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Supplementary Table 1. Weighted median weight and height of Mexican women of reproductive age (14–50 years) by age group and nutritional status

<b>Nutritional status</b>	<b>Underweight</b>		<b>Normal weight</b>		<b>Overweight</b>		<b>Obesity</b>	
	<b>Weight (kg)</b>	<b>Height (m)</b>	<b>Weight (kg)</b>	<b>Height (m)</b>	<b>Weight (kg)</b>	<b>Height (m)</b>	<b>Weight (kg)</b>	<b>Height (m)</b>
14	42.38	1.56	50.48	1.54	65.10	1.56	75.50	1.57
15	40.35	1.55	51.88	1.56	66.45	1.58	77.43	1.54
16	42.33	1.55	52.53	1.56	67.95	1.58	83.05	1.60
17	39.68	1.55	51.58	1.55	66.13	1.56	80.77	1.60
18	43.70	1.56	54.33	1.56	65.40	1.58	78.28	1.57
19	42.38	1.60	54.03	1.55	68.03	1.57	84.93	1.59
20	45.88	1.58	52.40	1.54	67.90	1.57	86.63	1.59
21	45.03	1.58	55.15	1.57	64.58	1.53	85.75	1.57
22	39.88	1.48	52.78	1.56	66.63	1.56	80.80	1.54
23	43.48	1.57	53.73	1.58	65.58	1.56	78.93	1.53
24	38.85	1.49	53.68	1.56	62.58	1.52	82.23	1.58
25	46.00	1.62	54.13	1.56	65.45	1.54	83.83	1.55
26	43.60	1.55	55.00	1.56	64.80	1.55	87.55	1.61
27	44.15	1.57	55.30	1.57	69.48	1.56	85.95	1.55
28	46.00	1.60	58.20	1.55	67.25	1.57	83.15	1.55
29	50.43	1.72	57.25	1.60	66.48	1.57	79.98	1.54
30	53.55	1.71	52.43	1.56	67.68	1.57	82.03	1.56
31	44.05	1.57	50.20	1.52	68.30	1.57	80.65	1.56
32	39.03	1.49	52.50	1.55	66.00	1.56	80.43	1.55
33	40.63	1.57	53.15	1.55	66.28	1.52	84.55	1.55
34	45.38	1.57	54.60	1.55	65.30	1.53	78.00	1.53
35	45.38	1.57	57.20	1.53	63.75	1.52	81.13	1.54
36	46.88	1.62	55.93	1.58	66.28	1.54	80.78	1.55

37	43.35	1.56	55.31	1.54	63.68	1.53	80.38	1.55
38	43.35	1.56	59.70	1.60	65.15	1.54	83.35	1.54
39	54.15	1.72	51.11	1.53	66.20	1.54	78.15	1.54
40	38.53	1.55	50.68	1.50	65.85	1.52	79.03	1.53
41	49.83	1.72	54.08	1.55	64.23	1.52	79.10	1.51
42	45.28	1.63	57.90	1.55	63.13	1.53	81.38	1.53
43	44.00	1.55	56.65	1.57	64.53	1.54	81.33	1.54
44	44.00	1.55	52.45	1.54	66.95	1.55	77.33	1.52
45	47.15	1.60	52.33	1.53	69.05	1.57	79.83	1.52
46	38.20	1.48	60.85	1.64	67.63	1.56	77.70	1.53
47	42.20	1.51	49.05	1.53	64.43	1.53	86.70	1.53
48	48.88	1.64	53.80	1.48	69.15	1.55	80.93	1.52
49	47.03	1.65	53.80	1.51	64.48	1.53	84.00	1.53
50	47.03	1.65	52.80	1.51	63.45	1.50	79.30	1.54

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Supplementary Table 2. Energy equations used to estimate requirements for pregnant and lactating women aged 14–50 years

