

Table S1. FFQ frequency scales of the ALPHABET consortium.

Cohort	ALSPAC	EDEN	Generation R	Lifeways	REPRO_PL	ROLO	SWS
Total number of categories	5	7	9	9	6	9	≥8
Specific categories	Never or rarely	Never Less than once a month	Never or less than once a month	Never or less than once a month	Never Less than once a month	Never or less than once a month	Never Once every 2–3 months
	Once in 2 weeks	1–3 times a month	1–3 times a month	1–3 times a month	1–3 times a month	1–3 times a month	Once a month Once a fortnight
	1–3 times a week	Once a week	Once a week	Once a week	1–3 times a week	Once a week	1–2 times a week
		2–5 times a week	2–4 times a week	2–4 times a week		2–4 times a week	
	4–7 times a week	Once a day or nearly	5–6 times a week	5–6 times a week	4–6 times a week	5–6 times a week	3–6 times a week
			Once a day	Once a day	Everyday	Once a day	Once a day
	More than once a day	Several times a day	2–3 times a day 4–5 times a day More than 6 times a day	2– times a day 4–5 times a day 6 times a day or more	Not applicable	2–3 times a day 4–5 times a day 6 times a day or more	More than once a day (open)

Table S2. Summary of included and excluded foods for each food components composing the DASH index.

Component	Summary of included foods	Summary of excluded foods
Positive components		
<i>Dietary components for which greater intakes receive higher scores</i>		
Total grains	<ul style="list-style-type: none"> Refined and unrefined grains and grain products (<i>bread, pasta, rice, etc.</i>) 	<ul style="list-style-type: none"> Salty and sweet grain products (<i>bun, cheese crackers, etc.</i>) Foods with grains as base only (<i>ravioli, pizza, pudding, etc.</i>)
Vegetables (excluding potatoes and condiments)	<ul style="list-style-type: none"> Fresh, frozen, canned vegetables, vegetables juices 	<ul style="list-style-type: none"> Potatoes Small portion condiments (<i>garlic, parsley, etc.</i>)
Fruits	<ul style="list-style-type: none"> Fresh, frozen, dried and canned fruits, fruit juices 	<ul style="list-style-type: none"> Fruit drinks not considered as fruit juices
Non-full-fat dairy products	<ul style="list-style-type: none"> All milks and milk products undeclared as full-fat or full-cream All cheeses declared as fat-free or low-fat 	<ul style="list-style-type: none"> All milks and milk products declared as full-fat or full-cream All cheeses undeclared as fat-free or low-fat Milk substitutes
Nuts, seeds and legumes	<ul style="list-style-type: none"> <i>Nuts and peanut butter, dried beans, peas, tofu, etc.</i> 	
Negative components		
<i>Dietary components for which lower intakes receive higher scores (Reverse scoring)</i>		
Red and processed meats		<ul style="list-style-type: none"> Not full of meat ready meals (<i>meat pies, meat soup, etc.</i>)
Sugar-sweetened beverages, sweets and added sugars	<ul style="list-style-type: none"> Soft drinks, added sugar to drinks and meals (<i>coffee/tea, yoghurt</i>), sweets, etc. 	<ul style="list-style-type: none"> Artificial sweeteners (<i>diet coke, stevia, etc.</i>) Sweets with fats and savoury snacks (<i>cocoa spreads, mars, etc.</i>)
Sodium	<ul style="list-style-type: none"> All sodium consumption estimated 	

Table S3. Spearman's correlation coefficients (rho (95% CI)) between DASH scores from frequencies and amounts, by cohort and period in ALPHABET.

	Pre-pregnancy period	Early pregnancy period	Late pregnancy period
EDEN	0.89 (0.88, 0.90)	-	0.89 (0.88, 0.90)
Lifeways	-	0.92 (0.91, 0.93)	-
ROLO	-	0.88 (0.86, 0.89)	-

All $p < 0.0001$. DASH: Dietary Approaches to Stop Hypertension. -: data not available. ALSPAC, Generation R, REPRO_PL and SWS do not have DASH scores from both frequencies and amounts.