

Supplemental Table 1. Poisson regression analysis of individual maternal food categories in Tommy’s Net recurrent miscarriage cohort

Food items (days per week)	Miscarriage number	Total pregnancy number	Miscarriage Rate (%)	RR (95% CI)		RR (95% CI)	
				Univariable	p-value	Multivariable*	p-value
Fresh fruit							
low (0-1)	38	77	49.4	reference		reference	
mod (2-4)	95	296	32.1	0.65 (0.49 - 0.86)	0.003	0.61 (0.46 - 0.82)	0.001
high (5-7)	226	662	34.1	0.69 (0.54 - 0.89)	0.004	0.66 (0.51 - 0.85)	0.001
Fresh vegetables							
low (0-1)	13	42	31.0	reference		reference	
mod (2-4)	84	226	37.2	1.20 (0.74 - 1.95)	0.457	0.99 (0.60 - 1.63)	0.965
high (5-7)	262	767	34.2	1.10 (0.69 - 1.75)	0.676	0.85 (0.52 - 1.39)	0.515
Red meat							
low (0-1)	165	469	35.2	reference		reference	
mod (2-4)	188	554	33.9	0.96 (0.81 - 1.14)	0.676	0.98 (0.80 - 1.21)	0.855
high (5-7)	6	12	50.0	1.42 (0.80 - 2.54)	0.234	1.86 (1.10 - 3.16)	0.022
White meat							
low (0-1)	95	272	34.9	reference		reference	
mod (2-4)	228	659	34.6	0.99 (0.82 - 1.20)	0.924	0.96 (0.76 - 1.21)	0.724
high (5-7)	36	104	34.6	0.99 (0.73 - 1.35)	0.955	1.03 (0.72 - 1.46)	0.885
Fish							
low (0-1)	233	691	33.7	reference		reference	
mod (2-4)	118	325	36.3	1.08 (0.90 - 1.29)	0.415	1.02 (0.83 - 1.27)	0.830
high (5-7)	8	19	42.1	1.25 (0.73 - 2.14)	0.418	1.31 (0.70 - 2.48)	0.400
Dairy products							
low (0-1)	72	210	34.3	reference		reference	
mod (2-4)	59	168	35.1	1.02 (0.78 - 1.35)	0.866	0.91 (0.66 - 1.26)	0.571
high (5-7)	228	657	34.7	1.01 (0.82 - 1.25)	0.912	0.94 (0.71 - 1.25)	0.675
Eggs							
low (0-1)	175	497	35.2	reference		reference	
mod (2-4)	146	433	33.7	0.96 (0.80 - 1.14)	0.633	0.88 (0.72 - 1.08)	0.223
high (5-7)	38	105	36.2	1.03 (0.78 - 1.36)	0.848	0.89 (0.65 - 1.21)	0.454
Soya products							
low (0-1)	314	896	35.0	reference		reference	
mod (2-4)	33	102	32.4	0.92 (0.69 - 1.24)	0.595	0.85 (0.60 - 1.21)	0.372
high (5-7)	12	37	32.4	0.93 (0.58 - 1.49)	0.749	0.97 (0.58 - 1.60)	0.899
Chocolate							
low (0-1)	117	356	32.9	reference		reference	
mod (2-4)	168	456	36.8	1.12 (0.93 - 1.36)	0.241	1.07 (0.86 - 1.32)	0.545
high (5-7)	74	223	33.2	1.01 (0.80 - 1.28)	0.937	1.03 (0.77 - 1.37)	0.850
Nuts (almonds or walnuts)							
low (0-1)	220	613	35.9	reference		reference	
mod (2-4)	92	270	34.1	0.95 (0.78 - 1.16)	0.605	0.84 (0.68 - 1.04)	0.106
high (5-7)	47	152	30.9	0.86 (0.66 - 1.12)	0.262	0.73 (0.54 - 0.98)	0.039

RR, risk ratio; CI, confidence interval.
*confounder adjustment for maternal factors and paternal diet pattern: age at conception, BMI, ethnicity, smoking status at baseline, alcohol status at baseline, number of previous live births at baseline, number of previous miscarriages at baseline, linked paternal diet for each specific food group

Supplemental Table 2. Sensitivity analysis using Poisson regression of individual food categories in Tommy’s Net recurrent miscarriage cohort based on Complete maternal and paternal dietary data and Multiple imputation

