

Supplementary Table 2. Percentage of women complying with the “Dietary Guidelines for Pregnant and Breastfeeding Women in Korea”

	Pregnant (n = 98)	Breastfeeding (n = 31)
Consume dairy products more than 3 times a day		
0 serving / day	4 (4.1%)	1 (3.2%)
< 1 serving / day	38 (38.8%)	19 (61.3%)
< 2 serving / day	36 (36.7%)	8 (25.8%)
< 3 serving / day	11 (11.2%)	0 (0.0%)
≥ 3 serving / day	9 (9.2%)	3 (9.7%)
Consume meat, fish, vegetables, and fruits every day		
< 1 serving / day	31 (31.6%)	15 (48.4%)
≥ 1 serving / day	67 (68.4%)	16 (51.6%)
Meat or fish or eggs or beans		
< 1 serving / day	10 (10.2%)	0 (0.0%)
≥ 1 serving / day	88 (89.8%)	31 (100.0%)
Vegetables		
< 1 serving / day	4 (4.1%)	3 (9.7%)
≥ 1 serving / day	94 (95.9%)	28 (90.3%)
Fruits		
< 1 serving / day	23 (23.5%)	15 (48.4%)
≥ 1 serving / day	75 (76.5%)	16 (51.6%)