

Table 2

Association of food groups with gestational diabetes and Mediterranean diet adherence score in pregnant women (MDS-P) (n=401)

Food groups	Low MDS-P		Medium MDS-P		High MDS-P		P	Without GDM		With GDM		P
	N	%	N	%	N	%		N	%	N	%	
MDS-P	136	33.9	261	65.1	4	1		326	81.3	75	18.7	
Mean \pm SD	3.51	± 0.7	5.75	± 0.8	9	± 0.0	<0.001	4.97	± 1.37	5.24	± 1.4	0.132
Fruits and nuts	22	16.2	86	33	4	100	<0.001	84	25.8	28	37.3	0.044
Vegetables	42	30.9	153	58.6	3	75	<0.001	164	50.3	34	45.3	0.437
Legumes	56	41.2	147	56.3	4	100	0.002	163	50.0	44	58.7	0.176
Cereals et starches	133	97.8	259	99.2	4	100	0.459	322	98.8	74	78.7	0.940
Fish and Sea Food	35	25.7	146	55.9	4	100	<0.001	148	45.8	37	49.3	0.538
Meat and meat products	79	58.1	223	85.4	4	100	<0.001	245	75.2	61	81.3	0.256
Milk and dairy products	68	50.0	220	84.3	4	100	<0.001	232	71.2	60	80	0.121
MUFA/SFA	37	27.2	164	62.8	4	100	<0.001	172	52.8	33	44.0	0.171
Iron (mg/d)	0	0.0	21	8.0	2	50	<0.001	19	5.8	4	5.3	0.868
Folic Acid (μ g/d)	3	2.2	57	21.8	2	50	<0.001	49	15	13	17.3	0.619
Calcium (mg/d)	3	2.2	24	9.2	1	25	0.013	23	7.1	5	6.7	0.905

MDS-P: Mediterranean Diet Adherence Score in Pregnant Women; the continuous variables represented as mean \pm SD, the qualitative variables represented in number and percentage, one-factor ANOVA test, Student's t test and the Chi2 test. The degree of significance is less than 0.05.