



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 3 Energy and energy-providing nutrient intake for the recommended gestational weight gain according to fetal birth weight percentile

		2nd trimester					3rd trimester					Mean ± SD
Variable	Recommended gestational weight gain	Fetal birth weight percentile				<i>P</i>	Multiple comparison	Fetal birth weight percentile				<i>P</i>
		≤10th <sup>a</sup> n=15	10-50th <sup>b</sup> n=86	50-90th <sup>c</sup> n=71	90th < <sup>d</sup> n=20			≤10th n=15	10-50th n=99	50-90th n=89	90th < n=25	
Energy (kcal)	Below	-	1619.7 ± 299.4	1796.7 ± 552.9	-	0.331		1421.3 ± 263.0	1618.1 ± 415.7	1456.6 ± 246.2	-	0.366
	Within	1598.5 ± 425.8	1515.7 ± 365.6	1433.6 ± 318.8	1387.6 ± 333.0	0.335		1407.9 ± 242.6	1471.7 ± 317.7	1571.0 ± 399.1	1426.5 ± 317.2	0.343
	Above	1288.8 ± 168.2	1575.2 ± 411.5	1661.8 ± 459.6	1580.8 ± 629.3	0.315		1481.0 ± 382.7	1526.3 ± 366.7	1578.5 ± 374.5	1392.8 ± 495.1	0.451
Protein (% of energy)	Below	-	14.1 ± 1.3	12.6 ± 1.4	-	<b>0.043</b>	c<b	15.3 ± 5.6	14.0 ± 1.9	13.1 ± 2.0	-	0.307
	Within	13.2 ± 1.7	14.4 ± 2.4	13.9 ± 1.9	15.7 ± 1.7	0.066		14.0 ± 0.6	14.6 ± 2.2	14.0 ± 1.6	15.0 ± 2.0	0.291
	Above	14.1 ± 1.0	13.3 ± 1.9	14.1 ± 1.9	14.1 ± 3.4	0.611		12.0 ± 1.1	13.5 ± 2.1	14.2 ± 2.1	13.9 ± 1.7	0.253
Carbohydrate (% of energy)	Below	-	55.3 ± 4.0	61.6 ± 3.2	-	<b>0.012</b>	b<c	53.5 ± 8.3	56.9 ± 4.9	60.0 ± 5.2	-	0.122
	Within	59.5 ± 7.4	56.3 ± 6.0	57.3 ± 5.4	52.3 ± 5.1	<b>0.044</b>	d<a,c	56.4 ± 4.3	56.3 ± 5.5	56.2 ± 5.3	55.8 ± 3.8	0.980
	Above	58.4 ± 2.1	57.0 ± 6.3	55.6 ± 6.3	58.4 ± 8.2	0.726		60.0 ± 4.0	56.7 ± 5.9	56.1 ± 7.7	59.3 ± 3.7	0.356
Fat (% of energy)	Below	-	29.3 ± 3.4	24.4 ± 3.2	-	<b>0.037</b>	c<b	30.2 ± 3.8	28.1 ± 3.4	25.7 ± 3.8	-	0.114
	Within	26.0 ± 6.2	28.2 ± 4.5	27.8 ± 4.3	31.0 ± 4.3	0.091		28.0 ± 4.3	27.9 ± 4.6	28.5 ± 4.5	28.2 ± 3.0	0.930
	Above	25.9 ± 2.8	28.3 ± 5.0	29.2 ± 5.8	26.7 ± 5.6	0.665		26.9 ± 5.0	28.7 ± 4.8	28.8 ± 6.2	25.7 ± 3.4	0.277

The "below" group with a the birth weight percentile of ≤10 comprised 1 individual, and was therefore excluded from the analysis.

Analysis of covariance: Multiple comparison with Bonferroni test

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