Eligible parents
Primary carers attending first-time parent groups
n=630

Declined to participate
n=88

Consented to participate
n=542 (86%)

Randomized
n=542

Intervention
n=271

Exclusions
Non-first time mothers
n=14
Single parent families n=8
Same sex couple n=1
Father as main carer n=1
Incomplete baseline questionnaire n=58
Total exclusions n=82

Control
n=271

Lost to follow-up / data missing
Lost to follow-up n=29
Incomplete FFQ n=108
Incomplete physical activity n=119
Incomplete sedentary behavior n=115

Final sample dietary outcomes
Total n=323

Final sample physical activity outcomes
Total n=312

Final sample sedentary behavior outcomes
Total n=316