

Supplementary Table S1 Maternal characteristics by proportion of abnormal blood glucose values during the first week of medical nutritional therapy

	<20% abnormal (n = 374)	20–33% abnormal (n = 151)	33–50% abnormal (n = 171)	≥50% abnormal (n = 470)	p-Value
Age (years)	31.28 ± 5.31	31.52 ± 4.59	31.23 ± 5.89	31.87 ± 5.57	0.37
Prepregnancy BMI (kg/m ²)	26.98 ± 6.74	28.48 ± 6.79	29.77 ± 7.78	32.86 ± 7.98	<0.0001
Prepregnancy BMI category (%)					
Normal	157 (44.23)	41 (31.97)	52 (30.95)	78 (16.67)	<0.0001
Overweight	93 (26.20)	43 (29.25)	37 (22.02)	104 (22.22)	
Obese	105 (29.58)	57 (38.78)	79 (47.02)	286 (61.11)	
Prior GDM (%)	32 (20.65)	17 (22.67)	20 (23.26)	81 (30.92)	0.07
Gestational age at diagnosis (weeks)	27.67 ± 4.30	27.35 ± 4.85	27.41 ± 4.71	26.17 ± 5.91	0.0001
Gestational weight gain (kg)	25.21 ± 12.55	25.28 ± 13.64	27.01 ± 15.03	25.51 ± 16.37	0.60
Gestational weight gain category (%)					
Insufficient	110 (29.65)	32 (21.77)	36 (21.69)	94 (20.43)	0.14
Recommended	136 (36.66)	54 (36.73)	55 (33.13)	126 (27.39)	
Excessive	125 (33.69)	61 (41.50)	75 (45.18)	240 (52.17)	
GDM pharmacological treatment (%)	132 (35.29)	93 (61.59)	143 (83.63)	448 (95.32)	<0.0001

Abbreviations: BMI, body mass index; GDM, gestational diabetes mellitus.