

Supplementary Table 4. Mean ($\pm$ SD) dietary intakes of food groups and nutrients after delivery in breastfeeding mothers according to number of fetuses

Food group (serving)	Singletons (n = 23)	Multiples (n = 8)	Nutrient	Singletons (n = 23)	Multiples (n = 8)
Rice	2.12 $\pm$ 0.85	1.63 $\pm$ 0.81	Energy (kcal)	2,306.8 $\pm$ 640.1	1,805.2 $\pm$ 764.2
Flour	1.27 $\pm$ 0.92	0.76 $\pm$ 0.55	Protein (g)	86.9 $\pm$ 24.5	70.2 $\pm$ 28.6
Meat	1.18 $\pm$ 0.57	1.03 $\pm$ 0.90	% of total kcal	15.2 $\pm$ 2.1	15.9 $\pm$ 2.8
Fish and shellfish	0.68 $\pm$ 0.89	0.62 $\pm$ 0.86	Fat (g)	64.9 $\pm$ 25.7	46.3 $\pm$ 27.2
Eggs	0.76 $\pm$ 0.70	0.66 $\pm$ 0.33	% of total kcal	25.0 $\pm$ 5.7	22.7 $\pm$ 5.4
Beans	0.58 $\pm$ 0.48	0.25 $\pm$ 0.23	SFA (g)	20.1 $\pm$ 10.0	13.9 $\pm$ 9.4
Vegetables	4.94 $\pm$ 3.94	1.97 $\pm$ 0.91	MUFA (g)	20.2 $\pm$ 8.7	14.8 $\pm$ 9.7
Starchy vegetables	0.44 $\pm$ 0.41	0.40 $\pm$ 0.45	PUFA (g)	16.2 $\pm$ 7.1	11.3 $\pm$ 4.9
Leafy vegetables	2.00 $\pm$ 1.62	0.92 $\pm$ 0.49	Omega-3 (g)	1.9 $\pm$ 0.9	1.3 $\pm$ 0.5
Other vegetables	2.50 $\pm$ 2.61	0.64 $\pm$ 0.61	Omega-6 (g)	14.5 $\pm$ 6.3	10.2 $\pm$ 4.7
Mushrooms	0.23 $\pm$ 0.46	0.02 $\pm$ 0.04	Cholesterol (mg)	376.4 $\pm$ 191.7	338.1 $\pm$ 117.1
Seaweed	0.59 $\pm$ 0.68	0.74 $\pm$ 0.86	Carbohydrate (g)	338.9 $\pm$ 100.4	265.6 $\pm$ 116.8
Fruits	1.46 $\pm$ 1.79	1.82 $\pm$ 2.01	% of total kcal	58.8 $\pm$ 6.6	58.8 $\pm$ 10.0
Dairy products	0.24 $\pm$ 0.22	0.09 $\pm$ 0.20	Fiber (mg)	22.7 $\pm$ 10.2	16.0 $\pm$ 6.7
Nuts and seeds	0.02 $\pm$ 0.04	0.00 $\pm$ 0.00	Calcium (mg)	679.7 $\pm$ 312.3	425.3 $\pm$ 167.8
Oils and sweets	1.81 $\pm$ 1.44	0.87 $\pm$ 0.42	Phosphorus (mg)	1292.9 $\pm$ 376.7	947.6 $\pm$ 364.6
Salty foods	2.55 $\pm$ 2.34	1.13 $\pm$ 0.75	Total iron (mg)	14.7 $\pm$ 4.9	10.7 $\pm$ 4.1
Fermented foods	2.69 $\pm$ 2.34	1.06 $\pm$ 0.63	Heme (mg)	1.4 $\pm$ 0.6	1.2 $\pm$ 0.8
Coffee	0.71 $\pm$ 1.06	0.38 $\pm$ 0.48	Non-heme (mg)	16.1 $\pm$ 5.2	11.9 $\pm$ 4.8
Alcohol	0.08 $\pm$ 0.15	0.40 $\pm$ 0.70	Sodium (mg)	4,046.9 $\pm$ 1,475.1	3,237.3 $\pm$ 1,395.6
			Potassium (mg)	3,426.7 $\pm$ 1,235.7	2,776.7 $\pm$ 982.9
			Vitamin A (μ g/RE)	764.8 $\pm$ 349.2	510.6 $\pm$ 138.3
			Retinol (μ g)	165.5 $\pm$ 97.0	103.8 $\pm$ 52.6
			Carotene (μ g)	3,332.8 $\pm$ 1,669.7	2,292.9 $\pm$ 714.0
			Thiamin (mg)	2.2 $\pm$ 0.7	1.7 $\pm$ 0.8
			Riboflavin (mg)	1.8 $\pm$ 0.7	1.4 $\pm$ 0.6

			Niacin (mg)	16.5 ± 5.1	12.8 ± 5.0
			Vitamin C (mg)	157.6 ± 208.9	108.8 ± 86.8

Mean ± SD.

MUFA: mono-unsaturated fatty acid; PUFA: poly-unsaturated fatty acid; SFA: saturated fatty acid.