Food items (days per week)	Miscarriage number	Total pregnancy number	Miscarriage Rate (%)	RR (95% CI)		RR (95% CI)		RR (95% CI)	
				Univariable ¹	<i>p-value</i>	Complete Case analysis Multivariable ²	<i>p-value</i>	Multiple imputation Multivariable ³	<i>p-value</i>
Fresh fruit									
low (0-1)	32	60	53.3	reference		reference		reference	
mod (2-4)	81	256	31.6	0.59 (0.44 - 0.80)	0.001	0.61 (0.46 - 0.82)	0.001	0.68 (0.52 - 0.89)	0.005
high (5-7)	281	653	43.0	0.66 (0.51 - 0.85)	0.002	0.66 (0.51 - 0.85)	0.001	0.69 (0.54 - 0.88)	0.003
Fresh vegetables									
low (0-1)	11	32	34.4	reference		reference		reference	
mod (2-4)	71	192	37.0	1.08 (0.64 - 1.80)	0.780	0.99 (0.60 - 1.63)	0.965	1.04 (0.65 - 1.66)	0.868
high (5-7)	232	665	34.9	1.01 (0.62 - 1.66)	0.953	0.85 (0.52 - 1.39)	0.515	0.87 (0.54 - 1.39)	0.553
Red meat									
low (0-1)	138	398	34.7	reference		reference		reference	
mod (2-4)	170	481	35.3	1.02 (0.85 - 1.22)	0.836	0.98 (0.80 - 1.21)	0.855	0.93 (0.77 - 1.13)	0.470
high (5-7)	6	10	60.0	1.73 (1.02 - 2.92)	0.040	1.86 (1.10 - 3.16)	0.022	1.55 (0.88 - 2.73)	0.129
White meat									
low (0-1)	82	225	36.4	reference		reference		reference	
mod (2-4)	198	571	34.7	0.95 (0.77 - 1.17)	0.636	0.96 (0.76 - 1.21)	0.724	1.00 (0.81 - 1.24)	0.972
high (5-7)	34	93	36.6	1.00 (0.73 - 1.38)	0.985	1.03 (0.72 - 1.46)	0.885	0.98 (0.69 - 1.38)	0.890
Fish									
low (0-1)	208	600	34.7	reference		reference		reference	
mod (2-4)	100	273	36.6	1.06 (0.87 - 1.28)	0.572	1.02 (0.83 - 1.27)	0.830	1.04 (0.85 - 1.27)	0.697
high (5-7)	6	16	37.5	1.08 (0.57 - 2.06)	0.811	1.31 (0.70 - 2.48)	0.400	1.29 (0.73 - 2.29)	0.387
Dairy products									
low (0-1)	63	176	35.8	reference		reference		reference	
mod (2-4)	48	140	34.3	0.96 (0.71 - 1.30)	0.780	0.91 (0.66 - 1.26)	0.571	0.95 (0.70 - 1.27)	0.711
high (5-7)	203	573	35.4	0.99 (0.79 - 1.24)	0.929	0.94 (0.71 - 1.25)	0.675	0.95 (0.72 - 1.25)	0.696
Eggs									
low (0-1)	148	422	35.1	reference		reference		reference	
mod (2-4)	133	377	35.3	1.01 (0.83 - 1.21)	0.951	0.88 (0.72 - 1.08)	0.223	0.87 (0.72 - 1.04)	0.131
high (5-7)	33	90	36.7	1.05 (0.77 - 1.41)	0.772	0.89 (0.65 - 1.21)	0.454	0.87 (0.65 - 1.16)	0.334
Soya products									
low (0-1)	273	766	35.6	reference		reference		reference	
mod (2-4)	29	90	32.2	0.90 (0.66 - 1.24)	0.530	0.85 (0.60 - 1.21)	0.372	0.90 (0.66 - 1.22)	0.501
high (5-7)	12	33	36.4	1.02 (0.64 - 1.62)	0.932	0.97 (0.58 - 1.60)	0.899	0.84 (0.50 - 1.42)	0.518
Chocolate									
low (0-1)	103	296	34.8	reference		reference		reference	
mod (2-4)	149	404	36.9	1.06 (0.87 - 1.30)	0.572	1.07 (0.86 - 1.32)	0.545	1.16 (0.95 - 1.41)	0.156
high (5-7)	62	189	32.8	0.94 (0.73 - 1.22)	0.653	1.03 (0.77 - 1.37)	0.850	1.10 (0.84 - 1.43)	0.485
Nuts (almonds or walnuts)									
low (0-1)	194	527	36.8	reference		reference		reference	
mod (2-4)	83	234	35.5	0.96 (0.78 - 1.18)	0.724	0.84 (0.68 - 1.04)	0.106	0.84 (0.69 - 1.03)	0.087
high (5-7)	37	128	28.9	0.79 (0.59 - 1.05)	0.107	0.73 (0.54 - 0.98)	0.039	0.78 (0.59 - 1.03)	0.075

