

Study Reference	Mean values							
Pregnant and lactating women	No. of subjects	Mean age (years)	Ethnicity	Weight (kg)	BMI	RMR/BMR (Mj)	PAL	TEE (Mj)
Butte et al 2004 (USA)	17 (Low BMI) Before, during & after pregnancy	30.8	White, African, American, Hispanic, Asian	Baseline-49.9 9wk-51.9 22wk-57.7 36wk-63.0 postpartum 2wk-54.8 6wk-54.4 27wk-51.9	Baseline-18.9 9wk-19.7 22wk-21.8 36wk-23.6 postpartum 2wk-21.0 6wk-20.8 27wk-19.7	BMRkcal Baseline-5.02 9wk-5.16 22wk-5.56 36wk-6.58 postpartum 27wk-5.24	Baseline-1.97 22wk-1.72 36wk-1.63 postpartum 27wk-1.68	Baseline-9.81 22wk-9.497 36wk-10.195 postpartum 27wk-8.44
Butte et al 2004 (USA)	34 (normal BMI) Before, during & after pregnancy	30.3	White, African, American, Hispanic, Asian	Baseline-59.3 9wk-60.2 22wk-65.1 36wk-72.2 Post 2wk 64.8 6wk-63.7 27wk-61.5	Baseline-22.1 9wk-22.3 22wk-24.1 36wk-26.8 postpartum 2wk-24.2 6wk-23.8 27wk-22.9	BMRkcal Baseline-5.53 9wk-5.64 22wk-5.91 36wk-6.99 postpartum 27wk-5.53	Baseline-1.84 22wk-1.78 36wk-1.62 postpartum 27wk-1.88	Baseline-10.17 22wk-10.53 36wk-11.26 postpartum 27wk-10.37
Butte et al 2004 (USA)	12 (high BMI) Before, during & after pregnancy	31.2	White, African, American, Hispanic, Asian	Baseline-77.3 9wk-81.8 22wk-85.8 36wk-93.8 Post 2wk 84.6 6wk-83.9 27wk-81.9	Baseline-28.8 9wk-30.2 22wk-32.0 36wk-34.9 postpartum 2wk-31.6 6wk-31.4 27wk-30.4	BMRkcal Baseline-6.29 9wk-6.69 22wk-7.08 36wk-8.43 postpartum 27wk-6.29	Baseline-1.96 22wk-1.72 36wk-1.49 postpartum 27wk-1.77	Baseline-12.29 22wk-12.07 36wk-12.62 postpartum 27wk-11.32
Butte et al 2001 (USA)	24 lactating women	30	White, African, American, Hispanic, Asian	Lactating 3mth postpartum 62.8 Non lactating 18-24mth postpartum 61.6	3mth-23.5 18-24mth-23.1	3m-5.57 18-24m-5.65	3m-1.79 18-24m-1.89	3m-10.01mj 18-24m-10.58
Forsum et al 1992 (Sweden)	22 (subgroup 1) Before & during pregnancy	29	Not given	Before-61.0 Gestational wk 16-18wk - 63.7 30wk - 70.2		RMR Before-5.6 16-18wk - 6.0 30wk - 6.9	Before-1.87 16-18wk - 1.65 30wk - 1.82	Before-10.4 16-18wk - 9.6 30wk - 12.5

Forsum et al 1992 (Sweden)	19 (subgroup 2) Before & during pregnancy	29	Not given	Before-60.7 36w-72.7		RMR Before-5.6mj 36w-7.3	Before-1.84 36w-1.66	Before-10.1mj 36w-12.2
Forsum et al 1992 (Sweden)	23 (subgroup 3) Before & during pregnancy	29	Not given	Before-61.5 2mth postpartum- 64.4 6mth-63.0		RMR Before-5.6mj 2mth postpartum-5.9 6mth-6.0		Before-10.8mj 2mth postpartum- 10.6 6mth-10.8
Goldberg et al 1991 (Cambridge, UK)	10 Lactating women	31.7	Caucasian	Preg 36wk- 67.87 Lactation 4wk-58.88 8wk-58.88 12wk-58.62 Non prg/lact- 57.08		BMR Preg 36wk-7.28 Lactation 4wk-5.89 8wk-5.85 12wk-5.63 Non prg/lact- 5.86		Preg 36wk- 10.33 Lactation 4wk-8.83 8wk-9.09 12wk-8.95 Non prg/lact- 9.78
Goldberg et al 1993 (Cambridge, UK)	12 Before & during pregnancy	28.8	Caucasian	Pre preg-61.7 6wk-62.18 12wk-63.33 18wk-65.39 24wk-68.67 30wk-71.71 36wk-73.61		BMR Pre preg-6.05 6wk-6.29 12wk-6.23 18wk-6.25 24wk-6.61 30wk-6.9 36wk-7.55	Pre preg-1.58 6wk-1.54 12wk-1.64 18wk-1.65 24wk-1.66 30wk-1.62 36wk-1.50	Pre preg-9.52 6wk-9.72 12wk-10.16 18wk-10.28 24wk-10.97 30wk-11.198 36wk-11.25
Lof et al 2003 (Sweden)	34	30	Not given	67	24	BMR 5.42	1.98	10.67
Lof et al 2006 (Sweden)	23 Before & during pregnancy	30	Not given	Before-67.2 14wk-69.7 32wk-79.1	24.2	BMR Before- 5.43 14w-5.59 32w-6.85	Before-1.95 14w-1.89 32w-1.72	BMR Before- 10.51 14w-10.52 32w-11.76
Lovelady et al 1993 (USA)	9	31.1	Majority Caucasian	64.8		5.76		10.10mj
Rosetta et al 2005 (Bangladesh)	17	18-39	Majority Indian	38.27	17.95	BMR 4.34	1.92	8.42
Rosetta et al 2005 (Bangladesh)	12	18-39	Majority Indian	35.64	16.61	BMR 4.27	1.59	6.83

Longitudinal studies

Butte et al 2004, Butte et al 2001, Forsum et al 1992, Goldberg et al 1991, Goldberg et al 1993, Lof et al 2006