsalted water	20		
					Old potatoes, baked, flesh and skin	30		
					Old potatoes, baked, flesh only	27		
					Old potatoes, boiled in unsalted water	60		
Sugar sweetened beverages	Colas with caffeine & sugar, colas without caffeine but with sugar, other carbonated beverages with sugar, non-carbonated fruit drinks with sugar	Crisps	C1q	c219	Potato crisps	27		
		Soft drinks	C4	c247	Cola	110		
Sweets and desserts	Chocolates, 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	Pudding	C3k	c232	Fruit juice drink, carbonated, ready to drink	110		
					Lemonade	110		
					Gateau	14		
					Crumble, fruit	28		
					Fruit pie, pastry top and bottom	18		
					Sponge pudding	18		
					Cheesecake, frozen	20		
					Rice pudding, canned	25		
					Fancy iced cakes, individual	6		
					Fruit cake, rich	14		
					Sponge cake, jam filled	12		
					Doughnuts, jam	15		
					Eccles cake	9		
					Digestive biscuits, plain	3		
					Semi-sweet biscuits	2		
					Short-sweet biscuits	3		
					Kit Kat	6		
					Mars bar	33		
					Twix	28		
					Chocolate, fancy and filled	10		
					Chocolate, milk	30		
					Chocolate, plain	10		
					Chew sweets	6		
					Fruit pastilles	7		
			Fudge	5				
			Liquorice allsorts	9				
			Peppermints	5				
			Toffees, mixed	8				
Animal food groups								
Animal fat ⁴	Butter added to food, butter or lard used for cooking	Butter, ghee, dripping lard, solid cooking fat	C8a (on bread)	c260	Butter	100		
			C8a (for cooking)	c261	Compound cooking fat	10		
					Dripping, beef	10		

					Ghee, butter	5
					Ghee, palm	5
					Lard	35
					Butter	35
Dairy	Skim low fat milk, whole milk, cream, sour cream, sherbet, ice cream, yogurt, cottage or ricotta cheese, cream cheese, other cheese	Whole milk	C10a	c276	Whole milk, pasteurised	100
		Semi-skimmed milk	C10b	c277	Semi-skimmed milk, pasteurized	100
		Skimmed milk	C10c	c278	Skimmed milk, pasteurized	100
		Sterilised milk	C10d	c279	Whole milk, sterilised	100
		Goat/sheep milk	C10f	c281	Goat milk, pasteurised	50
					Sheep milk, raw	50
		Cheese	C1j	c209	Cheddar, average	23
Egg	Eggs	Eggs/quiche	C1i	c208	Edam	23
					Eggs, chicken, boiled	17
Fish and seafood	Canned tuna, dark meat fish, other fish, shrimp or lobster or scallops	White fish	C1f	c205	Omelette, plain	40
					Quiche, cheese and egg	47
					Cod, baked, fillets	30
		Oily fish	C1g	c206	Haddock, coated in crumbs, fried in blended oil	30
					Plaice, in butter, fried in blended oil	50
					Fish fingers, grilled	20
					Herring, grilled	20
					Kipper, baked	22
					Mackerel, fried	27
					Pilchards, canned in tomato sauce	18
					Salmon, canned	17
					Tuna, canned in brine, drained	15
		Shellfish	C1h	c207	Crab, canned in brine, drained	21
					Prawns, boiled	15
					Scampi, in breadcrumbs, frozen, fried	43
					Mussels, boiled	10
					Beefburgers, chilled/frozen, fried	40
Meat	Chicken or turkey with skin, chicken or turkey without skin, bacon, hot dogs, processed meats, liver, hamburger, beef or pork or lamb mixed dish, beef or pork or lamb main dish	Processed meat	C1a	c200	Pork sausages, chilled, grilled	40
		Meat pies	C1b	c201	Cornish pastie	39
					Pork pie, individual	35
					Sausage rolls, flaky pastry, homemade	15
		Red meat	C1c	c202	Steak and kidney/Beef pie, individual, chilled/frozen, baked	40
					Beef, topside, roasted well-done, lean and fat	23
					Lamb, shoulder, whole, roasted, lean and fat	23
					Pork, loin chops, grilled, lean and fat	30
		Poultry	C1d	c203	Bacon rashers, middle, grilled, lean and fat	12
					Chicken, roast, meat and skin	100
		Organ meat	C1e	c204	Heart, ox, stewed	25
					Kidney, pig, stewed	28
Miscellaneous animal-based foods	Pizza, chowder or cream soup, mayonnaise or other creamy salad dressing	Pizza	C1k	c210	Liver, lamb, fried	25
					Pate, liver	20
					Pizza, cheese and tomato	115
					Pizza, cheese and tomato, retail, frozen	115

¹ Provided 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).

