Maternal diet during Pregnancy of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. How often did you drink **water**?

|  |  |
| --- | --- |
| NEVER |  |
|  |  |
| 1 time per month or less | 1 time per day |
| 2–3 times per month | 2–3 times per day |
| 1–2 times per week | 4–5 times per day |
| 3–4 times per week | 6 or more times |
| 5–6 times per week | per day |

How often was the water that you drank sweetened water?

Almost never or never

About ¼ of the time

About ½ of the time

About ¾ of the time

Almost always or always

1. How often did you drink **milk** as a beverage?

|  |  |
| --- | --- |
| NEVER |  |
|  |  |
| 1 time per month or less | 1 time per day |
| 2–3 times per month | 2–3 times per day |
| 1–2 times per week | 4–5 times per day |
| 3–4 times per week | 6 or more times |
| 5–6 times per week | per day |

What kind of milk did you usually drink?

Whole cow’s milk – flavoured / natural

Semi-skimmed cow’s milk

Skimmed cow’s milk

Almond milk

Soy milk

Rice milk

Oat milk

How often was chocolate added to the milk?

Almost never or never

About ¼ of the time

About ½ of the time

About ¾ of the time

Almost always or always

1. How often did you drink **soft drinks**?

|  |  |
| --- | --- |
| NEVER |  |
|  |  |
| 1 time per month or less | 1 time per day |
| 2–3 times per month | 2–3 times per day |
| 1–2 times per week | 4–5 times per day |
| 3–4 times per week | 6 or more times |
| 5–6 times per week | per day |
|  |  |

1. How often was the soft drinks that you drank sugar free?

Almost never or never

About ¼ of the time

About ½ of the time

About ¾ of the time

Almost always or always

1. How often did you drink **sports drinks / energy drinks**?

|  |  |
| --- | --- |
| NEVER |  |
|  |  |
| 1 time per month or less | 1 time per day |
| 2–3 times per month | 2–3 times per day |
| 1–2 times per week | 4–5 times per day |
| 3–4 times per week | 6 or more times |
| 5–6 times per week | per day |

1. How often did you drink **juices (excluding fresh juices) and other fruit drinks**?

|  |  |
| --- | --- |
| NEVER |  |
|  |  |
| 1 time per month or less | 1 time per day |
| 2–3 times per month | 2–3 times per day |
| 1–2 times per week | 4–5 times per day |
| 3–4 times per week | 6 or more times |
| 5–6 times per week | per day |

1. How often did you drink **beer / wine / wine coolers / liquor / mixed drinks**?

|  |  |
| --- | --- |
| NEVER |  |
|  |  |
| 1 time per month or less | 1 time per day |
| 2–3 times per month | 2–3 times per day |
| 1–2 times per week | 4–5 times per day |
| 3–4 times per week | 6 or more times |
| 5–6 times per week | per day |

1. How many cups of **coffee** did you drink?

|  |  |
| --- | --- |
| NONE  Less than 1 cup per | 5–6 cups per week |
| month | 1 cup per day |
| 1–3 cups per month | 2–3 cups per day |
| 1 cup per week | 4–5 cups per day |
| 2–4 cups per week | 6 or more cups per day |

1. How often was the coffee that you drank decaffeinated?

Almost never or never

About ¼ of the time

About ½ of the time

About ¾ of the time

Almost always or always

1. How often did you add sugar, honey or sweeteners in your coffee?

Almost never or never

About ¼ of the time

About ½ of the time

About ¾ of the time

Almost always or always

1. How many glasses / cans / bottles of **COLD iced tea** did you drink?

NONE

|  |  |
| --- | --- |
| Less than 1 glass, can or bottle per month | 5–6 glasses, cans or bottles per week |
| 1–3 glasses, cans or bottles per month | 1 glass, can or bottle per day |
| 1 glass, can or bottle per week | 2–3 glasses, cans or bottles per day |
| 2–4 glasses, cans or bottles per week | 4–5 glasses, cans or bottles per day |
|  | 6 or more glasses, cans or bottles per day |
|  |  |

1. How many cups of **HOT tea** did you drink?

|  |  |
| --- | --- |
| NONE  Less than 1 cup per | 5–6 cups per week |
| month | 1 cup per day |
| 1–3 cups per month | 2–3 cups per day |
| 1 cup per week | 4–5 cups per day |
| 2–4 cups per week | 6 or more cups per day |

