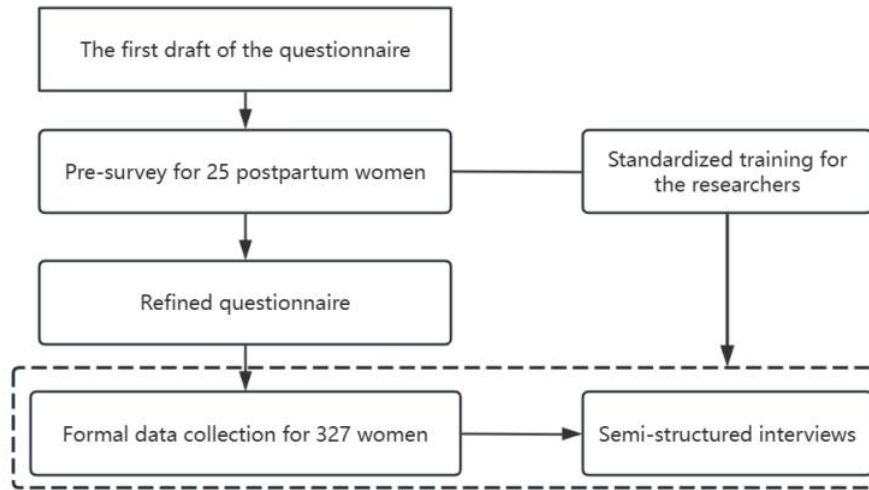


**Supplemental material 1. The flowchart of the sequence of research events**

## Supplemental material 2. The Interview Guide

# Interview Guides

### Name of the study:

Dietary habit and lifestyle of postpartum women in South China

### Introduction:

The purpose of this interview guide is to deeply understand Dietary habit and lifestyle of postpartum women in South China, provide detailed data support for related research, and provide scientific basis for postpartum women's health management and guidance. Through this interview, we will focus on the eating habits, nutritional intake, and hygiene behaviors of postpartum women.

### Purpose of interview:

1. Explore the sources of information related to postpartum women during the puerperium.
2. Understand postpartum women's health behaviors and habits, including personal hygiene, home environment and infant care.
3. Collect postpartum women's eating habits and special postpartum meals.
4. To understand the knowledge and attitudes of maternal women and their caregivers and health behaviors.
5. Understand the sources of support postpartum women receive during the puerperium.

### Informed Consent:

Prior to the interview, researchers should fully explain the purpose of the study to the study subjects and obtain their informed consent before conducting the interview. The contents that need to be explained include: interview time, interview purpose, possible content involved, recording permission, and data confidentiality instructions.

### Interviewees

Inclusion criteria: aged 18 to 35 years; elementary school education or above, able to read and understand; understanding the purpose and significance of this interview, voluntary participation. Exclusion criteria: dietary contraindications due to a history of severe allergies; psycho-cognitive disorders, inability to communicate or answer questions.

For women who admitted not eating certain foods or following some taboos described in the questionnaire, we conducted this interview with them or their primary caregivers to determine the reasons.

## Main Questions

1. "What are the sources of dietary behavior taboos related to your puerperium?"
2. "What dietary habits do you practice/are aware of?"
3. "What is your personal attitude towards these dietary and hygiene behavior taboos?"
4. "What hygiene practices do you follow/are aware of during the puerperium?"
5. "What support did you receive/provide during the puerperium?"

## Additional Comments:

An opportunity for the participant to add any additional information or thoughts.

## Thank You:

A statement thanking the participant for their time and contribution.

## Practical Details:

- **Interview Duration:** The interview is expected to take 15-30 mins.
- **Interview Format:** Whether the interview will be conducted in person
- **Interview location:** Ward or outpatient doctor's office

## Interview skills

- ✓ **Building trust:** At the beginning of the interview, the purpose and importance of the interview were introduced to the respondents to establish a relationship of trust.
- ✓ **Open-ended questions:** Use open-ended questions whenever possible to encourage respondents to elaborate on their views and experiences.
- ✓ **Listening and feedback:** Listen carefully to the answers of the interviewees, give feedback and affirmation in time, and keep the atmosphere of the interview positive and harmonious.
- ✓ **Respect for privacy:** During the interview, the privacy and wishes of the respondents were respected and sensitive or uncomfortable topics were avoided.

### Supplemental material 3. Chi-Square Test of Food Consumption in Women during the Puerperium

Characteristic 1	Characteristic 2	$\chi^2$	P Value	
<b>Cereals and potatoes</b>	Sweet potato	Place of residence during puerperium	6.319	0.042
		Postpartum care provider	12.879	0.012
	Potato	Long-term residence	12.811	0.012
		Religious belief	16.153	0.040
	Oats	Religious belief	20.956	0.007
		Monthly household income level	12.669	0.049
<b>Vegetables and fruits</b>	Millet	Religious belief	20.057	0.010
	Chinese cabbage	Age	14.071	0.029
		Religious belief	23.590	0.003
	Persimmon	Monthly household income level	17.929	0.006
		Place of residence during puerperium	7.322	0.026
		Postpartum care provider	26.482	<0.001
	Watermelon	Monthly household income level	19.884	0.003
		Postpartum care provider	12.778	0.012
	Grape	Place of residence during puerperium	4.153	0.042
	Mango	Long-term residence	9.483	0.050
		Monthly household income level	7.308	0.026
		Postpartum care provider	15.506	0.004
	Longan	Postpartum care provider	16.954	<0.001
		Monthly household income level	19.512	0.003
	Lichee	Age	12.879	0.045
Banana	Long-term residence	5.975	0.050	
Amaranth	Long-term residence	6.646	0.036	
	Monthly household income level	17.564	0.007	
<b>Meats</b>	White meat	Highest education	15.633	0.048
	Red meat	Religious belief	27.742	0.001
		Highest education	23.260	0.003

