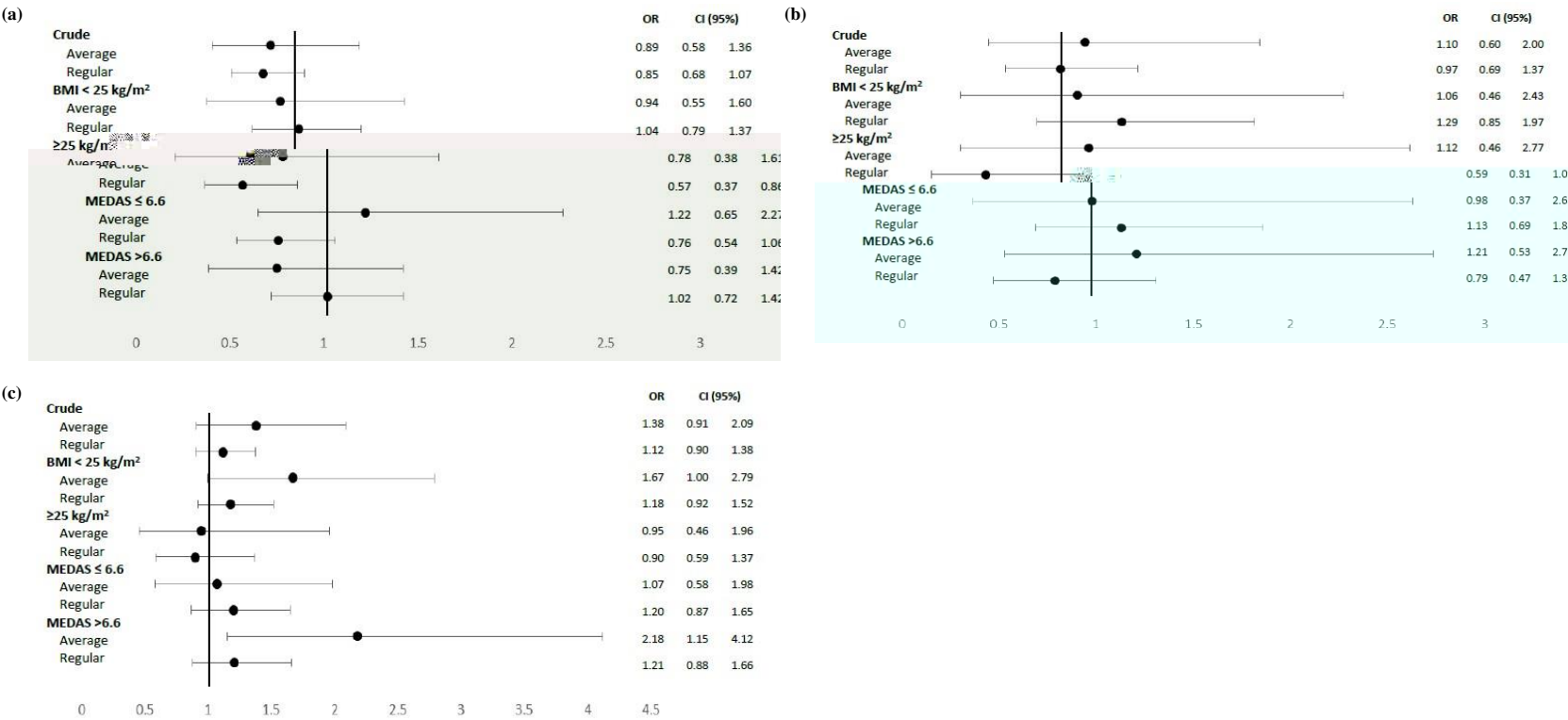Supplementary Table S1. Adverse maternal, delivery and new-born outcomes according to consumption of fat-free dairy products in pregnancy.

	Groups according to consumption of fat-free dairy products in pregnancy			
	Infrequent	Average	Regular	p^a
Outcomes				
Maternal				
Gestational diabetes mellitus	198 (18.0)	25 (17.0)	144 (19.1)	0.757
Pregnancy-induced HT/preeclampsia	27 (2.9)	6 (5.1)	25 (4.1)	0.290
Eclampsia	6 (0.7)	1 (0.9)	7 (1.2)	0.567
Urinary tract infection	76 (8.5)	8 (7.0)	43 (7.4)	0.697
Cholestasis	27 (3.0)	2 (1.7)	12 (2.1)	0.443
Prematurity	47 (4.9)	4 (3.2)	27 (4.2)	0.592
Composite of maternal outcomes	292 (32.7)	34 (30.1)	170 (29.2)	0.363
Delivery				
Caesarean section	190 (19.5)	29 (22.7)	163 (25.0)	0.031
Trauma perineal	360 (39.3)	52 (44.8)	219 (37.1)	0.271
Shoulder dystocia	40 (4.4)	6 (5.1)	40 (6.7)	0.144
Composite delivery outcomes	547 (60.1)	77 (67.5)	362 (62.7)	0.242
New-born				
Large-for-gestational-age	46 (5.0)	8 (6.7)	23 (3.7)	0.270
Small-for-gestational-age	47 (5.1)	6 (5.0)	33 (5.3)	0.979
pH <7.0	7 (0.6)	1 (0.9)	3 (0.5)	0.801
Apgar 1m <5	13 (1.4)	0 (0)	2 (0.3)	0.051
Hyperbilirubinemia	13 (1.6)	2 (1.9)	7 (1.3)	0.871
Respiratory distress	9 (1.1)	0 (0)	6 (1.1)	0.552
Hypoglycaemia	9 (1.1)	1 (1.0)	10 (1.9)	0.451
Neonatal intensive care unit	14 (1.7)	0 (0)	2 (0.4)	0.036
Composite new-born outcomes	97 (12.4)	14 (13.5)	62 (12.1)	0.929
Composite maternofetal outcomes	574 (75.4)	81 (80.2)	378 (77.5)	0.471

Data are number (%). Regular: 7 days/week; average: 3-6 days/week; infrequent: 1-2 days/week. HT, hypertension.

p^a denotes differences between groups according to consumption of skimmed dairy products analyzed with χ^2 test.

Supplementary Figure S1. Logistic regression analysis by subgroups (crude and stratified by BMI and MEDAS score) evaluating the degree of consumption of fat-free dairy products in pregnancy with the risk of having a composite of adverse **(a)** maternal outcomes, **(b)** delivery outcomes and **(c)** new-born outcomes.

Logistic regression analysis comparing OR with the reference group (infrequent consumption, 1-2 days/week). Regular: 7 days/week; average: 3-6 days/week. OR, odds ratio. CI, confidence interval. BMI, body mass index.