

**Table S1.** Dietary characteristics of surveyed women

	1	2	3	4	5	6	7	8	9	10
<b>TOTAL</b>										
Median	0.14	0.14	0.50	0.50	0.14	0.50	0.06	0.06	1.00	1.00
Q <sub>1</sub>	0.06	0.06	0.14	0.14	0.06	0.14	0.06	0.06	0.50	0.50
Q <sub>3</sub>	0.50	0.50	1.00	0.50	0.50	0.50	0.14	0.14	2.00	2.00
<b>HEG</b>										
Median	0.50	0.14	0.50	0.50	0.50	0.50	0.14	0.06	1.00	1.00
Q <sub>1</sub>	0.06	0.06	0.14	0.14	0.06	0.14	0.06	0.06	0.50	0.50
Q <sub>3</sub>	0.50	0.50	1.00	0.50	0.50	0.50	0.14	0.14	2.00	2.00
<b>nHEG</b>										
Median	0.06	0.06	0.50	0.50	0.14	0.50	0.06	0.06	0.50	0.50
Q <sub>1</sub>	0.00	0.00	0.14	0.14	0.06	0.14	0.06	0.00	0.50	0.50
Q <sub>3</sub>	0.50	0.50	1.00	0.50	0.50	0.50	0.14	0.06	1.00	2.00

HEG - group of women with health education, nHEG - group of women without health education  
 1. wholemeal bread; 2. grains and coarse-ground groats; 3. milk; 4. fermented milk beverages; 5. curd;  
 6. white meat; 7. fish; 8. legumes; 9. fruits; 10. vegetables

0.00 – never; 0.06 – 1-3 times a month; 0.14 – once a week; 0.50 – a few times a week; 1 – once a day;  
 2 – a few times a day