

## Awareness of pregnant women regarding prenatal nutrition and dietary diversity

Variables	Categories	
Sl. no		
1. Age (years)		
2. Residence		
3. Level of education of pregnant mother		
4. Parity		
5. Gestational age of pregnant mother	First trimester	
	Second trimester	
	Third trimester	
6. Occupation of pregnant mothers	Housewife	
	Employed	
7. Have you been counselled regarding importance of nutrition during pregnancy	Yes	
	No	
8. Who provided you the guidance regarding nutrition during pregnancy	Doctor	
	Nurse	
	Dietician	
	Family member	
	Community health care workers- (Community health officers (CHOs), Accredited social health activists (ASHAs), Primary health care officers (PHCOs), Anganwadi workers (AWWs)	
9. Have you been registered under PMSMA(pradhan mantri surakshit matritva abhiyan) and provided with mother and child protection card and safe motherhood booklet.	Yes	
	No	

1. What makes a balanced diet during pregnancy?
  - a) Eating enough food
  - b) Eating a variety of foods
  - c) Both of the above
2. Which nutrients are most important for you and your baby's health?
  - a) I know which ones are important
  - b) I think nutrients are important but not sure which ones
  - c) I believe my regular diet is enough
3. How many different types of food should you include daily for a healthy pregnancy?
  - a) 3–4 food groups
  - b) 5–7 food groups
  - c) I don't know
4. Weight gain during pregnancy should be based on:
  - a) Any weight gain is fine
  - b) It depends on pre-pregnancy weight and trimester
  - c) I don't know
5. Which foods provide high-quality protein for pregnancy?
  - a) Pulses and Animal Sources
  - b) Fruits and Vegetables
  - c) I don't know
6. How much salt should a pregnant woman consume daily?
  - a) 1 teaspoon (5g)
  - b) 1 tablespoon (15g)
  - c) I don't know
7. Which foods are rich in Omega-3, important for baby's brain development?
  - a) Fish, nuts, and seeds
  - b) Fruits, cereals, and milk
  - c) I don't know
8. How often should pregnant women eat green leafy vegetables?
  - a) Once a week
  - b) At least once a day
  - c) I don't know
9. Which food group helps meet calcium needs during pregnancy?
  - a) Egg
  - b) Milk
  - c) I don't know
10. How many servings of dairy should you consume per day for adequate calcium?
  - a) 2 servings
  - b) 4 servings
  - c) I don't know

11. Which foods are rich in Vitamin A for baby's growth and vision?
  - a) Carrots, pumpkin, liver, dairy
  - b) Rice, wheat, pulses
  - c) I don't know
12. What is the best way to maintain Vitamin D levels during pregnancy?
  - a) Sunlight exposure
  - b) Eating fruits and vegetables
  - c) I don't know
13. Which foods are rich in folate, important for preventing birth defects?
  - a) Milk and cereals
  - b) Legumes and greens
  - c) I don't know
14. Which nutrients help prevent anemia during pregnancy?
  - a) Iron, folic acid, vitamin B12
  - b) Calcium, iron, folic acid
  - c) I don't know
15. What improves iron absorption in the body?
  - a) Vitamin C
  - b) Calcium
  - c) I don't know
16. Can drinking tea or coffee with meals affect iron absorption?
  - a) Yes
  - b) No
  - c) I don't know
17. Should pregnant women follow specific timing recommendations when consuming iron-folic acid and calcium supplements for maximum benefit?
  - a) Yes
  - b) No
  - c) I don't know
18. When should calcium supplements be taken for better absorption?
  - a) After meals
  - b) On an empty stomach
  - c) I don't know
19. When should iron-folic acid supplements be taken for better absorption?
  - a) After a meal
  - b) Before a meal
  - c) I don't know
20. If you feel nauseous during pregnancy, what is the best way to eat?
  - a) Drink only liquids
  - b) Eat small, frequent meals
  - c) Eat three large meals

21. Can including fiber-rich foods help relieve constipation?
- a) Yes
  - b) No
  - c) I don't know
22. Do potassium-rich fruits help manage blood pressure in pregnancy?
- a) Yes
  - b) No
  - c) I don't know
23. Can honey and jaggery be consumed in gestational diabetes?
- a) Yes
  - b) No
  - c) I don't know
24. Does choosing whole grains help manage blood sugar in gestational diabetes?
- a) Yes
  - b) No
  - c) I don't know
25. If diagnosed with gestational diabetes, should rice be avoided completely?
- a) Yes
  - b) No
  - c) I don't know
26. What is your opinion on receiving diet counseling during pregnancy?
- a) It is essential, and I follow professional advice
  - b) I trust my family elders and follow cultural food practices
  - c) I think it is helpful but not sure if necessary