¹Analysis based on complete maternal and paternal diet dataset with no confounder adjustment
²Analysis based on complete maternal and paternal diet dataset with confounder adjustment for maternal factors and paternal diet pattern: age at conception, BMI, ethnicity, smoking status at baseline, alcohol status at baseline, number of previous live births at baseline, number of previous miscarriages at baseline, linked paternal diet for each specific food group
³Analysis based on multiple imputation dataset for missing maternal confounders and paternal dietary information with confounder adjustment for maternal factors and paternal diet pattern: age at conception, BMI, ethnicity, smoking status at baseline, alcohol status at baseline, number of previous live births at baseline, number of previous miscarriages at baseline, linked paternal diet for each specific food group

Supplemental Table 3. Proportion of missing data in Tommy's Net cohort with recurrent miscarriages by maternal food category exposure tertiles

Proportion of missing data	Low intake (0-1 days per week)	Moderate intake (2-4 days per week)	High intake (5-7 days per week)
	number (%)	number (%)	number (%)
Fresh fruit			
total	77	296	662
ageatconception	0 (0.0)	0 (0.0)	0 (0.0)
BMI (kg/m²)	0 (0.0)	7 (2.4)	17 (2.6)
Ethnicity	0 (0.0)	0 (0.0)	0 (0.0)
Smoking status at baseline	0 (0.0)	1 (0.3)	1 (0.2)
Alcohol consumption status at baseline	0 (0.0)	1 (0.3)	0 (0.0)
Baseline obstetric history	0 (0.0)	0 (0.0)	0 (0.0)
Paternal fruit consumption	17 (22.1)	40 (13.5)	89 (13.4)
Fresh vegetables			
total	42	226	767
ageatconception	0 (0.0)	0 (0.0)	0 (0.0)
BMI (kg/m²)	1 (2.4)	4 (1.8)	19 (2.5)
Ethnicity	0 (0.0)	0 (0.0)	0 (0.0)
Smoking status at baseline	0 (0.0)	0 (0.0)	2 (0.3)
Alcohol consumption status at baseline	0 (0.0)	0 (0.0)	1 (0.1)
Baseline obstetric history	0 (0.0)	0 (0.0)	0 (0.0)
Paternal fruit consumption	10 (23.8)	34 (15.0)	102 (13.3)
Red meat			
total	469	554	12
ageatconception	0 (0.0)	0 (0.0)	0 (0.0)
BMI (kg/m²)	9 (1.9)	15 (2.7)	0 (0.0)
Ethnicity	0 (0.0)	0 (0.0)	0 (0.0)
Smoking status at baseline	2 (0.4)	0 (0.0)	0 (0.0)
Alcohol consumption status at baseline	1 (0.2)	0 (0.0)	0 (0.0)
Baseline obstetric history	0 (0.0)	0 (0.0)	0 (0.0)
Paternal fruit consumption	71 (15.1)	73 (13.2)	2 (16.7)
White meat			
total	272	659	104
ageatconception	0 (0.0)	0 (0.0)	0 (0.0)
BMI (kg/m²)	7 (2.6)	14 (2.1)	3 (2.9)
Ethnicity	0 (0.0)	0 (0.0)	0 (0.0)
Smoking status at baseline	1 (0.4)	1 (0.2)	0 (0.0)
Alcohol consumption status at baseline	1 (0.4)	0 (0.0)	0 (0.0)
Baseline obstetric history	0 (0.0)	0 (0.0)	0 (0.0)
Paternal fruit consumption	47 (17.3)	88 (13.4)	11 (10.6)
Fish			
total	691	325	19
ageatconception	0 (0.0)	0 (0.0)	0 (0.0)
BMI (kg/m²)	16 (2.3)	7 (2.2)	1 (5.3)
Ethnicity	0 (0.0)	0 (0.0)	0 (0.0)
Smoking status at baseline	1 (0.1)	1 (0.3)	0 (0.0)
Alcohol consumption status at baseline	1 (0.1)	0 (0.0)	0 (0.0)
Baseline obstetric history	0 (0.0)	0 (0.0)	0 (0.0)
Paternal fruit consumption	91 (13.2)	52 (16.0)	3 (15.8)
Dairy products			
total	210	168	657
ageatconception	0 (0.0)	0 (0.0)	0 (0.0)
BMI (kg/m²)	2 (1.0)	5 (3.0)	17 (2.6)
Ethnicity	0 (0.0)	0 (0.0)	0 (0.0)
Smoking status at baseline	0 (0.0)	0 (0.0)	2 (0.3)
Alcohol consumption status at baseline	0 (0.0)	0 (0.0)	1 (0.2)
Baseline obstetric history	0 (0.0)	0 (0.0)	0 (0.0)
Paternal fruit consumption	34 (16.2)	28 (16.7)	84 (12.8)
Eggs			
total	497	433	105
ageatconception	0 (0.0)	0 (0.0)	0 (0.0)
BMI (kg/m²)	9 (1.8)	11 (2.5)	4 (3.8)
Ethnicity	0 (0.0)	0 (0.0)	0 (0.0)
Smoking status at baseline	1 (0.2)	1 (0.2)	0 (0.0)
Alcohol consumption status at baseline	0 (0.0)	1 (0.2)	0 (0.0)
Baseline obstetric history	0 (0.0)	0 (0.0)	0 (0.0)
Paternal fruit consumption	75 (15.1)	56 (12.9)	15 (14.3)
Soya products			
total	896	102	37
ageatconception	0 (0.0)	0 (0.0)	0 (0.0)
BMI (kg/m²)	19 (2.1)	4 (3.9)	1 (2.7)
Ethnicity	0 (0.0)	0 (0.0)	0 (0.0)
Smoking status at baseline	1 (0.1)	1 (1.0)	0 (0.0)
Alcohol consumption status at baseline	0 (0.0)	1 (1.0)	0 (0.0)
Baseline obstetric history	0 (0.0)	0 (0.0)	0 (0.0)
Paternal fruit consumption	130 (14.5)	12 (11.8)	4 (10.8)
Chocolate			
total	356	456	223
ageatconception	0 (0.0)	0 (0.0)	0 (0.0)
BMI (kg/m²)	6 (1.7)	11 (2.4)	7 (3.1)
Ethnicity	0 (0.0)	0 (0.0)	0 (0.0)
Smoking status at baseline	0 (0.0)	2 (0.4)	0 (0.0)
Alcohol consumption status at baseline	0 (0.0)	1 (0.2)	0 (0.0)
Baseline obstetric history	0 (0.0)	0 (0.0)	0 (0.0)
Paternal fruit consumption	60 (16.9)	52 (11.4)	34 (15.2)
Nuts (almonds or walnuts)			
total	613	270	152
ageatconception	0 (0.0)	0 (0.0)	0 (0.0)
BMI (kg/m²)	14 (2.3)	7 (2.6)	3 (2.0)
Ethnicity	0 (0.0)	0 (0.0)	0 (0.0)
Smoking status at baseline	0 (0.0)	2 (0.7)	0 (0.0)
Alcohol consumption status at baseline	0 (0.0)	1 (0.4)	0 (0.0)
Baseline obstetric history	0 (0.0)	0 (0.0)	0 (0.0)
Paternal fruit consumption	86 (14.0)	36 (13.3)	24 (15.8)

Supplemental material 1. Table 1. Subgroup analysis for maternal age at conception with confounder adjustment*

