

Note: This is Online Appendix 1 of Masesane, A., Dhlamini, T., Nnyepi, M. & Mbhenyane, X., 2024, 'Nutrition knowledge and practice of midwives in Botswana', *Health SA Gesondheid* 29(0), a2589. <https://doi.org/10.4102/hsag.v29i0.2589>

**Appendix 1: Section 3: Knowledge of Midwives on Maternal Nutrition**

22. When does a pregnant woman need most comprehensive nutritional assessment during antenatal care?	Initial visit	1
	Subsequent visits	2
	All visits	3
	Women with special conditions	4
23. What are the maternal practices that can be harmful to the foetus? <b>Probe</b>	A low carbohydrate diet	1
	Pica/cravings	1
	Alcohol and Smoking	1
	Traditional and non-prescription medicine	1
	Other specify?	1
24. At what stage should the mother have adequate diet in order to have a healthy infant?	Last trimester	1
	Second trimester	2
	Second and third trimester	3
	First trimester	4
	First and second trimester	5
	First and third trimester	6
	During 9 months of pregnancy	7
	Before conception through lactation period	8
	Other specify?	9
25. Is there a difference in the energy requirements for pregnant women during the three trimesters?	Yes	1
	No	2
26. If yes, at what stage should a pregnant woman increase her energy intake?	First trimester	1
	Second trimester	2
	First and second trimester	3
	Second and third trimester	4
	Third trimester	5
	First and third trimester	6
	All the three stages of pregnancy have the same requirement	7
	Other specify	8
27. What is the <b>most</b> important vitamin supplement for vegetarian pregnant women?	Vitamin B12	1
	Vitamin A	2

	Vitamin C	3
	Folic acid	4
	I do not know	99
28. Which nutrients responsible for synthesis of red blood cells need to be increased during pregnancy?	Protein and Calcium	1
	Vitamin E and Vitamin C	2
	Folate and Vitamin B12	3
	I do not know	99
	Vitamin B12	1

29. Which nutrient is strongly associated with prevention of neural tubal defects?	Folic Acid	2
	Vitamin K	3
	I do not know	99
30. At what stage should a pregnant woman take folic acid supplementation?	Before conception through first trimester	1
	Second trimester	2
	Third trimester	3
	Before conception and throughout pregnancy	4
	I do not know	99
31. What is the amount of folic acid needed per day during pregnancy?	200mcg	1
	400mcg	2
	600mcg	3
	5mg od	4
	I do not know	99
32. What is the overall range of a healthy weight gain for a pregnancy commenced from normal weight?	5 to 10 kg	1
	7 to 12 kg	2
	11.5 to 16 kg	3
	13 to 18 kg	4
	16 to 20 kg	5
	I do not know	99
33. What advice would you give to an underweight pregnant woman? <b>Probe for multiple answers</b>	Eat 3 different food groups in a meal 3 times a day with increased portions and 3 healthy snacks in between meals	1
	Eat breakfast daily, increase dairy intake foods to 3-4 times a day and choose foods rich in vitamins and minerals to boost calcium and protein intake	1

	Increase portion of meal high in protein on mid-day snacks such as fish, cheese, peanut butter and milk	1
	Supplements may be recommended	1
	Identify the cause root of the problem first and intervene	1
	Other specify?	1
34. What kind of nutrition advice would you give to a hypertensive pregnant woman? <b>Probe for multiple answers</b>	Eat whole grain foods and balanced diet	1
	Reduce salt	1
	Reduce fatty food and remove visible fat before cooking	1
	Avoid processed foods	1
	Increase vegetables, fruits	1
	Drink plenty of water at least 8 glasses daily	1
	Exercise moderately	1
	Other specify?	1
35. What is the haemoglobin level cut-off point for having anaemia during pregnancy?	10g/dl	1
	10.5g/dl	2
	11g/dl	3
	12g/dl	4
	12.5g/dl	5
	I don't know	99
36. What are the food sources of iron? <b>Probe for multiple answers</b>	Red meat, liver, spleen	1
	Legumes	1
	Sea food	1
	Dark green leafy vegetables	1
	Molasses	1
	Other specify?	1
37. What are the food items that inhibit iron absorption?	Tea and coffee	1
	Milk and dairy products	1
	I don't know	99
38. What are the food items that enhance iron absorption	Vitamin C rich food	1
	Vitamin A rich food	2
	I don't know	99
39. Which food intake would you recommend to resolve and avoid constipation during pregnancy? <b>Probe for multiple answers</b>	Legumes	1
	Whole grain cereals/high fibre diet	1
	Vegetables, fruits	1

	Warm water/fluids	1
	Prunes	1
	Sweet potatoes	1
	Other specify	1
40. What advice would you give to minimise the effect of nausea and vomiting during pregnancy? <b>Probe for multiple answers</b>	Minimize odour while cooking	1
	Avoid fatty or spicy foods	1
	Have some dry toast or crackers biscuits before getting out of bed	1
	Plan small snack throughout the day	1
	Do not lie down after eating	1
	Avoid drinking liquids at meal times	1
	Take ginger biscuits or boil ginger root	1
	Suck sweet or soury item	1
	Other specify?	1
	I do not know	99
41. Which Food items might be risky during pregnancy due to improper food preparation, handling, or storage that you would advise to be avoided? <b>Probe for multiple answers</b>	Undercooked meat	1
	Undercooked eggs	1
	Pre-prepared salad	1
	Left overs	1
	Processed meat	1
	Other specify?	1
	I do not know	99