

**Table 1.** Sociodemographic and lifestyle characteristics of study participants stratified by Country.

	<b>Total</b> <b>(n = 183)</b>	<b>Lebanon</b> <b>(n = 93)</b>	<b>Qatar</b> <b>(n = 90)</b>	<b>p-value</b>
<b>PWR<sub>6</sub> (Kg)</b>	2.69 ± 0.35	2.12 ± 0.46	3.27 ± 0.53	0.100
				<b>0.015</b>
below median	92 (50.3)	55 (59.1)	37 (41.1)	
above median	91 (49.7)	38 (40.9)	53 (58.9)	
<b>Maternal age (years)</b>	28.04 ± 0.37	28.09 ± 0.49	28 ± 0.55	0.906
18-24.9	46 (25.7)	22 (23.9)	24 (27.6)	0.534
25-29.9	65 (36.3)	37 (40.2)	28 (32.2)	
≥ 30	68 (38)	33 (35.9)	35 (40.2)	
<b>Employment status</b>				
Housewife	94 (53.1)	32 (35.6)	62 (71.3)	<b>&lt;0.001</b>
Employee	83 (46.9)	58 (64.4)	25 (28.7)	
<b>Education</b>				
Up to high school	26 (15)	13 (14.3)	13 (15.9)	0.773
University or higher*	147 (85)	78 (85.7)	69 (84.1)	
<b>Income</b>				
Low, <1000\$	8 (12.5)	3 (8.11)	11 (10.89)	0.689
Medium, 1000\$-2000\$	16 (25)	8 (21.62)	24 (23.76)	
High, >2000\$	40 (62.5)	26 (70.27)	66 (65.35)	
<b>Number of children</b>				
0	51 (30.4)	30 (37)	21 (24.1)	0.069
1 or more	117 (69.6)	51 (63)	66 (75.9)	
<b>Pre-pregnancy BMI †</b>				
Underweight and normal (<25kg/m <sup>2</sup> )	98 (55.7)	62 (68.1)	36 (42.4)	<b>0.001</b>
Overweight and obese (≥25kg/m <sup>2</sup> )	78 (44.3)	29 (31.9)	49 (57.6)	
<b>First trimester BMI †</b>				
Underweight and normal (<25kg/m <sup>2</sup> )	94 (52.5)	61 (67)	33 (37.5)	<b>&lt;0.001</b>
Overweight and obese (≥25kg/m <sup>2</sup> )	85 (47.5)	30 (33)	55 (62.5)	
<b>GWG (Kg)</b>				
Insufficient	64 (36.6)	26 (29.2)	38 (44.2)	0.120
Adequate	56 (32)	32 (36)	24 (27.9)	
Excessive	55 (31.4)	31 (34.8)	24 (27.9)	
<b>Type of delivery</b>				
Caesarean	96 (30.1)	61 (42.7)	35 (19.9)	<b>&lt;0.001</b>
Normal/vaginal	223 (69.9)	82 (57.3)	141 (80.1)	
<b>Occurrence of delivery complication</b>				
No	153 (56.5)	88 (61.1)	65 (51.2)	0.100
Yes	118 (43.5)	56 (38.9)	62 (48.8)	
<b>Preterm / full term delivery</b>				
Full term (≥37 weeks)	301 (93.2)	131 (92.9)	170 (93.4)	0.860
Preterm (<37 weeks)	22 (6.8)	10 (7.1)	12 (6.6)	
<b>Exclusive Breastfeeding for 6 months</b>				
No	115(79.3)	62(83.8)	53(74.6)	0.175
Yes	30(20.7)	12(16.2)	18(25.4)	
<b>Pre-pregnancy smoking status</b>				
Non-smoker	144 (78.7)	56 (60.2)	88 (97.8)	<b>&lt;0.001</b>
Smoker	39 (21.3)	37 (39.8)	2 (2.2)	
<b>Pre-pregnancy breakfast consumption</b>				
Regular**	138 (77.1)	72 (78.3)	66 (75.9)	0.703
Not regular	41 (22.9)	20 (21.7)	21 (24.1)	
<b>Physical activity</b>				
Low	42 (33.1)	17 (30.4)	25 (35.2)	0.517
Moderate	43 (33.9)	22 (39.3)	21 (29.6)	

