

Supplementary Table 5. Mean ($\pm$ SD) dietary intakes of food groups and nutrients after delivery in non-breastfeeding mothers according to number of fetuses

Food group (serving)	Singletons (n = 12)	Multiples (n = 5)	Nutrient	Singletons (n = 12)	Multiples (n = 5)
Rice	1.56 $\pm$ 0.82	1.77 $\pm$ 0.60	Energy (kcal)	1,863.4 $\pm$ 753.3	2,355.9 $\pm$ 1,281.2
Flour	1.06 $\pm$ 0.70	1.46 $\pm$ 0.74	Protein (g)	70.2 $\pm$ 32.9	91.2 $\pm$ 65.4
Meat	1.10 $\pm$ 0.95	1.39 $\pm$ 1.45	% of total kcal	14.8 $\pm$ 1.9	14.4 $\pm$ 3.1
Fish and shellfish	0.26 $\pm$ 0.25	0.37 $\pm$ 0.46	Fat (g)	49.6 $\pm$ 26.6	71.7 $\pm$ 55.6
Eggs	0.73 $\pm$ 0.74	0.74 $\pm$ 0.81	% of total kcal	23.4 $\pm$ 4.8	24.9 $\pm$ 7.5
Beans	0.38 $\pm$ 0.30	0.54 $\pm$ 0.43	SFA (g)	15.2 $\pm$ 7.8	22.5 $\pm$ 17.9
Vegetables	2.30 $\pm$ 1.33	2.53 $\pm$ 1.80	MUFA (g)	15.7 $\pm$ 8.8	23.5 $\pm$ 19.1
Starchy vegetables	0.27 $\pm$ 0.32	0.31 $\pm$ 0.40	PUFA (g)	11.2 $\pm$ 6.1	14.7 $\pm$ 9.6
Leafy vegetables	1.19 $\pm$ 0.76	1.01 $\pm$ 0.64	Omega-3 (g)	1.2 $\pm$ 0.6	1.6 $\pm$ 0.9
Other vegetables	0.83 $\pm$ 0.61	1.21 $\pm$ 1.42	Omega-6 (g)	10.1 $\pm$ 5.7	13.4 $\pm$ 9.0
Mushrooms	0.03 $\pm$ 0.07	0.06 $\pm$ 0.12	Cholesterol (mg)	310.6 $\pm$ 170.9	421.0 $\pm$ 303.2
Seaweed	0.26 $\pm$ 0.30	0.28 $\pm$ 0.20	Carbohydrate (g)	272.6 $\pm$ 105.1	327.2 $\pm$ 132.0
Fruits	0.81 $\pm$ 0.63	0.99 $\pm$ 0.76	% of total kcal	59.1 $\pm$ 7.4	58.9 $\pm$ 9.0
Dairy products	0.28 $\pm$ 0.31	0.38 $\pm$ 0.52	Fiber (mg)	16.9 $\pm$ 8.4	19.9 $\pm$ 11.7
Nuts and seeds	0.02 $\pm$ 0.05	0.03 $\pm$ 0.06	Calcium (mg)	468.9 $\pm$ 212.5	511.0 $\pm$ 291.0
Oils and sweets	1.56 $\pm$ 1.13	2.67 $\pm$ 2.34	Phosphorus (mg)	970.8 $\pm$ 412.4	1,184.2 $\pm$ 706.3
Salty foods	1.57 $\pm$ 1.22	1.43 $\pm$ 0.72	Total iron (mg)	10.9 $\pm$ 4.5	12.7 $\pm$ 7.3
Fermented foods	1.72 $\pm$ 1.16	1.78 $\pm$ 1.11	Heme (mg)	1.1 $\pm$ 0.7	1.7 $\pm$ 1.7
Coffee	1.67 $\pm$ 1.13	1.50 $\pm$ 1.12	Non-heme (mg)	12.0 $\pm$ 5.1	14.5 $\pm$ 8.9
Alcohol	0.32 $\pm$ 0.57	0.23 $\pm$ 0.35	Sodium (mg)	3,037.8 $\pm$ 1,338.9	3,997.1 $\pm$ 2,841.1
			Potassium (mg)	2,426.3 $\pm$ 1,093.9	2,885.3 $\pm$ 1,608.5
			Vitamin A (μ g/RE)	553.9 $\pm$ 279.6	692.7 $\pm$ 489.2
			Retinol (μ g)	125.7 $\pm$ 62.6	147.7 $\pm$ 105.2
			Carotene (μ g)	2,383.1 $\pm$ 1,366.1	2,882.6 $\pm$ 2,030.8
			Thiamin (mg)	1.7 $\pm$ 0.8	2.2 $\pm$ 1.5
			Riboflavin (mg)	1.4 $\pm$ 0.6	1.9 $\pm$ 1.4

			Niacin (mg)	12.9 ± 6.3	17.0 ± 13.0
			Vitamin C (mg)	84.5 ± 43.7	132.3 ± 109.6

Mean ± SD.

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