Food items (days per week)	Maternal age <35 years		Maternal age ≥35 years	
	RR (95% CI)	p-value	RR (95% CI)	p-value
Total number	442		427	
Fresh fruit				
low (0-1)	reference		reference	
mod (2-4)	0.67 (0.45 - 1.02)	0.061	0.51 (0.34 - 0.77)	0.001
high (5-7)	0.69 (0.46 - 1.03)	0.068	0.60 (0.43 - 0.84)	0.002
Fresh vegetables				
low (0-1)	reference		reference	
mod (2-4)	1.16 (0.53 - 2.55)	0.706	0.78 (0.40 - 1.51)	0.465
high (5-7)	0.89 (0.40 - 2.00)	0.778	0.78 (0.41 - 1.46)	0.433
Red meat				
low (0-1)	reference		reference	
mod (2-4)	0.87 (0.64 - 1.19)	0.397	1.09 (0.83 - 1.43)	0.548
high (5-7)	1.38 (0.73 - 2.58)	0.319	3.21 (1.79 - 5.75)	0.000
White meat				
low (0-1)	reference		reference	
mod (2-4)	1.17 (0.78 - 1.77)	0.444	0.82 (0.62 - 1.08)	0.155
high (5-7)	0.98 (0.53 - 1.80)	0.942	1.17 (0.76 - 1.79)	0.478
Fish				
low (0-1)	reference		reference	
mod (2-4)	1.18 (0.86 - 1.61)	0.313	0.94 (0.71 - 1.25)	0.672
high (5-7)	1.22 (0.46 - 3.27)	0.693	1.30 (0.56 - 3.03)	0.536
Dairy products				
low (0-1)	reference		reference	
mod (2-4)	1.03 (0.60 - 1.76)	0.918	0.84 (0.55 - 1.26)	0.391
high (5-7)	0.97 (0.60 - 1.56)	0.886	0.91 (0.64 - 1.30)	0.609
Eggs				
low (0-1)	reference		reference	
mod (2-4)	0.96 (0.71 - 1.29)	0.777	0.85 (0.65 - 1.11)	0.243
high (5-7)	0.67 (0.36 - 1.24)	0.200	1.05 (0.73 - 1.53)	0.781
Soya products				
low (0-1)	reference		reference	
mod (2-4)	1.02 (0.59 - 1.77)	0.941	0.76 (0.49 - 1.20)	0.241
high (5-7)	0.83 (0.36 - 1.89)	0.651	1.12 (0.60 - 2.10)	0.723
Chocolate				
low (0-1)	reference		reference	
mod (2-4)	1.30 (0.91 - 1.85)	0.146	0.91 (0.69 - 1.19)	0.483
high (5-7)	1.35 (0.88 - 2.07)	0.175	0.83 (0.56 - 1.23)	0.353
Nuts (almonds or walnuts)				
low (0-1)	reference		reference	
mod (2-4)	0.96 (0.67 - 1.37)	0.818	0.76 (0.57 - 1.00)	0.048
high (5-7)	0.79 (0.48 - 1.32)	0.373	0.72 (0.49 - 1.05)	0.091

*confounder adjustment for maternal factors and paternal diet patterns: age at conception, BMI, ethnicity, smoking status at baseline, alcohol status at baseline, number of previous live births at baseline, number of previous miscarriages at baseline, linked paternal diet for each specific food group

Supplemental material 1. Table 2. Subgroup analysis for maternal BMI with confounder adjustment*

