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eTable 1. The Chinese Nutrition Society (CNS 2021) and the American Institute of Medicine (NAM 2009) Guidelines: Recommendations for Total and Rate of Weight Gain During Pregnancy, by Prepregnancy BMI

eTable 2. The Distribution of Mothers According to the CNS and NAM Gestational Weight Gain Guidelines, n (%)
eTable 3. Relative Risk [RRs (95% CIs)] of the Children of Insufficient and Excessive GWG Mothers to Having a Low/High Nutrition Level, Compared With the Appropriate GWG Group

This supplemental material has been provided by the authors to give readers additional information about their work.
| Prepregnancy BMI | Total weight gain range (kg) | Rates of weight gain in the first trimester (kg) | Rates of weight gain in the 2nd and 3rd trimesters (kg/week) |
|------------------|-----------------------------|------------------------------------------------|--------------------------------------------------|
| **CNS 2021**     |                             |                                                 |                                                  |
| Underweight (BMI<18.5kg/m²) | 11.0~16.0 | 0~2.0 | 0.46 (0.37~0.56) |
| Normal weight (18.5kg/m²≤BMI<24.0kg/m²) | 8.0~14.0 | 0~2.0 | 0.37 (0.26~0.48) |
| Overweight (24.0kg/m²≤BMI<28.0kg/m²) | 7.0~11.0 | 0~2.0 | 0.30 (0.22~0.37) |
| Obese (BMI≥28.0kg/m²) | 5.0~9.0 | 0~2.0 | 0.22 (0.15~0.30) |
| **NAM 2009**     |                             |                                                 |                                                  |
| Underweight (BMI<18.5kg/m²) | 12.5~18.0 | 0.5~2.0 | 0.51 (0.44~0.58) |
| Normal weight (18.5kg/m²≤BMI<25.0kg/m²) | 11.5~16.0 | 0.5~2.0 | 0.42 (0.35~0.50) |
| Overweight (25.0kg/m²≤BMI<30.0kg/m²) | 7.0~11.5 | 0.5~2.0 | 0.28 (0.23~0.33) |
| Obese (BMI≥30.0kg/m²) | 5.0~9.0 | 0.5~2.0 | 0.22 (0.17~0.27) |
eTable 2. The Distribution of Mothers According to the CNS and NAM Gestational Weight Gain Guidelines, \( n \ (%) \)

| CNS guidelines | NAM guidelines                  |
|----------------|---------------------------------|
|                | Insufficient (1259, 39.7%)      |
|                | Appropriate (1180, 37.2%)       |
|                | Excessive (731, 23.1%)          |
| Insufficient   | 446 (14.1)                      |
| Appropriate    | 800 (25.2)                      |
| Excessive      | 13 (0.4)                        |

**Abbreviations:** CNS: Chinese Nutrition Society; NAM: the US National Academy of Medicine
eTable 3. Relative Risk [RRs (95% CIs)] of the Children of Insufficient and Excessive GWG Mothers to Having a Low/High Nutrition Level, Compared With the Appropriate GWG Group

|                     | Insufficient | Excessive |
|---------------------|--------------|-----------|
|                     | CNS guidelines (n=446) | NAM guidelines (n=1259) | P* | CNS guidelines (n=1200) | NAM guidelines (n=731) | P* |
| Low nutrition status |              |           |     |                       |                       |     |
| Low birth weight    | 1.43(0.43-4.70) | 1.46(0.65-3.30) | 0.974 | 0.24(0.06-0.90) | 0.35(0.06-2.19) | 0.731 |
| 3 yrs-low HAZ       | 1.40(0.99-1.99) | 1.21(0.90-1.64) | 0.531 | 0.71(0.51-0.99) | 0.87(0.59-1.30) | 0.442 |
| 3 yrs-low WHZ/BAZ   | 1.06(0.81-1.39) | 1.02(0.83-1.26) | 0.819 | 0.84(0.67-1.06) | 0.72(0.53-0.98) | 0.438 |
| 4 yrs-low HAZ       | 1.49(1.02-2.17) | 1.30(0.94-1.80) | 0.600 | 0.87(0.62-1.24) | 0.99(0.65-1.51) | 0.663 |
| 4 yrs-low WHZ/BAZ   | 1.23(0.96-1.58) | 1.11(0.91-1.36) | 0.528 | 0.82(0.65-1.02) | 0.83(0.62-1.11) | 0.928 |
| 5 yrs-low HAZ       | 0.90(0.49-1.65) | 1.32(0.84-2.09) | 0.318 | 0.57(0.34-0.97) | 0.67(0.34-1.31) | 0.723 |
| 5 yrs-low BAZ       | 1.16(0.85-1.56) | 1.16(0.91-1.50) | 0.968 | 0.87(0.67-1.13) | 1.01(0.72-1.40) | 0.501 |
| Low AUC-FFMI        | 1.22(0.96-1.55) | 1.29(1.06-1.57) | 0.732 | 0.99(0.82-1.20) | 1.24(0.98-1.57) | 0.732 |
| High nutrition status |             |           |     |                       |                       |     |
| Macrosomia          | 0.69(0.42-1.12) | 0.64(0.47-0.87) | 0.804 | 1.98(1.54-2.54) | 1.78(1.38-2.31) | 0.575 |
| 3 yrs-obese         | 0.85(0.21-3.43) | 0.34(0.10-1.08) | 0.314 | 4.47(1.92-10.42) | 1.69(0.75-3.78) | 0.103 |
| 4 yrs-obese         | 1.06(0.39-2.89) | 0.46(0.22-0.97) | 0.196 | 3.05(1.76-5.30) | 1.37(0.76-2.45) | 0.050 |
|                | 5 yrs-obese | 5 yrs-obese | 5 yrs-obese | 5 yrs-obese | 5 yrs-obese | 5 yrs-obese |
|----------------|-------------|-------------|-------------|-------------|-------------|-------------|
|                | 0.72(0.40-1.30) | 0.60(0.38-0.92) | 0.607 | 1.45(1.00-2.08) | 1.18(0.80-1.74) | 0.455 |
| High AUC-FM%   | 0.92(0.68-1.25) | 0.81(0.65-1.01) | 0.504 | 1.28(1.05-1.56) | 1.12(0.90-1.39) | 0.364 |
| High AUC-FMI   | 1.03(0.74-1.42) | 0.82(0.64-1.04) | 0.273 | 1.33(1.07-1.65) | 1.15(0.91-1.46) | 0.381 |

**Abbreviations:** CNS: Chinese Nutrition Society; NAM: the US National Academy of Medicine; HAZ: z-score of height-for-age; WHZ: z-score of weight for height; BAZ: z-score of BMI-for-age; AUC-FFMI: area under the curve of fat free mass index in the three years' follow-up; AUC-FM%: area under the curve of percentage of body fat in the three years' follow-up; AUC-FMI: area under the curve of fat mass index in the three years' follow-up.