



Title	Physiological and nutritional intake characteristics of pregnant women according to their recommended gestational weight gain in relation to the birth weight of their full-term infants( Table_図表 )
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Table 1 Comparisons of characteristics according to the fetal birth weight percentile

Variable	Total 303 (100.0)	Fetal birth weight percentile				P
		≤10th 26 (8.6)	10-50th 137 (45.2)	50-90th 112 (37.0)	90th < 28 (9.2)	
Age (years) <sup>a</sup>	31.8 ± 5.5	33.4 ± 5.0	30.9 ± 5.8	32.1 ± 5.1	33.2 ± 5.4	<b>0.035</b>
Height (cm) <sup>a</sup>	156.2 ± 5.2	153.9 ± 5.2	155.1 ± 5.3	157.4 ± 4.4	159.1 ± 5.2	<b>&lt;0.001</b>
Pre-pregnancy weight (kg) <sup>a</sup>	49.7 ± 6.1	48.0 ± 6.0	48.2 ± 5.6	51.1 ± 5.8	53.6 ± 6.6	<b>&lt;0.001</b>
Pre-pregnancy BMI (kg/m <sup>2</sup> ) <sup>a</sup>	20.4 ± 2.0	20.2 ± 2.2	20.0 ± 2.0	20.6 ± 2.0	21.1 ± 2.0	<b>0.022</b>
Pre-pregnancy BMI classification <sup>b</sup>						
Underweight (BMI < 18.5)	57 (18.8)	6 (23.1)	33 (24.1)	15 (13.4)	3 (10.7)	0.104
Normal range (18.5 ≤ BMI < 25.0)	246 (81.2)	20 (76.9)	104 (75.9)	97 (86.6)	25 (89.3)	
Gestational weight gain (kg) <sup>a</sup>	11.3 ± 3.7	10.4 ± 3.0	11.1 ± 3.9	11.4 ± 3.6	12.7 ± 3.6	0.089
Recommended gestational weight gain						
Below	35 (11.6)	6 (23.1)	17 (12.4)	12 (10.7)	-	0.229
Within	161 (53.1)	13 (50.0)	74 (54.0)	59 (52.7)	15 (53.6)	
Above	107 (35.3)	7 (26.9)	46 (33.6)	41 (36.6)	13 (46.4)	
Pre-pregnancy smoking status <sup>b</sup>						
Non-smoker	266 (87.8)	22 (84.6)	124 (91.2)	98 (87.5)	22 (78.6)	0.340
Smoker	37 (12.2)	4 (15.4)	13 ( 8.8)	14 (12.5)	6 (21.4)	
Maternal smoking status <sup>b</sup>						
Non-smoker	297 (98.0)	25 (96.2)	136 (99.3)	111 (99.1)	25 (89.3)	-
Smoker	6 ( 2.0)	1 ( 3.8)	1 ( 0.7)	1 ( 0.9)	3 (10.7)	
Parity <sup>b</sup>						
Primiparous	95 (31.4)	9 (34.6)	38 (27.7)	40 (35.7)	8 (28.6)	0.562
Multiparous	208 (68.6)	17 (65.4)	99 (72.3)	72 (64.3)	20 (71.4)	
Type of Delivery <sup>b</sup>						
Normal	225 (74.3)	17 (65.4)	94 (68.6)	91 (81.3)	23 (82.1)	0.240
Vacuum	64 (21.1)	8 (30.8)	34 (24.8)	18 (16.1)	4 (14.3)	
Caesarean Section	14 ( 4.6)	1 ( 3.8)	9 ( 6.6)	3 ( 2.7)	1 ( 3.6)	
Infant sex <sup>b</sup>						
Male	169 (55.8)	16 (61.5)	79 (57.7)	59 (52.7)	15 (53.6)	0.792
Female	134 (44.2)	10 (38.5)	58 (42.3)	53 (47.3)	13 (46.4)	

a: Mean ± SD, one-way layout analysis of variance b: n (%), chi-square test

Fetal birth weight percentile: Classification based on the "Introduction of the new gestational age-specific standards for birth size (2010)" by the Japan Pediatric Society

Pre-pregnancy BMI classification: Classification taken from the WHO criteria

Recommended gestational weight gain: below (<9kg), within (9-12kg), and above (>12kg) for underweight (BMI<18.5kg/m<sup>2</sup>) women, and below (<7kg), within (7-12kg), above (>12kg) for normal weight (18.5≤BMI<25.0kg/m<sup>2</sup>) women.