

Supporting information S1 – Questionnaire midwives and obstetricians.

1. In which area of the Netherlands do you work?
 - a. Groningen
 - b. Drenthe
 - c. Flevoland
 - d. Noord-Holland
 - e. Overijssel
 - f. Zuid-Holland
 - g. Utrecht
 - h. Gelderland
 - i. Zeeland
 - j. Noord-Brabant
 - k. Limburg
2. How many other midwives work at your practice? *
 - a. One-man practice
 - b. Practice with 2-5 midwives
 - c. Practice with 6+ midwives
3. What is the name of your hospital?**
4. What is your gender?
 - a. Male
 - b. Female
5. What is your age?
 - a. <30
 - b. 31-40
 - c. 41-50
 - d. >50
6. Do you ask pregnant women about diet at the first prenatal checkup
 - a. Always, it is a mandatory box
 - b. Most of the time, entered in the file
 - c. Sometimes
 - d. Almost never
 - e. These women tell this themselves
 - f. Other

Important note: A vegan diet is a diet excludes all animal products, e.g. meat, fish, eggs or dairy products. The following questions are about a **vegan** diet, not a vegetarian diet.

7. Is there a protocol or agreement on how to act when a pregnant woman is on a vegan diet?
 - a. Yes
 - b. No
 - c. I don't know if there is a protocol
8. Do you think your education about nutrition in your program was sufficient?
 - a. Yes, I think I have learned enough
 - b. Yes, but I think it was insufficient
 - c. No, I barely learned about nutrition
9. Have you followed an additional course about nutrition?
 - a. Yes
 - b. No

- i. If yes, was a vegan diet included in this additional course?
 - a) Yes
 - b) No
- 10. Who do you think is responsible for advising pregnant women on a vegan diet about nutrition and lifestyle?
 - b. Midwife
 - c. Nurse
 - d. Dietician
 - e. *Voedingscentrum*
 - f. Government
 - g. General practitioner
 - h. Patient herself
 - i. Other
- 11. Did you do a consultation with a pregnant woman on a vegan diet in the last year?
 - a. Yes, >10 times
 - b. Yes, 5-10 times
 - c. Yes, 0-5 times
 - d. No
 - e. I don't know
- 12. Do you think you have sufficient knowledge to advise a pregnant woman on a vegan diet about her diet in her pregnancy?
 - a. Yes
 - b. No
 - c. I don't know
- 13. Do you implement additional policies as soon as you know that a pregnant woman is on a vegan diet? And if so, what does this additional policy entail?
 - a. Yes
 - b. No
 - i. If Yes...
 - a) Refer to a dietician
 - b) Blood test of vitamin status
 - c) Checking vitamin B12 in blood
 - d) Checking iron in blood
 - e) Checking hemoglobin in blood
 - f) Giving supplements
 - g) Giving advice
 - h) Ask about own knowledge
 - i) Other...
- 14. Do you think pregnant women on a vegan diet are more likely to be nutritional insufficient compared to women with a regular diet?
 - b. Yes
 - c. No
 - i. If Yes...
 - a) Carbohydrates
 - b) Protein
 - c) Fats
 - d) Omega
 - e) Saturated fats
 - f) Calcium
 - g) Magnesium

- h) Phosphorus
- i) Potassium
- j) Iodine
- k) Iron
- l) Selenium
- m) Zinc
- n) Vitamin A
- o) Vitamin B1
- p) Vitamin B2
- q) Vitamin B6
- r) Vitamin B12
- s) Folic acid
- t) Vitamin C
- u) Other...

15. Who do you think is responsible for advising pregnant woman on a vegan diet regarding breastfeeding/vegan formula feeding?
- a. Midwife
 - b. Nurse
 - c. Dietician
 - d. *Voedingscentrum*
 - e. Government
 - f. General practitioner
 - g. Well-baby clinic
 - h. Patient herself
 - i. Lactation consultant
 - j. Maternity care
 - k. Other...
16. When do you think women on a vegan diet should receive information about their diet in childbirth with regards to breastfeeding / artificial feeding?
- a. During their pregnancy
 - b. Shortly after labor
 - c. Other...
17. Do you think lactating women on a vegan diet should consume extra nutrients or take extra supplements?
- d. Yes, namely...
 - e. Yes, but I do not know which
 - f. No additional measures are needed
 - g. I do not know
18. Which of the following options would you prefer to improve attention for nutrition during pregnancy and during breastfeeding for women on a vegan diet?
- a. Every midwife/obstetrician/dietician should have the knowledge to advise these women
 - b. One midwife/obstetrician/dietician in each region should have the knowledge to advise these women
 - c. The midwife/obstetrician is signaling and sends these women to a dietician
 - d. The midwife/obstetrician/dietician is signaling and sends these women to a website/flyer/helpline
 - e. Nothing has to be changed
 - f. Other...

19. Do you want to learn more about the vegan diet during pregnancy? If Yes, what form would you prefer?

- a. One-day course
- b. Online course
- c. Flyer
- d. Protocol
- e. No
- f. Other...

* This question was only included in the questionnaire for midwives.

** This question was only included in the questionnaire for obstetricians.