

**Note:** This is Online Appendix 1 of North SM, Crofts C, Zinn C. Hyperinsulinaemia in pregnancy and gestational outcomes: A case series. *J. insulin. resist.* 2022;5(1), a69. <https://doi.org/10.4102/jir.v5i1.69>

## Appendix 1

**Table 1-A1: Modified Kraft pattern criteria as compared to original**

Original	After applying modified criteria
Kraft I	33.2% misdiagnosed as Kraft IIA
Kraft IIA	13.3% misdiagnosed as Kraft I 18.2% misdiagnosed as IIB
Kraft IIB	12.1% misdiagnosed as IIA
Kraft III	No change
Kraft IV	No change
Kraft V	No change

Estimated percentage of individuals misdiagnosed using the modified Kraft pattern criteria for a 120-minute OGTT. Modified criteria were tested on a subset from the Kraft dataset of normal glucose tolerant non-pregnant adults (n=7755).

**Table 2-A1: Dietary recall information**

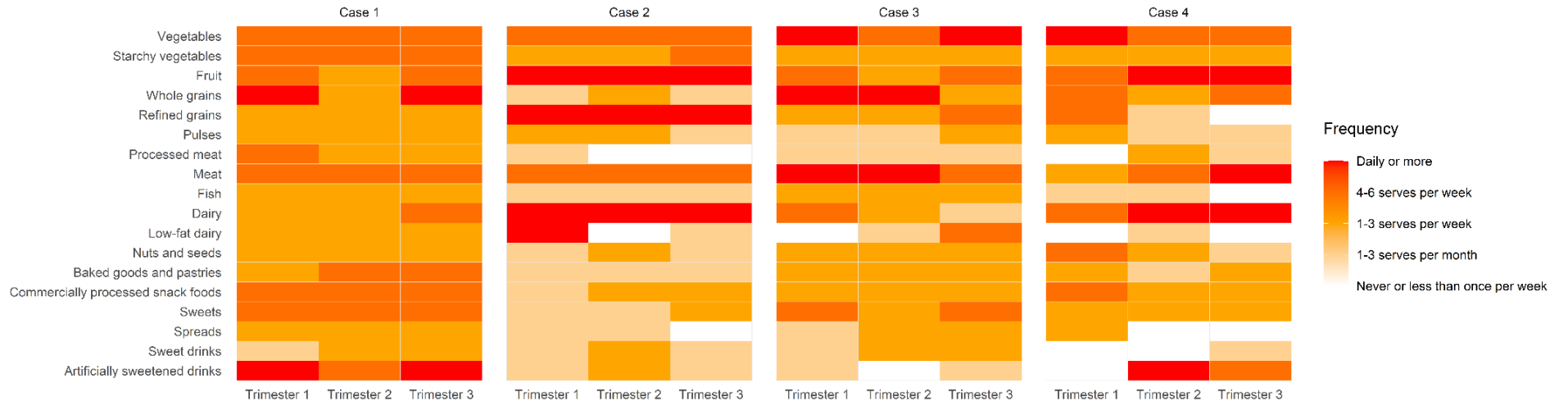
	Case Study 1	Case Study 2	Case Study 3	Case Study 4
<b>Total energy (kJ)</b>				
<b>Trimester 1</b>	9241.9	4231.1	7517.4	7284.2
<b>Trimester 2</b>	7201.1	3943.4	7715.5	10051.8
<b>Trimester 3</b>	10202.2	3741.4	9786.7	7060.1
<b>Protein (g)</b>				
<b>Trimester 1</b>	79.0	75.7	112.3	88.5
<b>Trimester 2</b>	90.8	56.4	80.3	100.2
<b>Trimester 3</b>	111.3	45.0	99.0	111.5
<b>Total fat (g)</b>				
<b>Trimester 1</b>	92.6	43.6	77.9	70.5
<b>Trimester 2</b>	85.5	25.8	59.9	122.4
<b>Trimester 3</b>	94.8	26.0	106.6	61.4
<b>Carbohydrate (g)</b>				
<b>Trimester 1</b>	258.6	72.3	150.2	166.7
<b>Trimester 2</b>	142.3	111.9	235.2	208.7
<b>Trimester 3</b>	270.5	110.1	243.7	159.4
<b>Sugar (g)</b>				
<b>Trimester 1</b>	137.1	40.4	52.9	82.5
<b>Trimester 2</b>	63.6	38.1	64.5	72.5
<b>Trimester 3</b>	115.3	34.7	126.8	91.2
<b>Fibre (g)</b>				
<b>Trimester 1</b>	33.7	11.7	20.7	45.2
<b>Trimester 2</b>	17.4	11.5	18.2	26.0
<b>Trimester 3</b>	24.8	14.3	14.3	23.4

24-hour dietary recall analysis performed using FoodWorks 10 (Xyris Software, 2021)

**Table 3-A1. Medications and nutritional supplements**

	<b>Case Study 1</b>	<b>Case Study 2</b>	<b>Case Study 3</b>	<b>Case Study 4</b>
<b>Medications, pre-pregnancy</b>	-	Sertraline (50 mg)	-	Citalopram (20 mg)
<b>Medications, during pregnancy</b>	Docusate sodium with senna (as required)	Iron infusion (30 wk)	-	-
<b>Supplements, from 1<sup>st</sup>-3<sup>rd</sup> tri</b>	Prenatal multi vitamin and mineral (Blackmores Pregnancy & Breast-Feeding Gold) Colecalciferol, 1.25 mg (monthly dose)	Folic acid, 800 mcg Potassium iodide, 50 mcg	Prenatal multi vitamin and mineral (Egle, Tresos Natal) Methyl-folate (Allergy Research, 833 mcgDFE) Zinc compound (Blackmores Bio Zinc) Magnesium compound (Ethical Nutrients MegaZorb Mega Magnesium) Fish oil, 1000 mg (Bloom's Health Products)	Folic acid, 800 mcg Potassium iodide, 50 mcg Colecalciferol, 1.25 mg (monthly)
<b>Supplements from 2<sup>nd</sup>-3<sup>rd</sup> tri (additional)</b>	Ferrous sulphate, 325mg	Ferrous sulphate, 325mg	-	Ferrous sulphate, 325mg, Magnesium, 500 mg (Go Healthy) Fish oil, 3000 mg (Sanderson)

Wk: weeks. Tri: Trimester



**Figure 1-A1: Heat map representing change in the consumption frequency of certain types of foods.**