Food items (days per week)	BMI < 19		BMI 19 - 25		BMI ≥ 25	
	RR (95% CI)	p-value	RR (95% CI)	p-value	RR (95% CI)	p-value
Total number	20		397		452	
Fresh fruit						
low (0-1)	Insufficient numbers for analysis		reference		reference	
mod (2-4)			0.69 (0.45 - 1.07)	0.099	0.55 (0.38 - 0.81)	0.002
high (5-7)			0.58 (0.39 - 0.87)	0.009	0.70 (0.50 - 0.97)	0.034
Fresh vegetables						
low (0-1)	Insufficient numbers for analysis		reference		reference	
mod (2-4)			0.68 (0.29 - 1.61)	0.383	0.99 (0.54 - 1.82)	0.975
high (5-7)			0.51 (0.21 - 1.22)	0.132	0.97 (0.53 - 1.76)	0.912
Red meat						
low (0-1)	Insufficient numbers for analysis		reference		reference	
mod (2-4)			0.94 (0.69 - 1.28)	0.690	1.07 (0.81 - 1.42)	0.627
high (5-7)			2.24 (1.39 - 3.60)	0.001	1.69 (0.69 - 4.17)	0.253
White meat						
low (0-1)	Insufficient numbers for analysis		reference		reference	
mod (2-4)			1.03 (0.74 - 1.43)	0.879	0.91 (0.67 - 1.25)	0.564
high (5-7)			0.83 (0.46 - 1.51)	0.545	1.07 (0.68 - 1.68)	0.783
Fish						
low (0-1)	Insufficient numbers for analysis		reference		reference	
mod (2-4)			0.82 (0.59 - 1.14)	0.232	1.23 (0.93 - 1.62)	0.147
high (5-7)			1.20 (0.37 - 3.86)	0.764	1.71 (0.81 - 3.59)	0.156
Dairy products						
low (0-1)	Insufficient numbers for analysis		reference		reference	
mod (2-4)			0.79 (0.46 - 1.33)	0.369	1.01 (0.67 - 1.52)	0.958
high (5-7)			0.97 (0.64 - 1.47)	0.888	0.94 (0.64 - 1.37)	0.733
Eggs						
low (0-1)	Insufficient numbers for analysis		reference		reference	
mod (2-4)			0.82 (0.60 - 1.12)	0.203	0.94 (0.73 - 1.22)	0.665
high (5-7)			0.70 (0.38 - 1.28)	0.245	1.06 (0.74 - 1.54)	0.740
Soya products						
low (0-1)	Insufficient numbers for analysis		reference		reference	
mod (2-4)			0.78 (0.46 - 1.34)	0.376	1.00 (0.64 - 1.58)	0.987
high (5-7)			0.92 (0.40 - 2.13)	0.845	1.02 (0.56 - 1.86)	0.945
Chocolate						
low (0-1)	Insufficient numbers for analysis		reference		reference	
mod (2-4)			1.27 (0.90 - 1.77)	0.171	0.98 (0.75 - 1.28)	0.867
high (5-7)			1.33 (0.87 - 2.03)	0.185	0.86 (0.58 - 1.26)	0.431
Nuts (almonds or walnuts)						
low (0-1)	Insufficient numbers for analysis		reference		reference	
mod (2-4)			0.85 (0.61 - 1.19)	0.338	0.81 (0.61 - 1.07)	0.131
high (5-7)			0.73 (0.48 - 1.12)	0.148	0.76 (0.49 - 1.18)	0.224

Supplemental material 1. Table 3. Subgroup analysis for maternal ethnicity with confounder adjustment*

Food items (days per week)	White		mixed		asian		black		other	
	RR (95% CI)	p-value	RR (95% CI)	p-value	RR (95% CI)	p-value	RR (95% CI)	p-value	RR (95% CI)	p-value
Total number	757		14		66		16		16	
Fresh fruit										
low (0-1)	reference		Insufficient numbers for analysis		reference		Insufficient numbers for analysis		Insufficient numbers for analysis	