1. How often was the tea that you drank decaffeinated?

Almost never or never

About ¼ of the time

About ½ of the time

About ¾ of the time

Almost always or always

1. How often did you add sugar, honey or sweeteners in your tea?

Almost never or never

About ¼ of the time

About ½ of the time

About ¾ of the time

Almost always or always

1. How many servings of **fresh fruit** (excluding juices) did you eat per week / day?

|  |  |
| --- | --- |
| Less than 1 per week | 2 per day |
| 1–2 per week | 3 per day |
| 3–4 per week | 4 per day |
| 5–6 per week | 5 or more per day |
| 1 per day |  |

1. How often did you eat **dried fruit**?

NEVER

|  |  |
| --- | --- |
| 1–4 times | 2 times per week |
| 5–8 times | 3–4 times per week |
| 1 time per month | 5–6 times per week |
| 2–3 times per month | 1 time per day |
| 1 time per week | 2 or more times per day |

1. How many servings of **vegetables** (not including potatoes) did you eat per week / day?

|  |  |
| --- | --- |
| Less than 1 per week | 2 per day |
| 1–2 per week | 3 per day |
| 3–4 per week | 4 per day |
| 5–6 per week | 5 or more per day |
| 1 per day |  |

1. How often did you eat **potatoes**?

NEVER

|  |  |
| --- | --- |
| 1–4 times | 2 times per week |
| 5–8 times | 3–4 times per week |
| 1 time per month | 5–6 times per week |
| 2–3 times per month | 1 time per day |
| 1 time per week | 2 or more times per day |

How often were the potatoes you ate **fried** **potatoes**?

Almost never or never

About ¼ of the time

About ½ of the time

About ¾ of the time

Almost always or always

1. How often did you eat **Ketchup**?

NEVER

|  |  |
| --- | --- |
| 1–4 times | 2 times per week |
| 5–8 times | 3–4 times per week |
| 1 time per month | 5–6 times per week |
| 2–3 times per month | 1 time per day |
| 1 time per week | 2 or more times per day |

1. How often did you eat homemade **soup / broth**?

NEVER

|  |  |
| --- | --- |
| 1–4 times | 2 times per week |
| 5–8 times | 3–4 times per week |
| 1 time per month | 5–6 times per week |
| 2–3 times per month | 1 time per day |
| 1 time per week | 2 or more times per day |

1. How often did you eat **cooked cereal**?

NEVER

|  |  |
| --- | --- |
| 1–4 times | 2 times per week |
| 5–8 times | 3–4 times per week |
| 1 time per month | 5–6 times per week |
| 2–3 times per month | 1 time per day |
| 1 time per week | 2 or more times per day |

1. How often did you eat **cold cereal**? Which type? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

NEVER

|  |  |
| --- | --- |
| 1–4 times | 2 times per week |
| 5–8 times | 3–4 times per week |
| 1 time per month | 5–6 times per week |
| 2–3 times per month | 1 time per day |
| 1 time per week | 2 or more times per day |

1. How often did you eat **rice / pasta**?

NEVER

|  |  |
| --- | --- |
| 1–4 times | 2 times per week |
| 5–8 times | 3–4 times per week |
| 1 time per month | 5–6 times per week |
| 2–3 times per month | 1 time per day |
| 1 time per week | 2 or more times per day |
|  |  |

How often was the rice / pasta whole wheat?

Almost never or never

About ¼ of the time

About ½ of the time

About ¾ of the time

Almost always or always

1. How often did you eat **bread**?

NEVER

|  |  |
| --- | --- |
| 1–4 times | 2 times per week |
| 5–8 times | 3–4 times per week |
| 1 time per month | 5–6 times per week |
| 2–3 times per month | 1 time per day |
| 1 time per week | 2 or more times per day |
|  |  |

How often were the breads you ate whole wheat?

Almost never or never

About ¼ of the time

About ½ of the time

About ¾ of the time

Almost always or always

1. How often did you eat **chicken**?

NEVER

|  |  |
| --- | --- |
| 1–4 times | 2 times per week |
| 5–8 times | 3–4 times per week |
| 1 time per month | 5–6 times per week |
| 2–3 times per month | 1 time per day |
| 1 time per week | 2 or more times per day |
|  |  |

How often was the chicken you ate fried chicken / chicken nuggets?