High

42 (33.1)

17 (30.4)

25 (35.2)

Data are expressed as mean  $\pm$  SE for PWR<sub>6</sub> and maternal age while the rest of the variable were presented as absolute numbers and percentages. Numbers in bold are statistically significant ( $p$ -value  $\leq$  0.05). \* Including technical diploma. \*\*Three or more times per week. <sup>†</sup>BMI was stratified according to the WHO criteria [42]. Abbreviations: PWR<sub>6</sub>: postpartum weight retention at 6 months; BMI: body mass index; GWG: gestational weight gain.

**Table 2.** Absolute macro and micronutrients intakes of study participants stratified by PWR<sub>6</sub> (below and above median values).

	Total	PWR <sub>6</sub> $\leq$ 2.4 (below median)	PWR <sub>6</sub> $>$ 2.4 (above median)	$p$ -value
	Mean $\pm$ SE	Mean $\pm$ SE	Mean $\pm$ SE	
Energy (Kcal)	2853.35 $\pm$ 166.99	2530.86 $\pm$ 147.23	3172.29 $\pm$ 295.74	0.054
Protein (g)	111.54 $\pm$ 7.22	<b>92.47 <math>\pm</math> 4.15</b>	<b>130.4 <math>\pm</math> 13.51</b>	<b>0.008</b>
Carbohydrate (g)	311.1 $\pm$ 17.09	<b>272 <math>\pm</math> 10.88</b>	<b>349.77 <math>\pm</math> 31.83</b>	<b>0.023</b>
Fat (g)	128.88 $\pm$ 9.56	119.89 $\pm$ 13.16	137.78 $\pm$ 13.87	0.351
Saturated fat (g)	38.01 $\pm$ 2.88	34.08 $\pm$ 3.58	41.9 $\pm$ 4.48	0.175
Monounsaturated fat (g)	44.67 $\pm$ 3.26	41.3 $\pm$ 4.11	48.01 $\pm$ 5.06	0.305
Polyunsaturated fat (g)	34.85 $\pm$ 3.05	34.14 $\pm$ 5.1	35.55 $\pm$ 3.4	0.817
Trans fatty acid (g)	0.81 $\pm$ 0.08	0.67 $\pm$ 0.11	0.95 $\pm$ 0.1	0.071
Sugar (g)	102.3 $\pm$ 4.98	<b>90.45 <math>\pm</math> 4.46</b>	<b>114.02 <math>\pm</math> 8.74</b>	<b>0.018</b>
Cholesterol (mg)	369.9 $\pm$ 23.94	<b>317.01 <math>\pm</math> 21.33</b>	<b>422.23 <math>\pm</math> 42.12</b>	<b>0.027</b>
Sodium (mg)	2844.74 $\pm$ 174.89	<b>2459.93 <math>\pm</math> 132.34</b>	<b>3225.36 <math>\pm</math> 318.36</b>	<b>0.028</b>
Calcium (mg)	1110.9 $\pm$ 55.11	<b>985.29 <math>\pm</math> 58.59</b>	<b>1235.14 <math>\pm</math> 91.55</b>	<b>0.023</b>
Iron (mg)	15.03 $\pm$ 0.87	13.33 $\pm$ 0.64	16.7 $\pm$ 1.59	0.051
Dietary fiber (g)	23.31 $\pm$ 1.28	21.31 $\pm$ 0.97	25.29 $\pm$ 2.35	0.12

Abbreviations: PWR<sub>6</sub>: gestational weight gain retention at 6 months postpartum; Kcal: calories; mg: milligram; g: gram. Data are expressed as mean  $\pm$  SE. Differences among group means were tested using independent sample t-test. Numbers in **bold** are statistically significant ( $p$ -value  $\leq$  0.05).