

## Supplementary Materials

# Association between ultra-processed food exposure and gestational diabetes mellitus by diet balance index for pregnancy in Chinese women

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**Supplementary Table 1.** Pregnancy Dietary Hygiene Index (DBI-P) structure and corresponding scoring method

Item and Its Value Range	During Pregnancy	During Late Pregnancy
C1-Cereal and Tubers (-12 to 12)	0g = -12; 275–325g = 0; >600g = 12; Intake changes by 25g = ±1	<25g = -12; 300–350g = 0; >625g = 12; Intake changes by 25g = ±1
C2-Vegetables and Fruits (-12 to 0)		
Vegetables (-6 to 0)	≥400g = 0; 320–399g = -1; Intake decreases by 80g = -1; 0g = -6	Consistent with pregnancy standards
Fruits (-6 to 0)	≥300g = 0; 240–299g = -1; Intake decreases by 60g = -1; 0g = -6	Consistent with pregnancy standards
C3-Dairy, Soy and Nuts (-12 to 0)		
Dairy (-6 to 0)	≥500g = 0 <sup>a</sup> ; 320–499g = -1; Intake decreases by 60g = -1; 0g = -6	Consistent with pregnancy standards
Soy and Nuts (-6 to 0)	≥30g = 0; Intake decreases by 6g = -1; 0g = -6	Consistent with pregnancy standards
C4-Animal Foods (-12 to 8)		
Meat (4 to 4)	0g = -4; 1–17g = -3; 18–33g = -2; 34–49g = -1; 50–75g = 0; 76–90g = 1; 91–105g = 2; 106–120g = 3; >120g = 4	0g = -4; 1–24g = -3; 25–49g = -2; 50–74g = -1; 75–100g = 0; 101–120g = 1; 121–141g = 2; 141–160g = 3; >160g = 4
Fish and Shrimp (-4 to 0)	<5g = -4; 5–19g = -3; 20–34g = -2; 35–49g = -1; ≥50g = 0	<15g = -4; 15–34g = -3; 35–54g = -2; 55–74g = -1; ≥75g = 0
Eggs (-4 to 4)	0g = -4; 1–15g = -3; 16–30g = -2; 31–45g = -1; 46–55g = 0; 56–70g = 1; 71–85g = 2; 86–100g = 3; >100g = 4	Consistent with pregnancy standards
C5-Food Diversity (-12 to 0)	≥12 types of food: rice and its products, noodles and its products, coarse grains and tubers, dark vegetables, light vegetables, fruits, soy, dairy, poultry, eggs, fish and shrimp. Minimum intake for foods, except soy (5g), is 25g; each reduced food type decreases by 1	Consistent with pregnancy standards

According to the "Chinese Dietary Guidelines for Residents (2016 Edition)", it is recommended to increase the intake of 200g of dairy products during pregnancy. Therefore, in this study, the evaluation standard for dairy products is adjusted to ≥500g, which is assigned 0 points