

Table 1. General characteristics of the study participants

	Control food (n=26)	Synbiotic food (n=26)	<i>P</i>
Maternal age (y)	29.0±4.6	26.4±6.3	0.097
Height (cm)	160.0±6.1	160.5±7.3	0.805
Pre-pregnancy weight (kg)*	67.1±10.6	64.8±13.3	0.478
Weight at study baseline (kg)	72.2±11.5	71.9±14.2	0.935
Weight at end-of-trial (kg)	75.6±11.5	75.6±13.5	0.997
Pre-pregnancy BMI (kg/m ²)*	26.2±3.7	25.1±4.8	0.381
BMI at study baseline (kg/m ²)	28.2±4.1	27.9±5.1	0.851
BMI at end-of-trial (kg/m ²)	29.5±4.1	29.4±4.9	0.916

Data are means± standard deviation. P-values were derived using independent t test.

*Based on participants' measured weight and height as registered in their records in the maternity clinics.