² Assumed 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.

³ Margarine was excluded from the plant-based diet indices by Satija et al. (2016) due to its changing fatty 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 FFQ, 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
	c247	Frequency of choosing diet soft drink	
C5		How many pieces of bread, rolls or chappatis do you eat on a usual day?	Less than 1 / 1-2 / 3-4 / 5 or more
	c250	Slices of bread eaten per day	
C7		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	
C8		What sort of fat do you mainly use: (i) On bread or vegetables (ii) For frying	Yes / No
a		Butter, Ghee, Dripping Lard, solid cooking fat	
	c260	Mainly use butter etc on bread or vegetables	
	c261	Mainly use butter etc for frying	
b		Hard or soft margarine e.g. Blue Band, Stork, supermarket own brand	
	c263	Mainly use hard or soft margarine on bread or vegetables	
	c264	Mainly use hard or soft margarine for frying	
c		Polyunsaturated margarine e.g. Flora, sunflower, Vitalite	
	c265	Mainly use polyunsaturated margarine on bread or vegetables	
	c266	Mainly use polyunsaturated margarine for frying	
d		Low fat spread e.g. Outline, Delight, St.Ivel Gold	
	c267	Mainly use low fat spread on bread or vegetables	
	c268	Mainly use low fat spread for frying	
e		Sunflower, soya, corn, olive oil	
	c269	Mainly use sunflower oil or similar on vegetables	
	c270	Mainly fry with sunflower oil or similar	
f		Other vegetable oil	
	c271	Mainly use other vegetable oil on bread or vegetables	
	c272	Mainly use other vegetable oil for frying	
g		Other (please describe)	
	c273	Other fat used mainly on bread or vegetables	
	c274	Other fat used mainly for frying	
C9		How many slices of bread (or rolls) spread with fat do you eat each day? (include bought sandwiches)	Number of slices
	c275	Slices of bread with fat daily	
C10		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			
a	c300	How many cups of tea do you drink in a day? (do not include herbal teas)	Number of cups
c	c303	How many of the cups of tea you drink each day are decaffeinated?	Number of cups
d	c305	How many cups of coffee do you drink in a day?	Number of cups
f	c308	How many of the cups of the coffee you drink each day are decaffeinated?	Number of cups
C13			
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 decaffeinated?	Number of cans
C14			
b	c316	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	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	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	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	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.

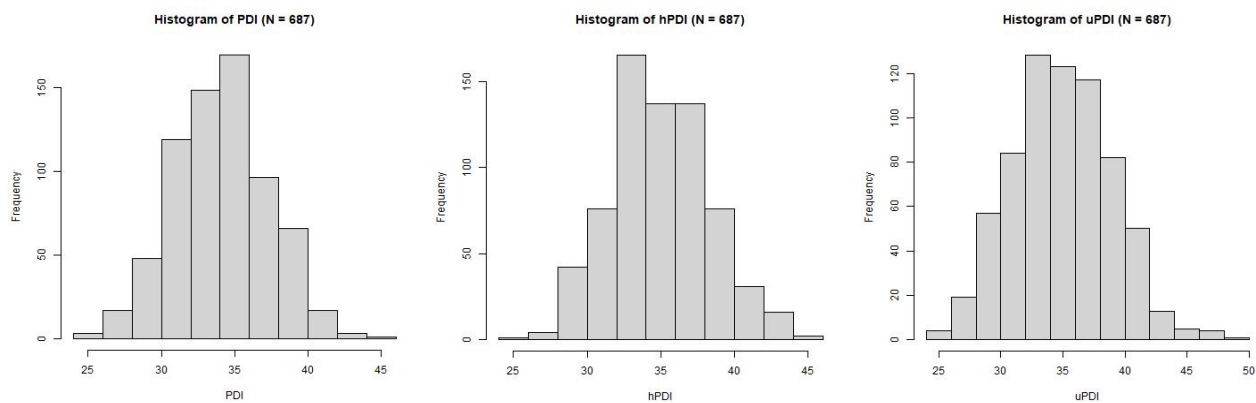
ALSPAC, Avon Longitudinal Study of Parents and Children. EWAS, epigenome-wide association study.

