Table S1. Summary of clinical characteristics of the group. \* - statistically significant differences and statistically significant p-values. Clinical parameters and p-values with statistical significance are highlighted in bold.

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| **Parameter** | **Group** | | **Value** | ***P-value*** | **Value** | ***P-value*** |
| **Age, years** | GDM | GDM, diet | 32 (29;35) | 0.56 | 31 (27; 33) | 0.08 |
| GDM, no-diet | 37 (31; 39) |
| Control | 31 (28; 34) |
| **Weight before pregnancy, kg** | GDM | GDM, diet | 64 (55;77) | 0.13 | 58 (54; 65) | **0.004\*** |
| GDM, no-diet | 81 (66; 86) |
| Control | 60 (55; 25) |
| **Height, sm** | GDM | GDM, diet | 168 (164;170) | 0.91 | 168 (164; 170) | 0.20 |
| GDM, no-diet | 170 (164; 179) |
| Control | 168 (164; 171) |
| **Before pregnancy BMI, кг/м2** | GDM | GDM, diet | 22.6 (20.1;26.5) | **0.03\*** | 20.1 (19.7; 23.5) | **0.003\*** |
| GDM, no-diet | 26.4 (24.5; 27.6) |
| Control | 21.2 (19.5; 22.9) |
| **Weight gain at birth, kg** | GDM | GDM, diet | 14 (11;17) | **0.009\*** | 11 (9; 13) | **0.006\*** |
| GDM, no-diet | 13 (10; 16) |
| Control | 11(9;15) |
| **Patient’s newborn weight, kg** | GDM | GDM, diet | 3.5 (3.2;3.8) | 0.86 | 3.5 (3.2;3.7) | 0.41 |
| GDM, no-diet | 3.5 (3.2;3.7) | 3.5 (3.4;3.9) |
| Control |
| **Husband’s newborn weight, kg** | GDM | GDM, diet | 3.6 (3.4;3.9) | 0.78 | 3.6 (3.5; 3.9) | 0.89 |
| GDM, no-diet | 3.7 (3.4; 3.8) |
| Control | 3.6(3.4;3.9) |
| **The first-birth, число пациентов (%)** | GDM | GDM, diet | 13 (43%) | 0.67 | 11 (55%) | 0.15 |
| GDM, no-diet | 2 (20%) |
| Control | 30 (38%) |
| **Fetal weight according to ultrasound (32 weeks), g** | GDM | GDM, diet | 1916(1738; | 0.24 | 1899(1717; 2110) | **0.04\*** |
| GDM, no-diet | 2132(1865;229) |
| Control | 1830(1568;2005) |
| **Delivery date, weeks** | GDM | GDM, diet | 39.0 (38.4;39.6) | 0.17 | 39.3(38.4;39.7) | 0.08 |
| GDM, no-diet | 38.3(38.0;39.4) |
| Control | 39.5(38.4;40.2) |
| **Operative delivery, number of patients (%)** | GDM | GDM, diet | 18 (60%) | **0.02\*** | 11 (55%) | 0.69 |
| GDM, no-diet | 7 (70%) |
| Control | 27 (34%) |
| **Planned operative delivery, number of patients (%)** | GDM | GDM, diet | 13 (43%) | **0.01\*** | ПКС – 7 (35%) | 0.42 |
| GDM, no-diet | ПКС – 6 (60%) |
| Control | 14 (18%) |
| **Induction of labor, number of patients (%)** | GDM | GDM, diet | 6(20%) | 1 | 3(15%) | 0.62 |
| GDM, no-diet | 3(30%) |
| Control | 16 (20%) |
| **Time of discharge of the woman in labor, days** | GDM | GDM, diet | 5(3;5) | **0.02\*** | 5(3;5) | 0.92 |
| GDM, no-diet | 5 (3;5) |
| Control | 4(3;5) |
| **Newborn weight, grams** | GDM | GDM, diet | 3398(3202;3873) | 0.42 | 3313(3197;376) | 0.14 |
| GDM, no-diet | 3810(3317;4122) |
| Control | 3495(3207;4032) |
| **Apgar score - 1 minute, number of patients (%)** | GDM | GDM, diet | 8[8;8] | 0.53 | 8[8;8] | 0.33 |
| GDM, no-diet | 8[8;8] |
| Control | 8[8;8] |
| **Apgar score - 5 minutes, number of patients (%)** | GDM | GDM, diet | 9[9;9] | 0.74 | 9[9;9] | 0.71 |
| GDM, no-diet | 9[9;9] |
| Control | 9[9;9] |
| **Complications of the early neonatal period, number of patients (%)** | GDM | GDM, diet | 15(50%) | 0.32 | 12 (60%) | 0.24 |
| GDM, no-diet | 3 (30%) |
| Control | 30 (38%) |
| **Newborn discharge dates** | GDM | GDM, diet | 4[3;5] | 0.15 | 4[3;5] | 0.82 |
| GDM, no-diet | 4[3;5] |
| Control | 3[3;4] |