Early intervention
n =102
OGTT\textsuperscript{a} at weeks 8-12

\begin{itemize}
  \item Randomisation groups A+B n=60
  \item Excluded\textsuperscript{c} Standard care n = 42
\end{itemize}

\begin{itemize}
  \item Lifestyle intervention group A n = 27\textsuperscript{b}
  \item Close follow-up group B n = 27\textsuperscript{b}
\end{itemize}

\begin{itemize}
  \item GDM\textsuperscript{d} 3 (11.1\%)
    Insulin treatment n=0
  \item GDM 1 (3.7\%)
    Insulin treatment n=0
\end{itemize}

\textsuperscript{a} Oral glucose tolerance test. \textsuperscript{b} Group A and B 30 women in the beginning: three dropped out (10\%) in each group, four early miscarriages, one twin pregnancy and one woman moved away. \textsuperscript{c} 14 women had GDM in the beginning, 28 women did not wish to participate in the intervention. \textsuperscript{d} Gestational diabetes mellitus (fasting plasma glucose $\geq 5.6$ mmol/l or 2-hour plasma glucose $\geq 7.8$ mmol/l).