

Appendix A Interview Schedule

Age: Nationality: Attendance to antenatal education:
Gravidity: Gestation: Highest level of education:

1. What is your opinion about nutrition during pregnancy?
 Prompt: Important? Not important? Why?
2. Have you made any changes to your diet since becoming pregnant?
 Prompt: What changes have you made? What influenced these changes?
3. Could you please tell me what you understand about a well-balanced diet during pregnancy?
 Prompt: Carbohydrates, proteins, fats, fruits and vegetables
 Prompt: Roles and sources
4. Do you ever feel confused or overwhelmed by food advice during pregnancy? If so, can you give an example?
 Prompt: Do you feel more pressure or responsibility now regarding your food choices?
 Prompt: Where do you think that pressure comes from (e.g., self, family, medical advice, social media)?
5. Do you believe your food choices during pregnancy will have a long-term impact on your child?
 Prompt: Why or why not?
6. How do you feel about the food safety advice you've received during pregnancy?
 Prompt: Do you find it helpful, overwhelming, unnecessary, or inconsistent?
 Prompt: Are there any food safety practices you feel strongly about following or not following? Why?
7. Could you please describe your experience with food safety during this pregnancy?
8. Could you tell me what you know about foodborne illnesses?
 Prompt: Listeria, Salmonella, Toxoplasmosis
 Prompt: Effect on pregnancy
 Prompt: Prevention
9. When you feel like eating something "unhealthy" or risky during pregnancy, how do you decide what to do?
10. What would you suggest to help improve women's knowledge and attitudes regarding nutrition during pregnancy?
 Prompt: Local guidelines, policy, support by midwives, support by nutritionists, social media page, leaflet at booking, seminars

11. How have your knowledge and attitudes towards nutrition and food safety changed since you've been pregnant?

Prompt: Comparison of this pregnancy to a previous one

I do not have any further questions. Is there anything else you would like to add?