Age	Condition	Stage	Physical activity level	Formula	
Adolescents (14 a 18.99 years)	Pregnancy	1 <sup>st</sup> trimester	Inactive	$EER = 55.59 - (22.25 \times \text{age years}) + (8.43 \times \text{height cm}) + (17.07 \times \text{weight Kg}) + 20$	
			Low active	$EER = -297.54 - (22.25 \times \text{age years}) + (12.77 \times \text{height cm}) + (14.73 \times \text{weight Kg}) + 20$	
		2 <sup>nd</sup> and 3 <sup>rd</sup> trimesters	Inactive	$EER = 1,131.20 - (2.04 \times \text{age years}) + (0.34 \times \text{height cm}) + (12.15 \times \text{weight Kg}) + (9.16 \times \text{gestational weeks}) + \text{energy deposition}^a$	
			Low active	$EER = 693.35 - (2.04 \times \text{age years}) + (5.73 \times \text{height cm}) + (10.20 \times \text{weight Kg}) + (9.16 \times \text{gestational weeks}) + \text{energy deposition}^a$	
		Lactation <sup>e</sup>	0-6 months postpartum	Inactive	$EER = 55.59 - (22.25 \times \text{age years}) + (8.43 \times \text{height cm}) + (17.07 \times \text{weight Kg}) + \text{energy cost of milk production}^b - \text{energy mobilization}^c$
				Low active	$EER = -297.54 - (22.25 \times \text{age years}) + (12.77 \times \text{height cm}) + (14.73 \times \text{weight Kg}) + \text{energy cost of milk production}^b - \text{energy mobilization}^c$
	7-12 months postpartum		Inactive	$EER = 55.59 - (22.25 \times \text{age years}) + (8.43 \times \text{height cm}) + (17.07 \times \text{weight Kg}) + \text{energy cost of milk production}^d$	
			Low active	$EER = -297.54 - (22.25 \times \text{age years}) + (12.77 \times \text{height cm}) + (14.73 \times \text{weight Kg}) + \text{energy cost of milk production}^d$	

Adults (19–50 years)	Pregnancy	1 <sup>st</sup> trimester	Inactive	$EER = 584.90 - (7.01 \times \text{age years}) + (5.72 \times \text{height cm}) + (11.71 \times \text{weight Kg})$	
			Low active	$EER = 575.77 - (7.01 \times \text{age years}) + (6.60 \times \text{height cm}) + (12.14 \times \text{weight Kg})$	
	2 <sup>nd</sup> and 3 <sup>rd</sup> trimesters		Inactive	$EER = 1,131.20 - (2.04 \times \text{age years}) + (0.34 \times \text{height cm}) + (12.15 \times \text{weight Kg}) + (9.16 \times \text{gestational weeks}) + \text{energy deposition}^a$	
			Low active	$EER = 693.35 - (2.04 \times \text{age years}) + (5.73 \times \text{height cm}) + (10.20 \times \text{weight Kg}) + (9.16 \times \text{gestational weeks}) + \text{energy deposition}^a$	
	Lactation <sup>e</sup>	0-6 months postpartum		Inactive	$EER = 584.90 - (7.01 \times \text{age years}) + (5.72 \times \text{height cm}) + (11.71 \times \text{weight Kg}) + \text{energy cost of milk production}^b - \text{energy mobilization}^c$
				Low active	$EER = 575.77 - (7.01 \times \text{age years}) + (6.60 \times \text{height cm}) + (12.14 \times \text{weight Kg}) + \text{energy cost of milk production}^b - \text{energy mobilization}^c$
7-12 months postpartum			Inactive	$EER = 584.90 - (7.01 \times \text{age years}) + (5.72 \times \text{height cm}) + (11.71 \times \text{weight Kg}) + \text{energy cost of milk production}^d$	
			Low active	$EER = 575.77 - (7.01 \times \text{age years}) + (6.60 \times \text{height cm}) + (12.14 \times \text{weight Kg}) + \text{energy cost of milk production}^d$	

EER: Estimated energy requirement.

<sup>a</sup>Energy deposition: + 300 kcal/d for underweight; + 200 kcal/d for normal weight; + 150 kcal/d for over weight; –50 kcal/d for obesity; <sup>b</sup>Energy cost of milk production 0-6 months postpartum: 540 kcal/d; <sup>c</sup> Energy mobilization: 140 kcal/d; <sup>d</sup>Energy cost of milk production 7-12 months postpartum: 380 kcal/d; <sup>e</sup>For lactation >12 months it is recommended to use the EER corresponding to the 1<sup>st</sup>

trimester of pregnancy according to maternal BMI using current weight. Source: National Academies of Sciences, Engineering, and Medicine, 2023 (26).

