

Table 1. Characteristics of Tommy's Net cohort with recurrent miscarriages by maternal food category exposure tertiles

Baseline characteristics	Low intake (0-1 days per week)	Moderate intake (2-4 days per week)	High intake (5-7 days per week)
	<i>mean ± SD number / total (%)</i>	<i>mean ± SD number / total (%)</i>	<i>mean ± SD number / total (%)</i>
Fresh fruit			
Maternal age at conception (years)	32.8 ± 5.7	33.1 ± 5.2	35.0 ± 4.5
BMI (kg/m²)	26.7 ± 5.4	26.6 ± 5.8	26.1 ± 5.4
White ethnicity	67 / 77 (87)	247 / 296 (83)	576 / 662 (87)
Non-smoker at baseline	65 / 77 (84)	262 / 295 (89)	632 / 661 (96)
Non-alcohol drinker at baseline	41 / 77 (53)	144 / 295 (49)	309 / 662 (47)
Number of previous live birth at baseline	0 ± 1	0 ± 1	0 ± 1
Number of previous miscarriages at baseline	4 ± 2	3 ± 2	3 ± 2
Fresh vegetables			
Maternal age at conception (years)	31.2 ± 5.6	32.9 ± 5.5	34.9 ± 4.5
BMI (kg/m²)	27.0 ± 5.8	26.7 ± 5.9	26.1 ± 5.4
White ethnicity	36 / 42 (86)	179 / 226 (79)	675 / 767 (88)
Non-smoker at baseline	32 / 42 (76)	199 / 226 (88)	728 / 765 (95)
Non-alcohol drinker at baseline	25 / 42 (60)	130 / 226 (58)	339 / 766 (44)
Number of previous live birth at baseline	1 ± 1	0 ± 1	0 ± 1
Number of previous miscarriages at baseline	3 ± 1	4 ± 2	3 ± 2
Red meat			
Maternal age at conception (years)	34.4 ± 5.0	34.2 ± 4.8	31.4 ± 4.0
BMI (kg/m²)	25.8 ± 5.2	26.6 ± 5.8	26.8 ± 5.8
White ethnicity	379 / 469 (81)	504 / 554 (91)	7 / 12 (58)
Non-smoker at baseline	433 / 467 (93)	517 / 554 (93)	9 / 12 (75)
Non-alcohol drinker at baseline	251 / 468 (54)	237 / 554 (43)	6 / 12 (50)
Number of previous live birth at baseline	0 ± 1	0 ± 1	1 ± 1
Number of previous miscarriages at baseline	3 ± 1	4 ± 2	4 ± 2
White meat			
Maternal age at conception (years)	34.8 ± 4.8	34.1 ± 4.9	34.1 ± 5.0
BMI (kg/m²)	26.1 ± 5.5	26.2 ± 5.4	27.0 ± 6.1
White ethnicity	220 / 272 (81)	578 / 659 (88)	92 / 104 (88)
Non-smoker at baseline	257 / 271 (95)	609 / 658 (93)	93 / 104 (89)
Non-alcohol drinker at baseline	138 / 271 (51)	307 / 659 (47)	49 / 10 (490)
Number of previous live birth at baseline	0 ± 1	0 ± 1	0 ± 1
Number of previous miscarriages at baseline	3 ± 1	4 ± 2	4 ± 2
Fish			
Maternal age at conception (years)	33.7 ± 4.9	35.5 ± 4.7	34.6 ± 4.2
BMI (kg/m²)	26.5 ± 5.7	25.7 ± 5.1	27.1 ± 6.5
White ethnicity	593 / 691 (86)	285 / 325 (88)	12 / 19 (63)
Non-smoker at baseline	629 / 690 (91)	312 / 324 (96)	18 / 19 (95)
Non-alcohol drinker at baseline	348 / 690 (50)	137 / 325 (42)	9 / 19 (47)
Number of previous live birth at baseline	0 ± 1	0 ± 1	0 ± 1
Number of previous miscarriages at baseline	3 ± 2	3 ± 2	3 ± 2
Dairy products			
Maternal age at conception (years)	34.1 ± 4.7	34.2 ± 5.6	34.4 ± 4.8
BMI (kg/m²)	27.0 ± 6.0	26.5 ± 5.7	26.0 ± 5.3
White ethnicity	178 / 210 (85)	135 / 168 (80)	577 / 657 (88)
Non-smoker at baseline	193 / 210 (92)	154 / 168 (92)	612 / 655 (93)
Non-alcohol drinker at baseline	124 / 210 (59)	89 / 168 (53)	281 / 656 (43)
Number of previous live birth at baseline	0 ± 1	0 ± 1	0 ± 1
Number of previous miscarriages at baseline	3 ± 2	4 ± 2	3 ± 2
Eggs			
Maternal age at conception (years)	33.6 ± 5.0	34.8 ± 4.7	35.4 ± 4.5
BMI (kg/m²)	26.3 ± 5.8	26.3 ± 5.3	26.2 ± 5.3
White ethnicity	428 / 497 (86)	376 / 433 (87)	86 / 105 (82)
Non-smoker at baseline	458 / 496 (92)	401 / 432 (93)	100 / 105 (95)
Non-alcohol drinker at baseline	264 / 497 (53)	188 / 432 (44)	42 / 105 (40)
Number of previous live birth at baseline	0 ± 1	0 ± 1	1 ± 1
Number of previous miscarriages at baseline	3 ± 2	3 ± 2	4 ± 2
Soya products			
Maternal age at conception (years)	34.2 ± 5.0	35.2 ± 4.6	34.4 ± 4.0
BMI (kg/m²)	26.4 ± 5.5	25.6 ± 5.3	26.3 ± 5.4
White ethnicity	774 / 896 (86)	84 / 102 (82)	32 / 37 (86)
Non-smoker at baseline	830 / 895 (93)	94 / 101 (93)	35 / 37 (95)
Non-alcohol drinker at baseline	436 / 896 (49)	44 / 101 (44)	14 / 37 (38)
Number of previous live birth at baseline	0 ± 1	0 ± 1	0 ± 0
Number of previous miscarriages at baseline	3 ± 2	3 ± 1	4 ± 2
Chocolate			
Maternal age at conception (years)	34.6 ± 4.8	34.1 ± 4.9	34.1 ± 5.0
BMI (kg/m²)	26.5 ± 5.6	26.2 ± 5.4	26.1 ± 5.5
White ethnicity	293 / 356 (82)	400 / 456 (88)	197 / 223 (88)
Non-smoker at baseline	330 / 356 (93)	420 / 454 (93)	209 / 223 (94)
Non-alcohol drinker at baseline	193 / 356 (54)	197 / 455 (43)	104 / 223 (47)
Number of previous live birth at baseline	0 ± 1	0 ± 1	1 ± 1
Number of previous miscarriages at baseline	3 ± 2	4 ± 2	3 ± 2
Nuts (almonds or walnuts)			
Maternal age at conception (years)	33.4 ± 5.0	35.4 ± 4.7	35.8 ± 4.2
BMI (kg/m²)	26.8 ± 5.7	25.9 ± 5.2	24.6 ± 4.7
White ethnicity	537 / 613 (88)	224 / 270 (83)	129 / 152 (85)
Non-smoker at baseline	559 / 613 (91)	251 / 268 (94)	149 / 152 (98)
Non-alcohol drinker at baseline	306 / 613 (50)	121 / 269 (45)	67 / 152 (44)
Number of previous live birth at baseline	0 ± 1	0 ± 1	0 ± 1
Number of previous miscarriages at baseline	3 ± 2	4 ± 2	3 ± 1