### Supplementary Table 1. The reference value of gestational weight gain (GWG) by the Institute of Medicine (IOM)

| Characteristics | Cumulative weight gain: IOM (kg) | Inadequate GWG (kg/weeks) | Adequate GWG (kg/weeks) | Excessive GWG (kg/weeks) |
|-----------------|----------------------------------|---------------------------|-------------------------|--------------------------|
| Underweight     | -                                | <0.454                    | 0.454–0.662             | >0.662                   |
| Normal          | 16.8–24.5                        | <0.454                    | 0.454–0.662             | >0.662                   |
| Overweight      | 14.1–22.7                        | <0.381                    | 0.381–0.614             | >0.614                   |
| Obese           | 11.4–19.1                        | <0.308                    | 0.308–0.516             | >0.516                   |