

Table S2. Characteristics of provided diets by group for women who completed the study. (30-31 vs. 36-37 wks, mean values).

	LC/CONV	CHOICE™	LC/CONV	CHOICE™
	30-31 wks	30-31 wks	36-37 wks	36-37 wks
Energy Intake, kcal/d	2101	2098	2092	2132
Carbohydrate, g/d	214	316	213	322
Fat, g/d	106	59	106	60
Protein, g/d	80	79	79	80
Fiber, g/d	22	30	22	30
Calcium, mg/d	799	732	798	747
Iron, mg/d	12	17	12	17
Cholesterol, mg/d	421	187	423	191
Total Sugars, g/d	68	70	67	70
Saturated fat, g/d	34	18	34	18
Polyunsaturated fat, g/d	24	14	25	14
Monounsaturated fat, g/d	39	21	39	22
Macronutrient Percentages of Total Energy*				
Carbohydrate,%	41	60	41	60
Fat,%	46	25	46	25
Protein,%	15	15	15	15

*Calculations are based on: Carbohydrate 4kcal/g, Fat 9kcal/g, Protein 4kcal/g