SUPPLEMENTARY DATA

Supplementary Table 1. Age-standardized baseline characteristics according to quintiles of animal low-carbohydrate-diet scores among women with a history of GDM[a,b]

| Characteristic | Quintiles of animal low-carbohydrate-diet score | | | | |
	Q1	Q2	Q3	Q4	Q5
Number of participants	940	827	915	953	867
Low carbohydrate intake (%)[c]	0.3	1.2	2.5	11.8	32.0
Age (years)	38.5(4.7)	38.1(4.7)	37.8(4.7)	37.7(4.7)	37.8(4.9)
Age at first birth (year)	27.9(5.0)	27.6(4.6)	27.7(4.7)	27.1(4.7)	27.2(4.9)
Parity >1 (%)	78.3	81.0	81.9	84.0	79.6
Race, white (%)	90.0	92.3	93.3	94.7	93.3
Family history of diabetes (%)	25.3	23.7	24.9	28.4	31.8
Current oral contraceptives use (%)	8.1	8.5	8.7	7.7	8.4
Current smoking (%)	10.4	8.2	9.8	11.8	14.8
Alcohol (g/d)	2.0(3.9)	2.2(3.9)	2.4(5.3)	2.8(5.6)	2.1(4.5)
BMI (kg/m^2)	25.1(5.3)	26.0(5.8)	26.9(6.1)	27.3(6.1)	28.9(6.7)
Physical activity (MET-hours/week)	19.7(22.6)	17.3(19.8)	17.1(21.0)	17.1(22.2)	15.2(18.9)
Total calories (kcal/d)	1967.7(574.6)	1967.7(563.2)	1925.7(550.5)	1883.5(550.1)	1792.9(550.3)
Carbohydrates (% energy)	57.3(6.0)	51.9(5.0)	49.4(4.9)	46.5(5.3)	42.2(6.3)
Total protein (% energy)	16.9(2.8)	18.7(3.0)	19.5(3.0)	20.1(2.9)	21.9(3.1)
Animal protein (% energy)	11.1(2.9)	13.5(2.9)	14.4(3.0)	15.2(3.0)	17.4(3.3)
Vegetable protein (% energy)	5.8(1.4)	5.3(1.1)	5.1(0.9)	4.9(0.9)	4.5(0.9)
Total fat (% energy)	27.5(5.1)	30.5(4.9)	32.1(4.7)	33.9(5.1)	36.2(5.2)
Animal fat (% energy)	13.3(3.6)	16.6(3.3)	17.9(3.2)	19.7(3.6)	22.8(4.4)
Vegetable fat (% energy)	14.2(4.3)	14.0(4.1)	14.2(4.2)	14.2(4.2)	13.4(3.8)
SFA (% energy)	9.3(2.1)	10.6(2.0)	11.3(2.0)	12.1(2.1)	13.1(2.3)
MUFA (% energy)	10.5(2.3)	11.8(2.3)	12.3(2.2)	13.0(2.3)	13.9(2.3)
PUFA (% energy)	5.2(1.4)	5.4(1.2)	5.7(1.3)	5.8(1.4)	5.9(1.4)
Trans fat (% energy)	1.4(0.5)	1.6(0.6)	1.7(0.6)	1.7(0.6)	1.8(0.6)
Cholesterol (mg/d)[d]	189.9(53.1)	230.6(54.7)	246.3(55.4)	266.1(57.8)	304.7(78.3)
Total fiber (g/d)[d]	20.9(6.6)	19.1(4.9)	18.2(4.4)	17.5(4.3)	16.2(4.0)
Glycemic index[d]	54.8(3.0)	54.0(3.0)	53.7(3.2)	53.3(3.2)	53.0(3.9)
Glycemic load[d]	141.3(18.7)	126.0(15.5)	119.1(14.9)	111.8(15.4)	101.5(18.4)
Heme iron (mg/d)[d]	0.8(0.3)	1.1(0.3)	1.1(0.3)	1.3(0.3)	1.5(0.4)
Red meat (servings/d)	0.7(0.5)	1.0(0.6)	1.0(0.6)	1.2(0.6)	1.3(0.7)
Poultry (servings/d)	0.4(0.3)	0.4(0.3)	0.5(0.3)	0.5(0.3)	0.6(0.4)
Fish (servings/d)	0.2(0.2)	0.2(0.2)	0.2(0.2)	0.2(0.2)	0.2(0.2)
Eggs (servings/d)	0.2(0.2)	0.2(0.2)	0.2(0.2)	0.2(0.2)	0.3(0.3)
Dairy (servings/d)	2.8(2.4)	2.8(2.1)	2.9(2.1)	2.7(1.9)	2.7(2.0)
Fruits (servings/d)	1.6(1.2)	1.4(0.9)	1.3(0.8)	1.1(0.8)	0.9(0.7)
Vegetables (servings/d)	4.0(2.4)	3.7(2.1)	3.5(2.0)	3.4(1.9)	3.2(1.9)
Nuts (servings/d)	0.3(0.4)	0.3(0.4)	0.3(0.4)	0.3(0.3)	0.2(0.3)
Legumes (servings/d)	0.5(0.4)	0.4(0.3)	0.4(0.3)	0.4(0.3)	0.4(0.3)
Whole grains (servings/d)	1.3(1.1)	1.2(1.0)	1.1(1.0)	1.0(0.9)	0.8(0.8)
SSBs (servings/d)	0.8(1.3)	0.6(0.9)	0.4(0.7)	0.3(0.6)	0.2(0.4)

