**Table 3.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|   | Intervention |  | Standard care | Treatment effect\* | P-value |
| Mean Difference (95% CI) |
| Mean (SD)/ N (%) |  | Mean (SD)/ N (%) |
| Maternal diet\*\* |  |  |  |  |  |  |
| Glycaemic Load per day | N=116 | 98.94 (32.80) | N=126 | 134.69 (62.68) | -35.34 (-48.00 to -22.67) | <0.001 |
| Saturated fat (%E) | N=116 | 11.89 (2.61) | N=126 | 13.75 (2.85) | -1.93 (-2.64 to -1.22) | <0.001 |
| Total energy (kcal/day) | N=116 | 1473.84 (596.60) | N=126 | 1831.21 (727.65) | -354.52 (-505.95 to -203.10) | <0.001 |
| Glycaemic Index (0-100) | N=116 | 53.06 (4.06) | N=126 | 57.04 (3.74) | -3.94 (-4.93 to -2.94) | <0.001 |
| Carbohydrate (%E) | N=116 | 47.69 (6.71) | N=126 | 48.03 (6.22) | -0.18 (-1.84 to 1.49) | 0.835 |
| Total fat (%E) | N=116 | 29.70 (4.94) | N=126 | 32.26 (4.75) | -2.65 (-3.91 to -1.38) | <0.001 |
| Protein (%E) | N=116 | 22.57 (4.42) | N=126 | 19.82 (3.94) | 2.70 (1.63 to 3.77) | <0.001 |
| Fibre (g/day) | N=116 | 12.12 (4.36) | N=126 | 12.27 (6.81) | -0.12 (-1.57 to 1.33) | 0.873 |
| Maternal physical activity^ |  | Median (IQR) |  | Median (IQR) | Median regression (95% CI) |  |
| MET (min/week)† | N=349 | 2190 (1053, 4158) | N=358 | 2012 (990, 4088) | 93.95 (-264.81 to 452.72) | 0.607 |
| MVPA (min/week) | N=349 | 120 (0, 360) | N=358 | 120 (0, 360) | 10.43 (-39.31 to 60.18) | 0.681 |
| Walking (min/week) | N=349 | 420 (180, 840) | N=358 | 420 (180, 630) | 0.00 (-68.88 to 68.88) | 1.00 |

**Maternal dietary and physical activity data by randomisation allocation at 6 months postpartum**

Abbreviations: CI- Confidence Intervals; %E- %Energy; g/day- grams per day; kcal/day- kilocalories per day; MET- Metabolic equivalent of task; MVPA- Moderate and Vigorous physical activity.

\*Treatment effect adjusted for maternal trial entry BMI, parity and ethnicity. \*\* Maternal diet- Women with a reported energy ≤4.5 Mj/day or ≥20Mj/day at 15+0 -18+6 weeks’ gestation were excluded from the analyses of diet. Dietary intervention estimates were calculated using multiple regression and adjusted for maternal pre-pregnancy current smoking status. ^ Physical activity estimates were calculated using bootstrapped (1000 replications), median regression adjusting for maternal pre-pregnancy current smoking status. † MET is defined as the energy expenditure ratio of activity to rest; 1 MET is approximately equal to an individual’s resting energy expenditure.