Supplementary Table 3. Reference micronutrient recommendations for pregnant and lactating women aged 14–50 years

Vitamins												
Group	Age	Vitamin A (µg RAE/d) <sup>3</sup>	Vitamin C (mg/d) <sup>12</sup>	Vitamin D (µg cholecalci- ferol /d) <sup>2</sup>	Thiamine B1 (mg/d) <sup>3</sup>	Riboflavin (mg/d) <sup>3</sup>	Niacin (mg/d) <sup>2</sup>	Vitamin B6 (mg/d) <sup>3</sup>	Folate (µg DFE/d) <sup>3</sup>	Vitamin B12 (µg/d) <sup>3</sup>	Panhoteni c acid (mg/d) <sup>13</sup>	Biotin (µg/d) <sup>12</sup>
Pregnant	14–18	750	138	15	1.4	1.4	18	1.9	600	2.6	6.0 <sup>a</sup>	30 <sup>a</sup>
	19–30	770		15	1.4	1.4	18	1.9	600	2.6	6.0 <sup>a</sup>	30 <sup>a</sup>
	31–50	770		15	1.4	1.4	18	1.9	600	2.6	6.0 <sup>a</sup>	30 <sup>a</sup>
Lactating	14–18	1,200	115	15	1.4	1.6	17	2	500	2.8	7.0 <sup>a</sup>	35 <sup>a</sup>
	19–30	1,300	120	15	1.4	1.6	17	2	500	2.8	7.0 <sup>a</sup>	35 <sup>a</sup>
	31–50	1,300	120	15	1.4	1.6	17	2	500	2.8	7.0 <sup>a</sup>	35 <sup>a</sup>
Minerals												
Group	Age	Calcium (mg/d) <sup>2</sup>	Copper (µg/d) <sup>3</sup>	Iron (mg/d) <sup>12</sup>	Magnesium (mg/d) <sup>3</sup>	Selenium (µg/d) <sup>3</sup>	Zinc (mg/d) <sup>3</sup>	Potassium (mg/d) <sup>4</sup>	Sodium (mg/d) <sup>4</sup>			
Pregnant	14–18	1,300	1,000	27	400	60	12	2,600 <sup>a</sup>	1,500 <sup>a</sup>			
	19–30	1,000	1,000	27	350	60	11	2,900 <sup>a</sup>	1,500 <sup>a</sup>			
	31–50	1,000	1,000	27	360	60	11	2,900 <sup>a</sup>	1,500 <sup>a</sup>			
Lactating	14–18	1,300	1,300	0-6 months: 14 <sup>b</sup> 7-12 months: 20 <sup>b</sup>	360	70	13	2,500 <sup>a</sup>	1,500 <sup>a</sup>			

	<b>19–30</b>	<b>1,000</b>	<b>1,300</b>	0-6 months:13 <sup>b</sup>	<b>310</b>	<b>70</b>	<b>12</b>	2,800 <sup>a</sup>	1,500 <sup>a</sup>
	<b>31–50</b>	<b>1,000</b>	<b>1,300</b>	7-12 months:19 <sup>b</sup>	<b>320</b>	<b>70</b>	<b>12</b>	2,800 <sup>a</sup>	1,500 <sup>a</sup>

Values in bold correspond to the recommended dietary allowance (RDA).

<sup>a</sup>Adequate intake (AI)

<sup>b</sup>Estimated average requirement (EAR)

<sup>1</sup>Bourges R., et al., 2008 (31)

<sup>2</sup>Institute of Medicine, 2011 (29)

<sup>3</sup>National Academies of Sciences, 2006 (32)

<sup>4</sup>National Academies of Sciences, Engineering, and Medicine, 2019 (30)

Supplementary Table 4. Water intake recommendations for pregnant and lactating women aged 14–50 years

Groups	Water requirement (L/d)	Percentage derived from food sources <sup>a</sup>	Recommendations for plain or natural water intake			
			Quantity (L/d)	Quantity in household measures (240 mL cups)	Recommended water intake range (based on physical activity and warm climates) (240 mL cups)	
Pregnant	3.0	30 (%)	0.9 (L/d)	2.1	≈9	8–12.5
Lactating	3.8	31.6 (%)	1.2(L/d)	2.6	≈10	9–12

<sup>a</sup>Water from food is presented. The percentage is relative to the adequate intake.