**Investigation on dietary behavior changes in 658** **pregnant women before and during pregnancy in China**

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**Questionnaire on the Lifestyle of Pregnant Women in Taiyuan**

**No**：

Dear Mother-to-be,

We all know that a healthy diet during pregnancy is the foundation for a healthy baby. According to this survey, we want to provide more detailed eating information for pregnant women. Please fill in the form according to your actual situation and mark "√" on the option that matches your actual situation. Thank you for your support and cooperation.

Your name Tel ;

Your husband’s name Tel

**Ⅰ. General situation**

**1**. Age

**2.** Educational experience

①Junior high school degree or below

②Senior high and technical secondary

③Junior college

④Bachelor degree or above

**3.** Weight before pregnancy \_\_\_\_ kg Height \_\_\_\_ m

**Ⅱ. History of pregnancy**

**1**. Parity

**2.** Times of abortion

**Ⅲ. Dietary habits**

**1.** Did your eating habits have any changes since pregnant?

①No ②Yes

**2.** If yes, please explain what changes have occurredbriefly

**3**. Frequency of meals per day pre-pregnancy

**4.** Frequency of meals per day in pregnancy

**5.** Number of days eating at home per week

**6**. Your preference for these tastes is often：

**A1**.Salty pre-pregnancy：① Very strong ② Strong ③ Medium ④ Light

**A2**.Spicy pre-pregnancy: ① Very strong ② Strong ③ Medium ④ Light

**A3**.Sweet pre-pregnancy: ① Very strong ② Strong ③ Medium ④ Light

**B1**.Salty in pregnancy: ① Very strong ② Strong ③ Medium ④ Light

**B2**.Spicy in pregnancy: ① Very strong ② Strong ③ Medium ④ Light

**B3**.Sweet in pregnancy: ① Very strong ② Strong ③ Medium ④ Light

**7.** Choose the two most common cooking methods in your daily life.

Pre-pregnancy: ① Frying ② Braising ③ Sautéing ④ Steaming ⑤ Stewing

In pregnancy: ① Frying ② Braising ③ Sautéing ④ Steaming ⑤ Stewing

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