

## Supplementary file 1: Search terms in OVID Medline

1 healthy eating index.ti,ab. (1112)  
 2 recommended food score.ti,ab. (72)  
 3 Diet, Mediterranean/ (2862)  
 4 ((mediterranean\* adj3 diet) or Mediterranean adequacy index).ti,ab. (4127)  
 5 Dietary Approaches To Stop Hypertension/ (61)  
 6 dietary approach\* to stop hypertension.ti,ab. (675)  
 7 Diet Quality Index.ti,ab. (294)  
 8 Dietary Guidelines for Americans Index.ti,ab. (2)  
 9 Dietary Guideline Index.ti,ab. (29)  
 10 Framingham Nutritional Risk Score.ti,ab. (3)  
 11 (French Program\* National Nutrition Sante-Guideline Score or PNNS-GS).ti,ab. (18)  
 12 Dietary Quality Score.ti,ab. (19)  
 13 Food Variety Score.ti,ab. (35)  
 14 Australian Recommended Food Score.ti,ab. (33)  
 15 Dietary Diversity Score.ti,ab. (232)  
 16 Healthy Food Index.ti,ab. (5)  
 17 (Healthy Food and Nutrient Index).ti,ab. (1)  
 18 Diet quality index.ti,ab. (294)  
 19 Dietary quality.ti,ab. (1155)  
 20 (diet\* adj3 (pattern\* or quality)).ti,ab. (14978)  
 21 ((adherence or compliance or score\* or index\* or indice\*) adj3 (guideline\* or  
 recommendation\* or healthy or pyramid) adj3 (diet\* or food or nutrition\*)).ti,ab. (1210)  
 22 1 or 2 or 3 or 4 or 5 or 6 or 7 or 8 or 9 or 10 or 11 or 12 or 13 or 14 or 15 or 16 or 17 or  
 18 or 19 or 20 or 21 (19684)  
 23 ((child adj3 bearing) or childbearing).ti,ab. (14960)  
 24 (pregnan\* or gestat\* or matern\* or perinatal or gravidit\*).ti,ab. (726572)  
 25 (pre-pregnan\* or prepregnan\* or preconception\* or pre-conception\*).ti,ab. (11222)  
 26 exp Pregnancy/ (859642)  
 27 Pregnant Women/ (7403)  
 28 23 or 24 or 25 or 26 or 27 (1125180)  
 29 22 and 28 (1451)