**S2 Table.** Items, reference values1 and variabilities used to calculate the PANDiet score at the start of pregnancy.

|  |  |  |
| --- | --- | --- |
|  | Pregnant women (1st  trimester) | Variability |
| Adequacy sub-score |
| Protein | 0.66 g/kg bw | 12.50 % |
| Total Fat | 30% EIEA | 0 % |
| LA (C18:2 n-6) | 3.08% EIEA | 15 % |
| ALA (C18:3 n-3) | 0.77% EIEA | 15 % |
| DHA | 192 mg | 15 % |
| EPA + DHA | 385 mg | 15 % |
| Total carbohydrate | 45 % EIEA | 0 % |
| Dietary fiber | 25 g  | 15 % |
| Vitamin A | 462 µg RE  | 15% |
| Thiamin | 1.39 mg  | 15% |
| Riboflavin | 1.23 mg  | 15 % |
| Niacin | 12.3 mg NES  | 15 % |
| Pantothenic acid | 3.85 mg  | 15 % |
| Vitamin B6 | 1.67 mg  | 10 %  |
| Folate | 286 µg  | 20 % |
| Vitamin B12 | 2.17 µg  | 10 % |
| Vitamin C | 92.3 mg  | 15 % |
| Vitamin D | 7.70 µg  | 15 % |
| Vitamin E | 9.23 mg  | 15 % |
| Calcium | 690 mg  | 15 % |
| Iodine | 143 µg  | 20 % |
| Iron | Based on tables provided by the IoM  |
| Magnesium | 5 mg/kg bw | 10 % |
| Phosphorus | 580 mg  | 15 % |
| Potassium | 2385 mg  | 15 % |
| Selenium | 38.5 µg  | 15 %  |
| Zinc | 6.41 mg  | 15 % |
| Moderation sub-score |
| Protein  | 2.2 g/kg bw | 0 % |
| Total carbohydrate | 60% EIEA | 0 % |
| Free sugars | 10% EIEA | 15 % |
| Total fat | 40% EIEA | 0 % |
| Saturated Fatty Acids | 12% EIEA | 15 % |
| Cholesterol | 300 mg | 15 % |
| Sodium | 2365 mg | 15 % |
| *Tolerable Upper Intakes Limits for potential penalties* |
| Retinol | 3000 µg |
| Niacin | 900 mg |
| Vitamin B6 | 25 mg |
| Folate | 1000 µg |
| Vitamin C | 500 mg |
| Vitamin D | 50 µg |
| Vitamin E | 300 mg |
| Calcium | 2500 mg |
| Iodine | 600 µg |
| Iron | 28 mg |
| Magnesium | 700 mg |
| Phosphorus | 2500 mg |
| Selenium | 300 µg |
| Zinc | 25 mg |

1References values were mostly issued by the French Agency for Food, Environmental and Occupational Health.

The Adequacy sub-score comprises 27 items and the Moderation sub-score comprises 7 items plus 14 potential penalty values.

ALA, Alpha Linolenic Acid. Bw, bodyweight. DHA, docosahexaenoic acid. EPA, eicosapentaenoic acid. EIEA, Energy Intake Excluding Alcohol. LA, Linoleic Acid. NES, Niacin Equivalents. RE, Retinol Equivalents