**Title:** Eating down or simply eating less? The diet and health implications of these practices during pregnancy and postpartum in rural Bangladesh

**Supplemental Information. Health Education Messages for Women regarding LNS for pregnant and lactating women (Jononi) and Iron and folic acid tablets (Alic)**

The following messages are found in Bangla on the back of each Rang-Din Nutrition Study participant’s registration card and recalled by the woman or read to the community health worker at each supplement distribution date. Each woman received one of the two sets of messages below, corresponding to the supplement she received.

 **Jononi health messages**

1. Jononi is all for you, because women need special foods when they are pregnant and breastfeeding to be healthy and have strong babies.

2. Eat meat, fish, eggs, dairy, fruits and vegetables whenever you can. You still need these foods even if you eat Jononi.

3. Take 1 sachet of Jononi each day until your child is 6 months of age.

4. Do not take more than one sachet each day because it is not good for you to have too much. If you forget to take Jononi one day, do not take extra the next day—it is always one sachet per day.

5. It is best if you mix the Jononi with just a little bit of rice or other foods [4-5 large spoonfuls (or appropriate household measure)]. You can take Jononi at any meal of the day.

6. Store the Jononi in the container we are providing, where it will stay dry and out of the reach of children. Store it in the coolest and driest place that you can find in your house.

7. Please come with rest Jononi sachets with container and registration card to receive a resupply.

8. We do not expect any side effect after taking Jononi, but if so (like vomiting, pain in stomach, boil/etching in body, loose motion), please call respective VHVs or CHWs.

9. When you are taking Jononi, you don’t need any other vitamins/minerals.

10. If you delivered or aborted, please call your assigned VHVs or CHWs immediately.

11. If you suffer from any Serious Adverse Event’s (SAE) or admit in a hospital for any reason, please call your assigned VHVs or CHWs.

 **Alic health messages**

1. Alic is all for you, because women need special foods when they are pregnant and breastfeeding to be healthy and have strong babies.

2. Eat meat, fish, eggs, dairy, fruits and vegetables whenever you can. You still need these foods even if you take Alic.

3. Take 1 tablet of Alic each day while you are pregnant and take 1 tablet every alternate day after you give birth until your child is 3 months of age.

4. Do not take more than one tablets each day because it is not good for you to have too much. If you forget to take Alic one day, do not take extra the next day—it is always one tablets per day when you are pregnant, and one tablet every alternate day for three months after you have had your baby.

5. Take Alic with water, between meals. You should take the one tablet at the same time. You can take Alic at any time after meal.

6. Store the Alic in the container we are providing, where it will stay dry and out of the reach of children. Store it in the coolest and driest place that you can find in your house

7. Please come with the rest of your Alic tablets with the bag and registration card to receive your resupply.

8. We do not expect any side effect after taking Alic but if so (like vomiting, pain in stomach, boil/etching in body, loose motion), please call respective VHVs or CHWs.

9. When you are taking Alic, you don’t need any other iron and folic acid tablets.

10. If you delivered or aborted, please call your assigned VHVs or CHWs immediately.

11. If you suffer from any Serious Adverse Event’s (SAE) or admit in a hospital for any reason, please call your assigned VHVs or CHWs.

**Supplemental Table 1. Reported reasons for fewer meals during pregnancy among those who reported the behavior**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|   | Early pregnancy*(n=1365)* | Late pregnancy*(n=201)* | 6 months postpartum*(n=100)* |  | Total*(n=1666)* |
| Reasons1 provided | %2 | %2 | %2 |  | %2 |
| Food aversions/loss of appetite | 80.4 | 69.7 | 58.0 |  | 77.8 |
| Illness | 55.2 | 49.8 | 26.0 |  | 52.8 |
| Nausea and/or Vomiting | 49.7 | 19.9 | 3.0 |  | 43.3 |
| Less hungry | 12.1 | 23.4 | 9.0 |  | 13.3 |
| Poverty | 1.3 | 7.5 | 21.0 |  | 3.2 |
| Lack of time | 0.1 | 0.0 | 6.0 |   | 0.4 |
| 1. Reasons provided by women were included in this table if reported by 5% or more during any time period. The sum of the %’s is greater than the total in the group because women were allowed to provide multiple reasons |
| 2. Percent of those who reported eating fewer meals during the time period |

