**How can we best use opportunities provided by routine maternity care to engage women in improving their diets and health?**

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**Declarations**

**Ethics approval and consent to participate**

The SPRING trial received ethical approval from the NRES Committee South Central - Hampshire B (13/SC/0409) and is conducted according to the Declaration of Helsinki.

SPRING Trial Registration:

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**Consent for publication N/A**

**Availability of data and material**

The datasets used and/or analysed during the current study are available from the corresponding author on reasonable request.

All data generated or analysed during this study are included in this published article [and its supplementary information files].

**Competing interests**

The authors declare that they have no competing interests

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**Authors' contributions**

All authors took part in the design of the study. WTL and MB drafted the manuscript with input from all authors. The data were collected by WL, TM, DW, SS, KH, KM and JH, and analysed by SS, TM, BT and CV led by WL. CC is Chief Investigator; MB, NCH and JB are Principal Investigators and together they have overall responsibility for the SPRING trial. HI is the statistician on SPRING, and CV leads the trial process evaluation. JH, KH and KM are research midwives/nurses on the trial. All authors approved the final manuscript for publication.

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**Key words:** brief intervention; diet; Healthy Conversation Skills; routine maternity care; physical activity; pregnancy