

Table 3*Nutrient intakes according to MDS-P categories and GD in pregnant women*

Nutrient intakes	MDS- P	MDS-P categories						P	Without GD		With GD		P
		Low		Medium		High			326(81.3%)		75(18.7%)		
	p	M	SD	M	SD	M	SD	M	SD	M	SD		
Energy (kcal/d)	<0.001	1781	486	1935	525	2057	421	0.015	1860	517	1990	497	0.048
Proteins (g/d)	0.192	55.1	17	58.1	36	60.1	18	0.648	56.8	33	58.4	18	0.681
Proteins (%)	0.006	12.5	3.2	11.5	2.7	11.6	2.5	0.006	11.9	3	11.7	2	0.606
Carbohydrates (g/d)	<0.001	253.9	73	277.7	74	304.8	88	0.007	267	74	282	75	0.101
Carbohydrates (%)	0.437	57.4	8.7	58.2	8.4	58.5	5.4	0.692	58	8.6	57.4	7.9	0.574
Lipids (g/d)	0.003	60.6	25	66.5	28	66.4	10	0.117	63.4	27	69.1	26	0.103
Lipids (%)	0.853	30	8.7	30	8.4	29	7	0.963	30	8.5	30.8	8.3	0.450
CT (mg/d)	0.508	176	216	130	192	66.5	54	0.069	146.1	205	143.4	184	0.915
SFA (%)	<0.001	30.7	9.2	25.8	7.9	23.5	4.8	<0.001	27	8.2	29.3	10.1	0.070
MUFA (%)	<0.001	44.9	10	50.2	10	55.6	6.6	<0.001	48.7	10.9	47.4	10.7	0.366
PUFA (%)	0.723	24.3	13	23.8	11	20.8	10.6	0.810	24.2	12.3	22.9	12.3	0.433
Vitamin C (mg/d)	<0.001	24	26	36.5	32	95.5	35	<0.001	33.6	33	29.4	26.9	0.309
Magnesium (mg/d)	0.004	218	87	236	104	258	46	0.190	227.9	98.5	241.6	99.8	0.278
Vitamin E (mg/d)	0.037	3.3	2.1	4.9	7.6	4.9	1.5	0.057	4.4	6.9	4.2	2.6	0.744
Iron (mg/d)	<0.001	8.1	3.1	11.9	11.8	17.9	8.3	<0.001	10.4	9.5	11.7	11.6	0.312
Folic Acid (µg/d)	<0.001	177	49	207	64	279	84	<0.001	198	62.2	197.8	61.5	0.937
Calcium (mg/d)	0.015	376	209	404	252	575	289	0.171	391.4	245.1	420.1	212.9	0.351
Fiber (g/d)	0.004	13.9	8.8	16.3	11.4	16.9	10.3	0.111	15.28	10.6	16.5	10.4	0.341

MDS-P: Score of adherence to MD in pregnant women; continuous variables presented as mean \pm SD, Correlation test; One-way ANOVA test and Student's t test. The threshold of significance is set at P value <0.05.