**Supplemental Table 2. Among women who reported food avoidance, the percentage mentioning avoidance of specific foods**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Avoiding food** | Early pregnancy | Late pregnancy | 6 months postpartum |   | Total |
| (n = 999) | (n = 687) | (n = 1576) | (n = 3262) |
| ***Foods1*** | %2 | %2 | %2 |   | %2 |
| Duck meat/any meat/goat meat/mutton | 20.7 | 26.3 | 75.0 |  | 48.1 |
| Egg (e.g. Duck's egg) | 9.1 | 15.4 | 68.0 |  | 38.9 |
| Fish  | 32.4 | 7.9 | 9.3 |  | 16.1 |
| Spinach/any kind of spinach | 12.1 | 10.0 | 14.3 |  | 12.8 |
| Bean | 5.7 | 1.3 | 19.9 |  | 11.6 |
| Pineapple | 8.7 | 34.6 | 1.8 |  | 10.8 |
| Banana yellow/green | 1.1 | 2.6 | 13.4 |  | 7.4 |
| Papaya | 8.4 | 19.2 | 0.8 |  | 7.0 |
| Cauliflower | 6.6 | 1.3 | 5.5 |  | 4.9 |
| Potato | 12.8 | 2.8 | 0.5 |  | 4.8 |
| Bitter gourd | 2.1 | 0.9 | 6.4 |  | 3.9 |
| Eggplant | 6.2 | 2.3 | 2.3 |  | 3.5 |
| Cabbage | 0.9 | 1.3 | 5.8 |  | 3.4 |
| Dried fish | 5.6 | 5.7 | 0.8 |  | 3.3 |
| Banana flower/banana stalk  | 2.3 | 11.2 | 0.2 |  | 3.2 |
| Basil | 0.4 | 1.2 | 5.8 |  | 3.2 |
| Nafa vegetable | 0.0 | 0.0 | 6.0 |  | 2.9 |
| Pigeon (meat) | 0.1 | 0.7 | 5.0 |  | 2.6 |
| Palm | 0.2 | 11.1 | 0.0 |   | 2.4 |
| 1. Foods were included in this table if 5% or more of women reported avoidance of the specific food in any time period. The sum of the n’s in all rows may be greater than the total because women were allowed to list multiple foods |
| 2. Percent of those who reported avoiding food during the time period |