mod (2-4)	0.64 (0.47 - 0.88)	0.005			0.81 (0.30 - 2.16)	0.668				
high (5-7)	0.65 (0.49 - 0.86)	0.002			0.85 (0.36 - 2.00)	0.703				
Fresh vegetables										
low (0-1)	reference		Insufficient numbers for analysis		reference		Insufficient numbers for analysis		Insufficient numbers for analysis	
mod (2-4)	1.04 (0.59 - 1.82)	0.887			0.85 (0.27 - 2.73)	0.791				
high (5-7)	0.83 (0.47 - 1.46)	0.519			0.80 (0.27 - 2.34)	0.685				
Red meat										
low (0-1)	reference		Insufficient numbers for analysis		reference		Insufficient numbers for analysis		Insufficient numbers for analysis	
mod (2-4)	1.02 (0.82 - 1.27)	0.852			2.13 (1.00 - 4.56)	0.051				
high (5-7)	1.84 (0.97 - 3.47)	0.061			1.70 (0.54 - 5.36)	0.364				
White meat										
low (0-1)	reference		Insufficient numbers for analysis		reference		Insufficient numbers for analysis		Insufficient numbers for analysis	
mod (2-4)	0.89 (0.60 - 1.33)	0.574			0.65 (0.21 - 2.02)	0.458				
high (5-7)	0.78 (0.37 - 1.61)	0.496			0.39 (0.04 - 3.61)	0.405				
Fish										
low (0-1)	reference		Insufficient numbers for analysis		reference		Insufficient numbers for analysis		Insufficient numbers for analysis	
mod (2-4)	0.99 (0.79 - 1.25)	0.931			1.89 (1.00 - 3.58)	0.051				
high (5-7)	1.07 (0.46 - 2.48)	0.88			3.50 (0.89 - 13.86)	0.074				
Dairy products										
low (0-1)	reference		Insufficient numbers for analysis		reference		Insufficient numbers for analysis		Insufficient numbers for analysis	
mod (2-4)	0.92 (0.66 - 1.29)	0.636			0.81 (0.30 - 2.18)	0.68				
high (5-7)	0.84 (0.43 - 1.13)	0.257			0.83 (0.31 - 2.21)	0.704				
Eggs										
low (0-1)	reference		Insufficient numbers for analysis		reference		Insufficient numbers for analysis		Insufficient numbers for analysis	
mod (2-4)	0.83 (0.67 - 1.03)	0.093			1.37 (0.73 - 2.55)	0.328				
high (5-7)	0.91 (0.65 - 1.27)	0.573			0.76 (0.23 - 2.54)	0.653				
Soya products										
low (0-1)	reference		Insufficient numbers for analysis		reference		Insufficient numbers for analysis		Insufficient numbers for analysis	
mod (2-4)	0.83 (0.57 - 1.22)	0.346			0.29 (0.06 - 1.36)	0.117				
high (5-7)	0.85 (0.47 - 1.53)	0.586			0.71 (0.11 - 4.67)	0.722				
Chocolate										
low (0-1)	reference		Insufficient numbers for analysis		reference		Insufficient numbers for analysis		Insufficient numbers for analysis	
mod (2-4)	1.06 (0.84 - 1.33)	0.623			1.53 (0.74 - 3.14)	0.249				
high (5-7)	0.96 (0.70 - 1.31)	0.788			2.35 (1.19 - 4.62)	0.014				
Nuts (almonds or walnuts)										
low (0-1)	reference		Insufficient numbers for analysis		reference		Insufficient numbers for analysis		Insufficient numbers for analysis	
mod (2-4)	0.87 (0.69 - 1.10)	0.235			0.59 (0.31 - 1.12)	0.109				
high (5-7)	0.76 (0.55 - 1.05)	0.095			0.34 (0.13 - 0.87)	0.024				

