**Table S4.** **Quality of the evidence in the indirect dietary comparisons in the fasting glucose analysis.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Dietary Comparison** | **FG, mmol/L****MeD (95% CrIs)**  | **Quality of First-Order Link** | **Similarity** | **Overall Quality of Evidence** |
| **GWG advice provided in both dietary arms** |
| High unsaturated fat diet vsLGI/LGL diet | 0.33(0.08, 0.57) | Very Low | 0a | **⊕⭘⭘⭘****VERY LOW** |
| High unsaturated fat diet vsHigh-MUFA diet | -0.44(-1.15, 0.29) | Low | -1b | **⊕⭘⭘⭘****VERY LOW** |
| High unsaturated fat diet vsHigh-fibre & LGI/LGL diet | 0.88(0.16, 1.60) | -c | - | **⊕⭘⭘⭘****VERY LOW** |
| High unsaturated fat diet vsLow-CHO & high-fat diet | 0.41(0.10, 0.71) | Low | -1a | **⊕⭘⭘⭘****VERY LOW** |
| High unsaturated fat diet vsHealthy eating | 0.83(0.20, 1.46) | -c | - | **⊕⭘⭘⭘****VERY LOW** |
| LGI/LGL diet vsHigh-MUFA diet | -0.77(-1.49, -0.02) | Very Low | -1d | **⊕⭘⭘⭘****VERY LOW** |
| LGI/LGL diet vsLow-CHO & high-fat diet | 0.42(-0.03, 0.86) | Very Low | -1e | **⊕⭘⭘⭘****VERY LOW** |
| LGI/LGL diet vsGWG advice only | -0.71(-1.20, -0.20) | Very Low | -1e | **⊕⭘⭘⭘****VERY LOW** |
| High-MUFA diet vsHigh-fibre & LGI/LGL diet | 1.32(0.32, 2.33) | -c | - | **⊕⭘⭘⭘****VERY LOW** |
| High-MUFA diet vsLow-CHO & high-fat diet | 0.85(0.08, 1.60) | Moderate | 0 | **⊕⊕⊕⭘****MODERATE** |
| High-MUFA diet vsHealthy eating | 1.27(0.33, 2.20) | -c | - | **⊕⭘⭘⭘****VERY LOW** |
| High-fibre & LGI/LGL diet vsLow-CHO & high-fat diet | -0.47(-1.20, 0.25) | Very Low | 0 | **⊕⭘⭘⭘****VERY LOW** |
| High-fibre & LGI/LGL diet vsHealthy eating | -0.05(-0.95, 0.85) | Low | 0 | **⊕⊕⭘⭘****LOW** |
| High-fibre & LGI/LGL diet vsGWG advice only | -0.82(-1.53, -0.11) | Very Low | -1f | **⊕⭘⭘⭘****VERY LOW** |
| Low-CHO & high-fat diet vsHealthy eating | 0.42(-0.21, 1.06) | Very Low | 0 | **⊕⭘⭘⭘****VERY LOW** |
| Low-CHO & high-fat diet vsGWG advice only | -0.08(-0.48, 0.32) | Very Low | -1g | **⊕⭘⭘⭘****VERY LOW** |
| Healthy eating vsGWG advice only | -0.77(-1.38, -0.16) | Very Low | 0 | **⊕⭘⭘⭘****VERY LOW** |
| **GWG advice not provided in any of the dietary arms** |
| DASH-style diet vsLow-fat diet | -0.74(-1.12, -0.36) | Moderate | 0 | **⊕⊕⊕⭘****MODERATE** |

**Abbreviations:** CHO, carbohydrate; CrI, credible intervals; DASH, Dietary Approach to Stop Hypertension; FG, fasting glucose; GWG, gestational weight gain; LGI, low glycemic index; LGL, low glycemic load; MeD, median difference; MUFA, monounsaturated fatty acids.

aThere were important differences in GDM status and at the trimester in which the dietary interventions began between the two first order links.

bThere were important differences in GDM status, ethnicity, and at the trimester in which the dietary interventions began between the two first order links.

cQuality of comparisons was assumed as very low because the link order is ≥2.

dThere were important differences in ethnicity and at the trimester in which the dietary interventions began between the two first order links.

eThere were important differences at the trimester in which the dietary interventions began between the two first order links.

fThere were important differences in ethnicity between the two first order links.

gThere were important differences in pre-pregnancy BMI and at the trimester in which the dietary interventions began between the two first order links.