Figure 1. The flow of subjects in the ROLO study

1445 potential recruits identified by the research midwife and research dietitian

- 63 women did not wish to take part in the study
- 531 women were unsuitable

851 women were suitable and invited to the antenatal clinic for a 1<sup>st</sup> appointment

- 51 Women were unsuitable after accepting

800 women were deemed suitable and came into the antenatal clinic and signed consent form

800 women were randomised

- 400 intervention
- 400 control

- Standard Maternity Care & dietary education session between 12 and 22 weeks gestation for 1-2 hours
- 3 day food diary during each trimester
- FFQ in early pregnancy and post partum

- Standard maternity care
- 3 day food diary during each trimester
- FFQ in early pregnancy and post partum

20 women were unsuitable
- 7 opted out of the study

25 returned incomplete FDs

235 women returned 3 completed FDs

- 65 women seen individually for dietary education (of which 39 returned complete FDs)
- 21 women DNA’d session (of which none returned complete FDs)

15 women were unsuitable
- 5 opted out of the study

28 returned incomplete FDs

285 women returned 3 completed FDs