Almost never or never

About ¼ of the time

About ½ of the time

About ¾ of the time

Almost always or always

1. How often did you eat **fish** that was not fried?

NEVER

|  |  |
| --- | --- |
| 1–4 times | 2 times per week |
| 5–8 times | 3–4 times per week |
| 1 time per month | 5–6 times per week |
| 2–3 times per month | 1 time per day |
| 1 time per week | 2 or more times per day |

How often was the fish you ate **fried fish / fish fingers**?

Almost never or never

About ¼ of the time

About ½ of the time

About ¾ of the time

Almost always or always

1. How often did you eat **beef / pork** (not including burgers, sausages and bacon)?

NEVER

|  |  |
| --- | --- |
| 1–4 times | 2 times per week |
| 5–8 times | 3–4 times per week |
| 1 time per month | 5–6 times per week |
| 2–3 times per month | 1 time per day |
| 1 time per week | 2 or more times per day |

1. How often did you eat **sausages / bacon**?

NEVER

|  |  |
| --- | --- |
| 1–4 times | 2 times per week |
| 5–8 times | 3–4 times per week |
| 1 time per month | 5–6 times per week |
| 2–3 times per month | 1 time per day |
| 1 time per week | 2 or more times per day |

1. How often did you eat **cheeseburgers / hamburgers**?

NEVER

|  |  |
| --- | --- |
| 1–4 times | 2 times per week |
| 5–8 times | 3–4 times per week |
| 1 time per month | 5–6 times per week |
| 2–3 times per month | 1 time per day |
| 1 time per week | 2 or more times per day |

1. How often did you eat **cheesecakes / sausage rolls / savoury pies**?

NEVER

|  |  |
| --- | --- |
| 1–4 times | 2 times per week |
| 5–8 times | 3–4 times per week |
| 1 time per month | 5–6 times per week |
| 2–3 times per month | 1 time per day |
| 1 time per week | 2 or more times per day |

1. How often did you eat **pizza**?

NEVER

|  |  |
| --- | --- |
| 1–4 times | 2 times per week |
| 5–8 times | 3–4 times per week |
| 1 time per month | 5–6 times per week |
| 2–3 times per month | 1 time per day |
| 1 time per week | 2 or more times per day |

1. How often did you eat **biscuits**?

NEVER

|  |  |
| --- | --- |
| 1–4 times | 2 times per week |
| 5–8 times | 3–4 times per week |
| 1 time per month | 5–6 times per week |
| 2–3 times per month | 1 time per day |
| 1 time per week | 2 or more times per day |

1. How often did you eat **potato crisps** (or other packaged snacks)?

NEVER

|  |  |
| --- | --- |
| 1–4 times | 2 times per week |
| 5–8 times | 3–4 times per week |
| 1 time per month | 5–6 times per week |
| 2–3 times per month | 1 time per day |
| 1 time per week | 2 or more times per day |
|  |  |

1. How often did you eat **cake / brownies / doughnuts / sweet muffins / sweet pies**?

NEVER

|  |  |
| --- | --- |
| 1–4 times | 2 times per week |
| 5–8 times | 3–4 times per week |
| 1 time per month | 5–6 times per week |
| 2–3 times per month | 1 time per day |
| 1 time per week | 2 or more times per day |

1. How often did you eat **candy (other than chocolate)**?

NEVER

|  |  |
| --- | --- |
| 1–4 times | 2 times per week |
| 5–8 times | 3–4 times per week |
| 1 time per month | 5–6 times per week |
| 2–3 times per month | 1 time per day |
| 1 time per week | 2 or more times per day |

1. How often did you eat **chocolate**? What type? White / milk / dark

NEVER

|  |  |
| --- | --- |
| 1–4 times | 2 times per week |
| 5–8 times | 3–4 times per week |
| 1 time per month | 5–6 times per week |
| 2–3 times per month | 1 time per day |
| 1 time per week | 2 or more times per day |

1. How often did you eat **ice-cream / ice-cream bars**?

NEVER

|  |  |
| --- | --- |
| 1–4 times | 2 times per week |
| 5–8 times | 3–4 times per week |
| 1 time per month | 5–6 times per week |
| 2–3 times per month | 1 time per day |
| 1 time per week | 2 or more times per day |

1. Have you followed **any type of vegetarian diet**? Yes / No

Which of the following foods did you **TOTALLY EXCLUDE** from your diet? ***(Mark all that apply.)***

|  |
| --- |
| Meat (beef, pork, lamb, etc.) |
| Poultry (chicken, turkey, duck) |
| Fish and seafood |
| Eggs |
| Dairy products (milk, cheese, etc.) |