

	Frequency (%)
Causes of undernutrition (n=100)	
Not getting enough food	22%
Food does not contain enough nutrients	6%
Others (sickness, etc.)	7%
Don't know	65%
Important supplements to be used during pregnancy (n=100)	
Iron supplement	47%
Others (multi-vitamins, Calcium supplement)	7%
Don't know	46%
Identification of Anemia by participants (n= 99)	
Dizziness	41.40%
Low energy/weakness	20.20%
Paleness	17.20%
Others	7.10%
Don't know	14.10%
Identification of health risks when infants' diet lacks iron (n=100)	
Delay of mental and physical development	17%
Malnutrition	2%
Anemia	1%
Don't know	80%
Identification of health risks when pregnant women's diet lacks iron (n=100)	
Anemia	28%
General weakness	8%
Difficult delivery	2%
LBW	1%
Don't know	61%
Knowledge of participants about anemia preventive measures (n=100)	
Eat iron-rich foods	31%
Take iron supplements	8%
Others (disease/infection, avoid tea consumption)	12%
Don't know	49%
Knowledge about iron rich food (n=100)	
Heme iron food	15%
Non heme iron food	29%
Heme iron food & non heme iron food	20%
Don't know	36%
Knowledge about food enhancing iron absorption when taken with meals (n=100)	
Vitamin-C-rich foods, such as fresh citrus fruits (orange, lemons, etc.)	4%
Don't know	96%
Knowledge about beverages inhibiting iron absorption when taken with meals (n=100)	
Coffee, tea, Nescafé, carbonated beverages	53%
Don't know	47%
Knowledge score (n=99), Mean (SD)= 5.42 ± 2.28	
Less than mean Knowledge score	56%
≥ mean Knowledge score	44%
Source of nutritional information (n=100)	
ANC/ Doctors clinic	50%
TV/ Radio	10%
Neighbors/Family/ Friends	25%
School	8%
Others	1%
None	6%