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RESEARCH ARTICLE – SUPPLEMENTARY INFORMATION

Hemoglobin Status, Iron Supplementation, and Consumption Frequency of Iron-Related Foods among Pregnant Women in Valencia: A Cross-Sectional Study

Estado de hemoglobina, suplementación con hierro y frecuencia de consumo de alimentos relacionados con el hierro en mujeres embarazadas de Valencia: estudio transversal

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Table S1: Food-frequency items of the Mediterranean Diet Score used in the study and scoring

Food group and reference portion	Response categories (servings)	Score (0–5)
Unrefined cereals (whole-grain bread, pasta, rice): 50 g dry bread/pasta or 150 g cooked rice/pasta	Never; 1–4; 5–8; 9–12; 13–18; >18	0; 1; 2; 3; 4; 5
Potatoes: 200 g (1 medium potato)	Never; 1–4; 5–8; 9–12; 13–18; >18	0; 1; 2; 3; 4; 5
Fruits: 150 g (1 medium piece)	Never; 1–4; 5–8; 9–12; 13–18; >18	0; 1; 2; 3; 4; 5
Vegetables: 200 g raw	Never; 1–4; 5–8; 9–12; 13–18; >18	0; 1; 2; 3; 4; 5
Legumes: 80 g dry or 150 g cooked	Never; 1–4; 5–8; 9–12; 13–18; >18	0; 1; 2; 3; 4; 5
Fish: 100–150 g fish or 200 g shellfish	Never; 1–4; 5–8; 9–12; 13–18; >18	0; 1; 2; 3; 4; 5
Red meat and derivatives: 100–150 g	Never; 1–4; 5–8; 9–12; 13–18; >18	5; 4; 3; 2; 1; 0
Poultry: 100–150 g	Never; 1–4; 5–8; 9–12; 13–18; >18	5; 4; 3; 2; 1; 0
Full-fat dairy products: 40 g cured cheese, 2 yogurts or 200 mL milk	Never; 1–4; 5–8; 9–12; 13–18; >18	5; 4; 3; 2; 1; 0
Olive oil use	Never; rare; <1; 1–3; 3–5; daily	0; 1; 2; 3; 4; 5
Alcohol (mL/day)	<300; 300; 400; 500; 600; >700	5; 4; 3; 2; 1; 0

Total score range 0–55 (Panagiotakos et al., 2006). The questionnaire also recorded iron, folic acid and multivitamin supplement use during pregnancy (yes/no and product name) and coffee and tea consumption during pregnancy (yes/no).

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Table S2. Items and scoring criteria of the 14-item Mediterranean Diet Adherence Screener (MEDAS)

No.	Question	Criterion for 1 point
1	Do you use olive oil as the main culinary fat?	Yes
2	How much olive oil do you consume per day (including that used for frying, salads, meals eaten away from home, etc.)?	≥4 tablespoons
3	How many servings of vegetables do you consume per day? (1 serving = 200 g; side dishes count as half a serving)	≥2 (≥1 portion raw or as salad)
4	How many pieces of fruit (including natural fruit juices) do you consume per day?	≥3
5	How many servings of red meat, hamburger, or meat products (ham, sausage, etc.) do you consume per day? (1 serving = 100–150 g)	<1
6	How many servings of butter, margarine, or cream do you consume per day? (1 serving = 12 g)	<1
7	How many sweet or carbonated beverages do you drink per day?	<1
8	How much wine do you drink per week?	≥7 glasses
9	How many servings of legumes do you consume per week? (1 serving = 150 g)	≥3
10	How many servings of fish or shellfish do you consume per week? (1 serving = 100–150 g fish or 4–5 units/200 g shellfish)	≥3
11	How many times per week do you consume commercial sweets or pastries (not homemade), such as cakes, cookies, biscuits or custard?	<3
12	How many servings of nuts (including peanuts) do you consume per week? (1 serving = 30 g)	≥3
13	Do you preferentially consume chicken, turkey, or rabbit meat instead of veal, pork, hamburger, or sausage?	Yes
14	How many times per week do you consume vegetables, pasta, rice, or other dishes seasoned with sofrito (sauce made with tomato and onion, leek, or garlic, simmered with olive oil)?	≥2

Each item scores 1 point if the criterion is met and 0 otherwise; total score 0–14, with ≥9 points indicating high adherence (Schröder et al., 2011). Items are reproduced as in the original instrument.

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