

Supplementary File

Figure S1. Process of data collection

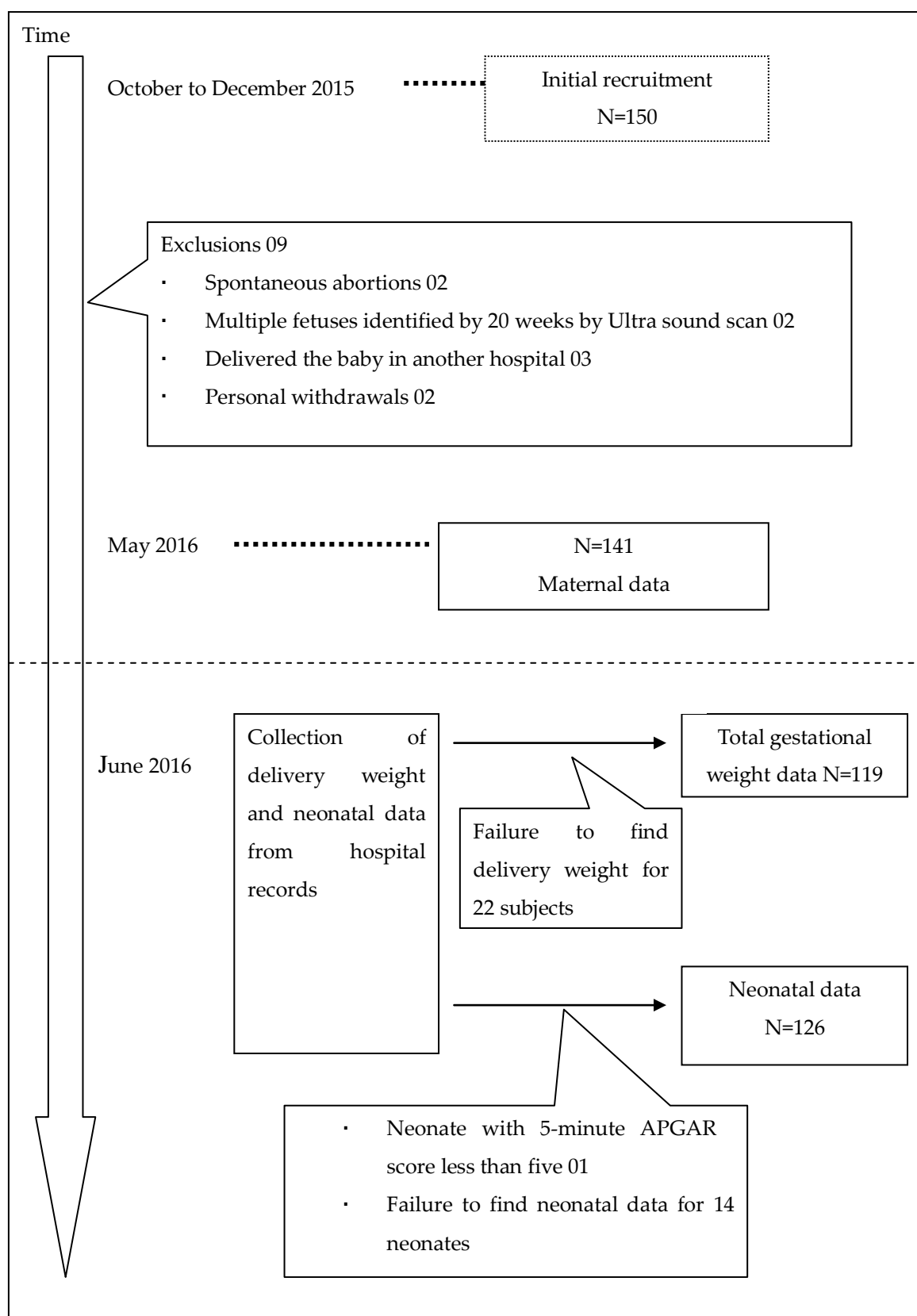


Figure S2. Example estimation of portion sizes for curry dishes (bean curry)