Supplemental material 1. Table 4. Subgroup analysis for baseline live birth history with confounder adjustment*

Food items (days per week)	No baseline live birth		Yes baseline live birth	
	RR (95% CI)	p-value	RR (95% CI)	p-value
Total number	559		310	
Fresh fruit				
low (0-1)	reference		reference	
mod (2-4)	0.60 (0.43 - 0.84)	0.002	0.69 (0.37 - 1.30)	0.254
high (5-7)	0.59 (0.44 - 0.79)	0.000	0.86 (0.48 - 1.54)	0.603
Fresh vegetables				
low (0-1)	reference		reference	
mod (2-4)	0.72 (0.44 - 1.17)	0.187	3.45 (0.49 - 24.37)	0.214
high (5-7)	0.60 (0.37 - 0.96)	0.032	3.27 (0.45 - 23.94)	0.243
Red meat				
low (0-1)	reference		reference	
mod (2-4)	0.96 (0.75 - 1.22)	0.732	1.09 (0.74 - 1.61)	0.664
high (5-7)	1.38 (0.66 - 2.90)	0.388	3.48 (1.35 - 8.98)	0.010
White meat				
low (0-1)	reference		reference	
mod (2-4)	0.91 (0.69 - 1.20)	0.508	1.05 (0.69 - 1.61)	0.813
high (5-7)	0.92 (0.60 - 1.39)	0.683	1.29 (0.68 - 2.46)	0.440
Fish				
low (0-1)	reference		reference	
mod (2-4)	1.26 (0.80 - 1.34)	0.801	1.00 (0.68 - 1.48)	0.990
high (5-7)	1.25 (0.47 - 3.30)	0.656	1.24 (0.57 - 2.70)	0.594
Dairy products				
low (0-1)	reference		reference	
mod (2-4)	0.89 (0.63 - 1.27)	0.533	0.86 (0.40 - 1.83)	0.691
high (5-7)	0.86 (0.62 - 1.18)	0.347	1.15 (0.64 - 2.06)	0.643
Eggs				
low (0-1)	reference		reference	
mod (2-4)	0.90 (0.71 - 1.15)	0.395	0.85 (0.59 - 1.23)	0.399
high (5-7)	0.85 (0.58 - 1.23)	0.385	0.94 (0.52 - 1.67)	0.827
Soya products				
low (0-1)	reference		reference	
mod (2-4)	0.90 (0.59 - 1.39)	0.647	0.78 (0.43 - 1.41)	0.407
high (5-7)	1.00 (0.56 - 1.77)	0.999	0.95 (0.38 - 2.37)	0.906</