Abbreviations: BMI, body mass index; GDM, gestational diabetes mellitus; MET, metabolic equivalent task; MUFA, monounsaturated fatty acids; PUFA, polyunsaturated fatty acids; Q, quintile; SFA, saturated fatty acids; SSBs, sugar-sweetened beverages.

[a] Baseline was defined as 1991 for prevalent GDM and the year of the index pregnancy for incident GDM.

[b] Values are means (SD) unless otherwise specified. The baseline characteristics of the cohort were age adjusted according to 5-year age groups by direct standardization to the entire cohort.

[c] Defined as carbohydrate intake < 40% of energy.

[d] Value is energy-adjusted using the residual method.

All comparisons across quintiles are significant except multiparity (parity >1) and current oral contraceptives use.

Supplementary Table 2. Age-standardized baseline characteristics according to quintiles of vegetable low-carbohydrate-diet scores among women with a history of GDM[a,b]

Characteristic	Quintiles of vegetable low-carbohydrate-diet score				
	Q1	Q2	Q3	Q4	Q5
Number of participants	782	1049	849	812	1010
Low carbohydrate intake (%)[c]	2.6	7.6	8.4	10.3	16.9
Age (years)	37.7(4.7)	37.7(4.7)	37.8(4.6)	37.8(4.8)	38.8(4.9)
Age at first birth (year)	27.2(4.8)	27.6(4.8)	27.6(4.6)	27.6(4.9)	27.7(5.0)
Parity >1 (%)	81.9	79.7	80.6	81.6	80.4
Race, white (%)	90.6	89.0	92.4	93.9	95.1
Family history of diabetes (%)	27.1	29.4	26.2	28.2	26.6
Current oral contraceptives use (%)	8.8	8.0	9.6	7.4	9.4
Current smoking (%)	10.6	10.3	9.2	10.9	12.0
Alcohol (g/d)	1.3(3.0)	2.0(4.6)	2.6(5.0)	2.8(5.1)	2.6(4.7)
BMI (kg/m^2)	26.8(6.2)	26.9(6.2)	26.8(5.9)	27.0(6.0)	27.0(6.5)
Physical activity (MET-hours/week)	17.6(23.7)	16.7(22.0)	18.4(22.2)	15.8(17.4)	16.8(20.7)
Total calories (kcal/d)	1999.7(579.3)	1921.7(572.8)	1926.6(557.2)	1881.2(544.4)	1875.8(553.7)
Carbohydrates (% energy)	54.3(7.2)	50.6(7.3)	49.3(6.5)	48.2(7.0)	46.2(6.9)
Total protein (% energy)	18.4(3.8)	19.8(3.5)	19.7(3.3)	19.4(3.2)	19.4(3.1)
Animal protein (% energy)	14.0(3.8)	14.8(3.7)	14.5(3.6)	14.2(3.6)	13.8(3.6)
Vegetable protein (% energy)	4.4(0.9)	5.0(1.1)	5.1(1.0)	5.3(1.1)	5.6(1.3)
Total fat (% energy)	28.6(5.1)	30.6(5.5)	31.8(5.0)	33.1(5.3)	35.3(5.8)
