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Supplementary Data 1

Table S1. Significant salient findings from studies included in this review (n=9)

This table summarizes significant findings across the nine studies included in the scoping review. Please refer to the revised manuscript for detailed context and interpretation.

Author Name(s), year	**Country**	**Study Design**	**Measured Outcome**	**Study Duration**	**Significant findings**
Diddana et al. (2018)[9]	Ethiopia	Cluster randomized control trial	Improvement in nutritional knowledge and dietary practices	5 months	1. Nutritional Knowledge Improvement: $p < 0.001$. 2. Knowledge of Balanced Diet: $p < 0.001$. 3. Benefits of Balanced Diet: $p < 0.001$. 4. Knowledge of Dietary Sources of Macronutrients: $p = 0.004$. 5. Knowledge of Dietary Sources of Micronutrients: $p < 0.001$.

					6. Consequences of Micronutrient Deficiency: $p = 0.007$. 7. Appropriate Dietary Practices: $p < 0.001$.
Katenga-Kaunda et al. (2020)[2]	Malawi	Cluster-randomized controlled trial	Dietary diversity, pregnancy weight gain	1year	1. Improvement in Dietary Diversity: OR = 4.18, $p < 0.01$. 2. Increased Consumption of Micronutrient-Rich Foods: $p = 0.00$. 3. Enhanced Nutrition Skills: OR = 5.96, $p < 0.01$. 4. Self-Initiative and Confidence: OR = 2.89, $p < 0.01$.
Ainscough et al. (2020)[10]	Ireland	Randomized Controlled Trial	Improved dietary intake and physical activity	3 years	1. Education Level: $p = 0.018$. 2. Physical Activity Stages: $p = 0.001$.
Demilew et al. (2020) [11]	Ethiopia	Cluster randomized controlled trial	Improvement in dietary practices	1 year	1. Appropriate Dietary Practices: $p < 0.001$. 2. Dietary Diversity

					Score (DDS): $p < 0.001$. 3. Food Variety Score (FVS): $p < 0.001$.
Demilew et al. (2020)[12]	Ethiopia	Cluster randomized controlled trial	Improvement in nutritional status	1 year	1. Perceived Susceptibility: $p < 0.001$. 2. Perceived Severity: $p < 0.001$. 3. Perceived Benefits: $p < 0.001$. 4. Intention: $p < 0.001$. 5. Attitude: $p < 0.001$. 6. Behavioral Control: $p < 0.001$. 7. Subjective Norms: $p < 0.001$
Arefi et al. (2022)[13]	Iran	Randomized controlled trial	Improved nutritional behavior	3 months	1. Outcome Expectations: $p = 0.000$. 2. Outcome Value: $p = 0.000$. 3. Self-Efficacy: $p = 0.000$. 4. Social Support: p =

					0.065. 5. Self-Regulation: p = 0.116. 6. Knowledge: p = 0.011. 7. Nutritional Behavior: p = 0.000.
Kamudoni et al. (2024)[7]	Malawi	Cluster-randomized controlled trial (cRCT)	Birth weight, birth length, abdominal circumference, head circumference, length of gestation, and placental weight.	2 years	1. Greater Birth Length: p = 0.043. 2. Greater Abdominal Circumference: p = 0.007. 3. Interaction with Maternal Height: p-interaction = 0.043.
Wilcox et al. (2024)[14]	USA	Randomized controlled trial	Physical activity, dietary intake, and HRQOL	4 years	1. Vegetable Consumption: $p < 0.01$. 2. Whole Grains: $p < 0.01$. 3. Health-Related Quality of Life (HRQOL) - Mental Component: $p < 0.05$.

Beressa et al. (2024)[15]	Ethiopia	Cluster randomized controlled trial	Dietary diversity score improvement	10 months	1. Perceived Susceptibility: $p < 0.0001$. 2. Perceived Barriers: $p < 0.0001$. 3. Self-Efficacy: $p < 0.0001$. 4. Cues to Action: $p < 0.0001$. 5. Attitude: $p < 0.0001$. 6. Subjective Norm: $p < 0.0001$. 7. Perceived Behavioral Control: $p < 0.0001$. 8. Behavioral Intention: $p < 0.0001$.