Supplementary Table 5. Nutritional profile and well-being of participants (n=304)

Indicator (variable; criterion)	Category	n	%
24-hour dietary recall (A12_1–A12_7; =1: consumed)			
Cereals (A12_3)	Consumed	253	83.2
Animal protein (A12_1)	Consumed	249	81.9
Fruits (A12_5)	Consumed	246	80.9
Dairy (A12_4)	Consumed	236	77.6
Legumes (A12_2)	Consumed	215	70.7
Vegetables (A12_6)	Consumed	211	69.4
Healthy fats (A12_7)	Consumed	97	31.9
Dietary diversity (sum A12_1–A12_7; range 0–7)			
Dietary diversity score	Mean ± SD: 4.96 ± 1.44 Median: 5.0		
≤3 food groups	Inadequate diversity	58	19.1
4–5 groups	Moderate diversity	120	39.5
6–7 groups	Adequate diversity	126	41.4
Appetite (A13)			
Eats normally (A13=1)	Normal	246	80.9
Eats less than usual (A13=2)	Reduced	37	12.2
Little or no appetite (A13=3)	Very reduced	21	6.9
Sleep quality (A14)			
Normal (A14=1)		166	54.6
Disturbed (A14=2)		138	45.4
Dietary changes during pregnancy (C48_1–C48_3)			
Fruits (C48_3)	Increased / Decreased / Same	224/21/59	73.7/6.9/19.4
Green leafy vegetables (C48_2)	Increased / Decreased / Same	164/43/97	53.9/14.1/31.9
Food in general (C48_1)	Increased / Decreased / Same	161/53/90	53.0/17.4/29.6

Notes: Dietary recall based on previous day's consumption. Each A12_x variable coded as 1=Yes consumed, 0=Did not consume. Dietary diversity score: sum of 7 food groups (range 0–7). Dietary changes (C48_1–C48_3): 1=Increased, 2=Decreased, 3=Same as before.
Source: BD_KOICA_ERAKv1.sav — KAP Survey, KOICA-Soonchunhyang/ERAK Project, June 2025.