**Figure 2.**

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a

b

b



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a

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c

**Maternal Glycaemic load (a), Saturated fat (b) and Energy intake (c) at 6 months postpartum by randomisation allocation.**

Abbreviations: %E- Percentage energy; kcal/day- kilocalorie per day

Arithmetic mean with standard error plotted at each gestation (weeks), showing nutritional consumption per day. \*p<0.01.