Animal fat (% energy)	17.6(4.5)	18.4(5.2)	18.0(4.5)	18.2(4.7)	17.7(4.8)
Vegetable fat (% energy)	11.0(2.9)	12.2(3.0)	13.7(3.1)	15.0(3.5)	17.5(4.5)
SFA (% energy)	10.5(2.4)	11.1(2.6)	11.2(2.3)	11.5(2.4)	11.8(2.5)
MUFA (% energy)	10.8(2.1)	11.6(2.3)	12.2(2.1)	12.7(2.3)	13.8(2.8)
PUFA (% energy)	4.6(1.0)	5.1(1.0)	5.6(1.1)	5.9(1.3)	6.6(1.6)
Trans fat (% energy)	1.5(0.5)	1.6(0.5)	1.6(0.5)	1.7(0.6)	1.8(0.7)
Cholesterol (mg/d)[d]	236.9(68.7)	249.4(69.4)	249.1(66.0)	246.0(66.3)	249.5(74.3)
Total fiber (g/d)[d]	16.2(4.5)	18.3(5.6)	18.6(4.9)	18.9(5.3)	19.3(5.1)
Glycemic index[d]	54.7(3.4)	53.9(3.2)	53.8(3.1)	53.7(3.1)	53.0(3.6)
Glycemic load[d]	133.5(22.1)	122.9(20.5)	119.3(18.5)	116.6(19.5)	110.5(19.3)
Heme iron (mg/d)[d]	1.1(0.4)	1.2(0.4)	1.2(0.4)	1.2(0.4)	1.1(0.4)
Red meat (servings/d)	1.1(0.6)	1.1(0.7)	1.1(0.7)	1.0(0.7)	1.0(0.6)
Poultry (servings/d)	0.4(0.3)	0.5(0.3)	0.5(0.3)	0.5(0.3)	0.5(0.3)
Fish (servings/d)	0.2(0.2)	0.2(0.2)	0.2(0.2)	0.2(0.2)	0.2(0.2)
Eggs (servings/d)	0.2(0.2)	0.2(0.2)	0.2(0.2)	0.2(0.2)	0.2(0.3)
Dairy (servings/d)	3.0(2.1)	3.0(2.1)	2.9(2.3)	2.7(2.1)	2.6(2.2)
Fruits (servings/d)	1.2(0.9)	1.3(1.0)	1.3(0.9)	1.2(1.0)	1.1(0.8)
Vegetables (servings/d)	3.0(1.7)	3.5(2.1)	3.6(2.1)	3.7(2.2)	3.9(2.2)
Nuts (servings/d)	0.2(0.2)	0.2(0.3)	0.3(0.3)	0.3(0.3)	0.5(0.6)
Legumes (servings/d)	0.4(0.3)	0.4(0.3)	0.4(0.3)	0.4(0.4)	0.4(0.3)
Whole grains (servings/d)	0.9(0.8)	1.0(0.9)	1.1(1.0)	1.2(1.1)	1.2(1.1)
SSBs (servings/d)	1.3(1.4)	0.5(0.8)	0.3(0.6)	0.2(0.4)	0.2(0.3)

Abbreviations: BMI, body mass index; GDM, gestational diabetes mellitus; MET, metabolic equivalent task; MUFA, monounsaturated fatty acids; PUFA, polyunsaturated fatty acids; Q, quintile; SFA, saturated fatty acids; SSBs, sugar-sweetened beverages.

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[c] Defined as carbohydrate intake < 40% of energy.
[d] Value is energy-adjusted.

SUPPLEMENTARY DATA

All comparisons across quintiles are significant except the following: age at first birth, multiparity (parity >1), family history of diabetes, current oral contraceptives use, current smoking, BMI, physical activity, and egg consumption.