

Supplementary Data: Typical foods of the dietary patterns obtained by means of different variables from the FFQ in the cluster analysis in a sample of pregnant women.

Variable used/ Food Groups	Typical Foods		
	1	2	3
1. Consumption in grams *	n=591	n=2	n=54
Grains, cereals and tubercles	Cassava, pasta, corn, popcorn, polenta	Boiled potato and lentil	Rice and beans
Bread, cakes and cookies	Homemade bread	Salty pastry and cake	Cookie and French roll
Fruits	Pineapple, orange, apple, watermelon, grape	Banana, papaya and mango	Lemon
Vegetables		Garlic, beet, onion, carrot, chayote, cauliflower, cucumber, green pepper and tomato	Lettuce, kale and cabbage
Milk and dairy	Cheese	Whole Milk	Yogurt
Meat, fish and eggs	Bone beef, fish, sausage, entrails	Chicken	Boneless beef, pork and eggs
Fatty food		Mayonnaise, margarine and salty pastry	Chips, pizza and finger food
Beverages		Coffee, soft drink and natural juice	Artificial juice
Sweets		Powder chocolate and ice-cream	Sugar, candy, chocolate bar and sweet pudding
2. Standardized consumption in grams*	N=5	n=103	n=539
Grains, cereals and tubercles	Cassava	Rice, boiled potato, beans, lentil, corn, popcorn, polenta	Pasta
Bread, cakes and cookies	Cake, French roll and Homemade bread	Cookie and salty pastry	
Fruits	Grape	Pineapple, banana, chayote, orange, lemon, apple, papaya, mango, watermelon	
Vegetables	Kale and cabbage	Lettuce, beet, onion, carrot, cauliflower, cucumber, tomato	Garlic and green pepper
Milk and dairy	Yogurt and whole milk	Cheese	
Meat, fish and eggs	Chicken and eggs	Boneless beef, pork, fish, entrails	Bone beef and sausage
Fatty food	Chips, pizza, finger food and salty pastry	Mayonnaise and margarine	
Beverages	Soft drink and artificial juice	Natural juice	Coffee
Sweets	Candy, chocolate bar, powder chocolate, sweet pudding and ice-cream		Sugar
3. Rank of consumption in grams	n=217	n=240	n=255
Grains, cereals and tubercles		Cassava, boiled potato, lentil, corn, popcorn, polenta	Rice, beans and pasta

Bread, cakes and cookies	Cookie	Salty pastry, cake, Homemade Bread	French roll
Fruits		Pineapple, banana, orange, lemon, apple, papaya, mango, watermelon, grape	
Vegetables		Lettuce, garlic, beet, onion, carrot, chayote, kale, cauliflower, cucumber, green pepper, cabbage and tomato	
Milk and dairy	Yogurt and whole milk	Cheese	
Meat, fish and eggs	Boneless beef	Bone beef, pork, chicken, eggs, fish, sausage, entrails	
Fatty food	Finger food	Chips, mayonnaise, pizza, salty pastry	Margarine
Beverages	Soft drink	Natural juice	Coffee and artificial juice
Sweets	Chocolate bar, powder chocolate and ice-cream	Candy and sweet pudding	Sugar
4. % TEI*	n=223	n=330	n=94
Grains, cereals and tubercles	Beans	Rice and corn	Pasta, polenta, boiled potato, cassava, popcorn and lentil
Bread, cakes and cookies	French roll	Cookie	Homemade bread, cake and salty pastry
Fruits		Pineapple, banana, orange, lemon, apple, papaya, mango, watermelon and grape	
Vegetables	Green pepper	Lettuce, garlic, beet, onion, carrot, kale and tomato	Cabbage, chayote, cucumber and cauliflower
Milk and dairy	Whole milk	Yogurt	Cheese
Meat, fish and eggs		Boneless beef, chicken, eggs, fish, sausage and entrails	Bone beef and pork
Fatty food	Margarine	Chips, pizza, finger food and salty pastry	Mayonnaise
Beverages		Soft drink and natural juice	Coffee and artificial juice
Sweets		Candy, chocolate bar, powder chocolate , sweet pudding and ice-cream	Sugar
5. Standardized % TEI *	n=611	n=26	n=10
Grains, cereals and tubercles	Rice and pasta	Beans, polenta, cassava, corn, lentil	Boiled potato and popcorn
Bread, cakes and cookies	French roll, cookie and cake	Homemade bread and salty pastry	
Fruits	Banana	Papaya, watermelon, Pineapple, mango, grape	Orange, apple and lemon
Vegetables		Cucumber, garlic, carrot, kale, cabbage	Tomato, chayote, onion, green pepper, beet, cauliflower, lettuce
Milk and dairy	Whole milk	Yogurt	Cheese
Meat, fish and eggs	Bone beef	Fish	Eggs, entrails, boneless beef, pork, chicken, sausage
Fatty food	Chips, margarine and salty pastry	Pizza, mayonnaise and finger food	

Beverages	Soft drink and artificial juice		Coffee and natural juice
Sweets	Sugar, powder chocolate , chocolate bar, sweet pudding, candy	Ice-cream	
6. Rank of %TEI	n=205	n=244	n=263
Grains, cereals and tubercles		Polenta, boiled potato, cassava, corn, popcorn, lentil	Rice, beans and pasta
Bread, cakes and cookies	Cookie	Homemade bread, cake, salty pastry	French roll
Fruits		Orange, banana, papaya, apple, watermelon, Pineapple, mango, lemon, grape	
Vegetables		Lettuce, garlic, beet, onion, carrot, chayote, kale, cauliflower, cucumber, green pepper, cabbage and tomato	
Milk and dairy	Whole milk and yogurt	Cheese	
Meat, fish and eggs		Entrails, bone beef, pork, sausage, fish	Boneless beef, chicken and eggs
Fatty food	Chips and finger food	Pizza, mayonnaise and salty pastry	Margarine
Beverages	Soft drink and natural juice		Coffee and artificial juice
Sweets	Powder chocolate and ice-cream	Candy, chocolate bar and sweet pudding	Sugar

*Subsample with exclusion of 65 cases that had more than 30% of extreme values of foods (n=647)