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.) |