



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 2 Blood test values according to the recommended gestational weight gain and fetal birth weight percentile

		2nd trimester					3rd trimester					Mean ± SD
Variable	Recommended gestational weight gain	Fetal birth weight percentile				<i>p</i>	Fetal birth weight percentile				<i>p</i>	
		≤10 n=23	10-50th n=134	50-90th n=110	90 < n=28		≤10th n=26	10-50th n=132	50-90th n=109	90th < n=28		
Hb (g/dl)	Below	10.7 ± 0.2	11.2 ± 0.7	11.0 ± 1.2	-	0.481	11.3 ± 0.7	11.2 ± 0.6	10.8 ± 1.2	-	0.722	
	Within	10.8 ± 0.6	10.9 ± 0.9	10.8 ± 1.0	10.6 ± 1.0	0.163	11.4 ± 1.0	11.2 ± 1.0	11.3 ± 1.0	11.1 ± 0.7	0.650	
	Above	11.0 ± 0.9	11.0 ± 0.9	11.0 ± 1.0	10.9 ± 0.9	0.901	11.3 ± 0.8	11.5 ± 0.9	11.3 ± 0.9	11.2 ± 0.8	0.278	
Hct (%)	Below	31.8 ± 0.2	33.1 ± 2.1	31.9 ± 3.1	-	0.347	33.9 ± 1.9	33.7 ± 1.7	32.3 ± 3.5	-	0.504	
	Within	32.3 ± 1.7	32.2 ± 2.6	32.1 ± 2.7	31.5 ± 2.4	0.307	34.4 ± 2.7	33.4 ± 2.6	34.0 ± 2.7	33.7 ± 1.8	0.552	
	Above	32.4 ± 2.4	32.6 ± 2.3	32.5 ± 2.5	31.9 ± 2.9	0.746	33.4 ± 2.4	34.3 ± 2.3	33.7 ± 2.4	33.0 ± 2.4	0.199	

Analysis of covarianc

Covariance: age, pre-pregnancy BMI

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

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 nomal weight (18.5≤BMI<25.0kg/m<sup>2</sup>) women.