**Supplemental Table 3. Summary of foods consumed in early pregnancy, late pregnancy and postpartum based on a self-reported 7-day food frequency questionnaire**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Ate at least once in the past week (%) |  | Number of times food was consumed in the past week among women who reported that they ate the food in the past week |  | Number of days food was consumed in the past week among women who reported that they ate the food in the past week |
|  | Early pregnancy | Late pregnancy | 6 months postpartum |  | Early pregnancy | Late pregnancy | 6 months postpartum |  | Early pregnancy | Late pregnancy | 6 months postpartum |
| n  | 4010 | 3277 | 3685 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Food item*** | % | % | % |   | med | IQR | med | IQR | med | IQR |   | med | IQR | med | IQR | med | IQR |
| Meat1 | 39.4 | 50.8 | 40.9 |  | 3 | 2,5 | 3 | 2,6 | 3 | 2,6 |  | 2 | 1,2 | 2 | 1,3 | 2 | 1,2 |
| Poultry1 | 31.5 | 39.4 | 35 |  | 2 | 1,4 | 2 | 2,4 | 2 | 2,4 |  | 1 | 1,2 | 1 | 1,2 | 1 | 1,2 |
| Egg1 | 58 | 61.8 | 48.9 |  | 2 | 1,4 | 2 | 1,4 | 2 | 1,3 |  | 2 | 1,3 | 2 | 1,3 | 2 | 1,2 |
| Fish1 | 71.1 | 82.4 | 72.1 |  | 4 | 2,6 | 4 | 2,8 | 4 | 2,6 |  | 2 | 1,3 | 2 | 1,4 | 2 | 1,3 |
| Dried fish1 | 31.5 | 33.3 | 28.9 |  | 2 | 1,4 | 2 | 1,4 | 2 | 2,4 |  | 2 | 1,2 | 1 | 1,2 | 2 | 1,2 |
| Milk1 | 49.7 | 63.7 | 42 |  | 7 | 2,7 | 7 | 3,7 | 7 | 2,7 |  | 7 | 2,7 | 7 | 2,7 | 7 | 2,7 |
| Dairy1 | 2.9 | 5.6 | 2 |  | 1 | 1,2 | 1 | 1,2 | 1 | 1,1 |  | 1 | 1,2 | 1 | 1,2 | 1 | 1,1 |
| Lentils | 62.1 | 69.4 | 55.7 |  | 3 | 2,6 | 4 | 2,6 | 3 | 2,6 |  | 2 | 1,3 | 2 | 1,3 | 2 | 1,3 |
| Nut | 12.3 | 18.2 | 9.1 |  | 1 | 1,2 | 1 | 1,2 | 1 | 1,2 |  | 1 | 1,2 | 1 | 1,2 | 1 | 1,2 |
| Red leafy vegetables2 | 18.1 | 24.2 | 17.5 |  | 2 | 1,4 | 2 | 1,4 | 2 | 1,3 |  | 1 | 1,2 | 1 | 1,2 | 1 | 1,2 |
| Green leafy vegetables2 | 86.2 | 89.2 | 75.5 |  | 4 | 2,7 | 4 | 2,8 | 4 | 2,6 |  | 2 | 1,4 | 3 | 2,4 | 2 | 1,3 |
| Indian jujubes3 | 25.3 | 17.5 | 8.2 |  | 3 | 1,7 | 2 | 1,6 | 2 | 1,6 |  | 3 | 1,6 | 2 | 1,4 | 2 | 1,4 |
| Guava3 | 28.8 | 27.9 | 16.7 |  | 3 | 1,7 | 3 | 1,7 | 2 | 1,4 |  | 2 | 1,5 | 2 | 1,5 | 2 | 1,4 |
| Mango3 | 14.8 | 17.4 | 13.7 |  | 5 | 2,9 | 5 | 2,8 | 3 | 2,7 |  | 3 | 2,7 | 4 | 2,7 | 3 | 2,7 |
| Pineapple3 | 2.4 | 3.0 | 1.8 |  | 1 | 1,2 | 1 | 1,2 | 1 | 1,2 |  | 1 | 1,1 | 1 | 1,2 | 1 | 1,1 |
| Banana | 27.9 | 40.8 | 19.2 |  | 2 | 1,4 | 2 | 1,6 | 2 | 1,3 |  | 2 | 1,3 | 2 | 1,4 | 2 | 1,3 |
| Cauliflower | 20.8 | 18.9 | 20.2 |  | 3 | 2,6 | 3 | 2,5.5 | 3 | 2,6 |  | 2 | 1,3 | 2 | 1,2 | 2 | 1,3 |
| Tomato | 19.4 | 15 | 14.4 |  | 3 | 2,6 | 3 | 2,6 | 3 | 1,6 |  | 2 | 1,3 | 2 | 1,3 | 2 | 1,3 |
| ***Food groups*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ASF | 96.8 | 98.6 | 94.4 |  | 9 | 5,14 | 12 | 7.5,18 | 8.5 | 5,14 |  |  |  |  |  |  |  |
| RGLV | 87.6 | 91.8 | 79.5 |  | 4 | 2,7 | 6 | 3,9 | 4 | 2,7 |  |  |  |  |  |  |  |
| Vitamin C rich foods | 55.3 | 50.3 | 34.0 |  | 5 | 2,9 | 4 | 2,9 | 3 | 1,7 |  |  |  |  |  |  |  |
| IQR, interquartile range; ASF, animal source foods; RGLV, red and green leafy vegetables |
| 1. Included in the composite food group ASF |
| 2. Included in the composite food group leafy vegetables |
| 3. Included in the composite food group Vitamin C rich foods |