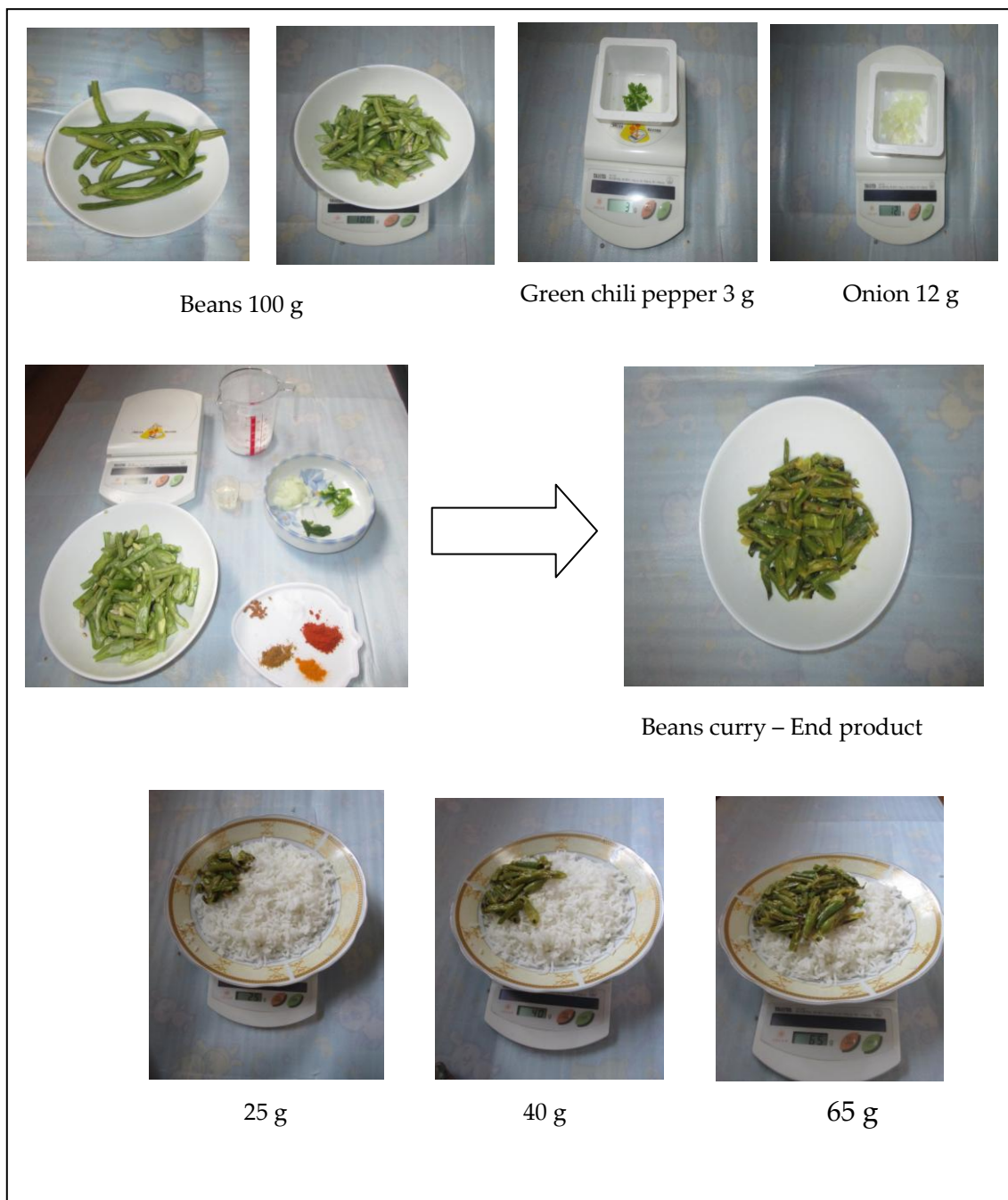


Table S1. Second trimester maternal energy and macro-nutrient intake by maternal and neonatal characteristics ($n = 136$); ANOVA