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 association study.



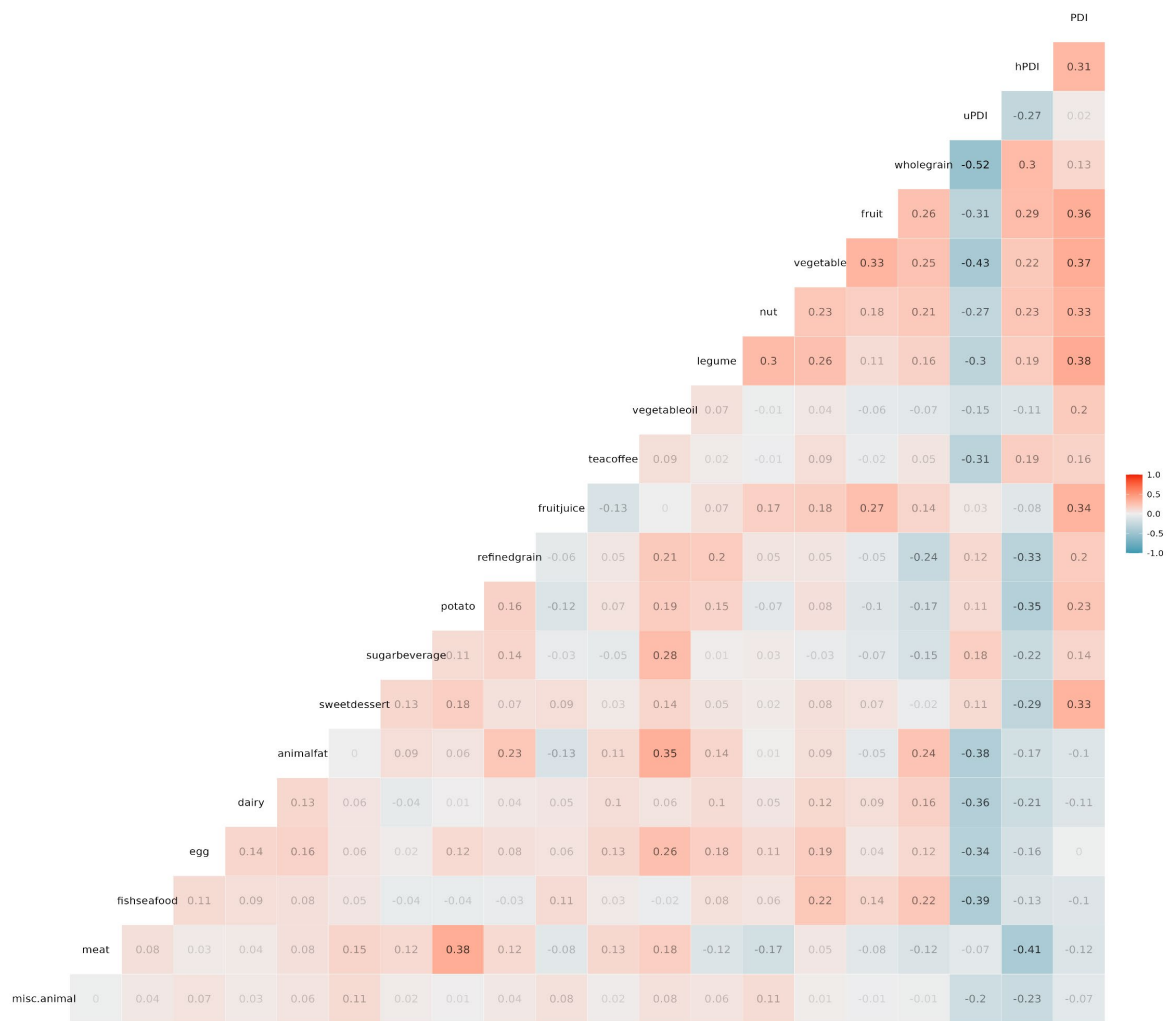
Supplementary Figure 1. Distribution of the overall plant-based diet index (left), healthful plant-based diet index (middle), and unhealthful plant-based diet index (right). PDI, overall plant-based diet index. hPDI, healthful plant-based diet index. uPDI, unhealthful plant-based diet index. ALSPAC,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

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

	Vegetarian subgroups			
	Non-vegetarian (N = 648)	Pesco-vegetarian (N = 20)	Full vegetarian	
			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