Variable	Energy Intake		Carbohydrate Intake		Protein Intake		Fat Intake	
	Mean (SD)	<i>p</i> -Value	Mean (SD)	<i>p</i> -Value	Mean (SD)	<i>p</i> -Value	Mean (SD)	<i>p</i> -Value
All	2921.5 (687.7)		532.7 ± 133.8		71.2 (16.8)		45.8 (16.9)	
Level of education								
No/Up to primary	22	2842 (668)	524.9 (129.9)		69.0 (17.0)		40.1 (13.6)	
Secondary	108	2927 (699.9)	533.0 (136.9)	0.960	71.3 (16.9)	0.673	46.2 (17.3)	0.287
Higher	4	3053 (705)	540.1 (126.3)		74.9 (13.9)		54.8 (18.8)	
Level of monthly household income								
<9000 LKR	4	2608 (555)	464.1 (147.6)		68.2 (9.7)		43.6 (9.9)	
9000-13,999 LKR	22	2940 (624)	549.7 (118.8)		69.3 (15.1)		41.3 (15.0)	
14,000- 19,999 LKR	39	2981 (672)	555.7 (137.7)	0.440	70.6 (14.7)	0.870	42.4 (14.9)	0.122
20,000-31,999 LKR	51	2856.2 (706.8)	511.5 (130.0)		71.2 (19.8)		47.8 (18.1)	
≥32,000 LKR	18	2993 (819)	531.0 (155.8)		74.8 (18.6)		53.0 (19.0)	
Area of residence								
Urban	13	2781 (718)	509.2 (134.8)		68.1 (17.4)		41.9 (16.1)	
Suburban	59	2906.2 (751)	522.9 (141.4)	0.613	71.9 (19.1)	0.767	48.3 (19.7)	0.242
Rural	61	2940.9 (626.5)	542.2 (127.8)		70.7 (14.7)		43.8 (14.0)	
History of LBW deliveries								
Yes	28	2875 (726)	515.7 (142)		70.7 (17.3)		48.3 (19.0)	
No	108	2933.6 (680.4)	537.1 (131.9)	0.454	71.3 (16.7)	0.867	45.2 (6.4)	0.384
History of miscarriage/abortion								
Yes	37	2921 (661)	532.9 (124.8)		70.6 (16.6)		45.8 (17.9)	
No	99	2921.8 (700.7)	532.6 (137.6)	0.991	71.4 (17.0)	0.814	45.8 (16.7)	0.984
Presence of hyperemesis								
Yes	21	3019 (736)	539.8 (145.9)		74 (17.2)		51.3 (19.0)	
No	113	2898.5 (683.9)	530.4 (133.0)	0.464	70.6 (16.9)	0.401	44.7 (16.4)	0.102
Parity								
Primiparous	43	3008 (660)	553.9 (124.0)		74.2 (17.5)		44.7 (18.2)	
Multiparous	93	2881.4 (699.8)	522.9 (137.7)	0.210	69.8 (16.4)	0.151	46.3 (16.4)	0.595
Pre-pregnancy BMI category ^a								
Underweight	27	2920 (671)	520.1 (127.9)		72.7 (17.2)		49.7 (17.5)	
Normal	78	2879 (658.2)	530.7 (132.2)	0.719	70.3 (15.3)	0.889	44.5 (14.8)	0.550
Overweight	23	3057 (763)	562.6 (139.4)		72.7 (20.4)		46.6 (22.7)	
Obese	8	2775 (873)	508.4 (164.6)		69.8 (21.5)		43.0 (16.7)	
Total gestational weight gain category ^b								
Within	34	3074 (598)	564.3 (128.4)		74.8 (13.9)		46.5 (13.0)	
Below	75	2949.2 (705.4)	535.2 (134.4)	0.644	71.8 (17.5)	0.414	47.7 (18.7)	0.551
Over	5	2893 (876)	546.7 (175.2)		65.3 (14.9)		39.1 (15.2)	
Birth weight category								
<2500 g	21	2650 (774)	480.6 (152.3)		65.6 (17.7)		47.0 (18.0)	
2500–4000 g	98	2938.1 (648.2)	532.7 (99.1)	0.192	72.6 (16.7)	0.187	41.7 (13.7)	0.389
>4000 g	2	3088 (756)	600.5 (148.9)		63.4 (17.2)		38.8 (12.7)	

^a Based on WHO international BMI cut-off values [6]. ^b Based on IOM 2009 re-examine guidelines [14]
 Compared using one way ANOVA test. Sample sizes for each variable vary slightly because of missing data. BMI: Body mass index; LBW: low birth weight; SD: standard deviation; LKR: Sri Lankan rupee.