**Supplemental material 3. Chi-Square Test of Food Consumption in Women during the Puerperium (Continued)**

Characteristic 1	Characteristic 2	$\chi^2$	P Value	
<b>Meats</b>	Red meat	Monthly household income level	13.723	0.033
	Animal liver	Monthly household income level	19.849	0.003
	Animal blood	Postpartum care provider	10.076	0.039
	Animal blood	Postpartum care provider	10.645	0.031
	Cheese	Postpartum care provider	12.090	0.017
<b>Dairy and legumes</b>	Adzuki	Highest education	16.464	0.036
	Coix seed	Long-term residence	10.248	0.036
		Postpartum care provider	11.714	0.020
Mung bean	Monthly household income level	13.579	0.035	
	Place of residence during puerperium	6.016	0.049	
<b>Cooking oils and condiments</b>	Blending oil	Long-term residence	14.460	0.006
		Age	15.859	0.015
		Monthly household income level	16.009	0.014
	Corn oil	Religious belief	16.155	0.040
		Sichuan pepper	Long-term residence	9.732
	Brown sugar	Long-term residence	14.329	0.006
		Postpartum care provider	12.117	0.017
	Sugar	Monthly household income level	12.746	0.047
		Postpartum care provider	10.440	0.034

#### Supplemental material 4. Chi-Square Test of Puerperal Women Health Behaviors

Characteristic 1	Characteristic 2		$\chi^2$	P Value
<b>Environmental events</b>	24-hour air conditioning	Long-term residence	17.500	0.025
		Place of residence during puerperium	13.100	0.011
	Room ventilation	Long-term residence	26.172	0.001
<b>Personal care events</b>	Brushing	Long-term residence	16.992	0.030
		Religious belief	30.850	0.014
	Hair washing	Long-term residence	20.294	0.009
		Religious belief	38.730	0.001
	Bathing	Religious belief	34.820	0.004
		Monthly household income level	25.591	0.012
<b>Customs and habits events</b>	Smoked wormwood	Monthly household income level	25.784	0.012
		Religious belief	34.503	0.005
	Drinking	Postpartum care provider	16.959	0.031
		Pig's trotter	Highest education	27.105
	vinegar	Long-term residence	15.988	0.043
		Drinking rice wine	Highest education	31.273
	Papaya fungus soup	Age	35.243	<0.001
		Highest education	27.837	0.033
		Long-term residence	19.942	0.011
	Crucian carp soup	Monthly household income level	25.748	0.012
		Long-term residence	15.820	0.045
		Monthly household income level	25.624	0.012
	Millet gruel	Religious belief	37.207	0.002
Monthly household income level		21.803	0.040	

**Supplemental material 5. Argument Assignment Table**

<b>Argument</b>	<b>Assignment Method</b>
Highest education	Primary school and below = 1, Middle school = 2, High school = 3, Universities = 4, Graduate students and above = 5
Age (Years)	≤ 24 = 1, 25-29 = 2 30-34 = 3, ≥35 = 4
Long-term residence	Village = 1, Urban-rural fringe = 2, City = 3
Religious belief	Buddhism = 1, Christianity = 2, Christianity and Buddhism = 3, Other [Chaoshan Grandpa] = 4, None = 5
Monthly household income level(yuan)	4000-5999 = 1, 6000-7999 = 2, 8000-10,000 = 3, >10,000 = 4
Place of residence during puerperium	Home = 1, maternity hotel = 2
Postpartum care provider	Husband = 1, yuesao = 2, Parents-in-law/parents = 3

Supplemental material 6. Percentage of women's willingness to consume each food group during puerperium in south China ( $n = 323$ )

Type	Cereals and potatoes (%)				Vegetables and fruits (%)								Animal foods group (%)					
	Millet	Oats	Rice	Sweet potato	Potato	Persimmon	Watermelon	Mango	Longan	Grape	Banana	Lichee	Amaranth	Chinese cabbage	Animal blood	Animal liver	Red meat	White meat
<b>Inedible</b>	7.4	5.9	2.2	11.5	6.8	41.2	52.6	40.9	36.5	5.9	9.0	35.9	23.8	7.7	16.4	16.1	6.5	3.1
<b>Uncertain</b>	4.6	7.1	2.8	11.8	10.5	25.4	12.1	15.2	14.2	4.6	3.7	16.7	18.9	3.7	23.8	16.7	4.6	3.4
<b>Edible</b>	87.9	87.0	95.0	76.8	82.7	33.4	35.3	44.0	49.2	89.5	87.3	47.4	57.3	88.5	59.8	67.2	88.9	93.5



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**Supplemental material 6. Percentage of women's willingness to consume each food group during puerperium in south China (Continued)**


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Type	Dairy and Legumes (%)							Cooking oils and condiments (%)								
	Milk	Goat milk	Cheese	Adzuki	Mung bean	Coix seed	kuromame	Peanut oil	Corn oil	Blending oil	Olive oil	Pepper	Sichuan pepper	Monosodium glutamate (MSG)	Brown sugar	Sugar
<b>Inedible</b>	1.9	6.2	22.0	5.3	21.4	22.6	8.4	2.2	9.0	26.6	6.5	56.0	63.5	55.7	9.3	11.1
<b>Uncertain</b>	1.9	11.5	18.6	5.3	14.6	15.8	4.6	2.8	5.6	11.1	6.5	12.4	13.6	15.5	6.8	10.8
<b>Edible</b>	96.3	82.4	59.4	89.5	64.1	61.6	87.0	95.0	85.4	62.2	87.0	31.6	22.9	28.8	83.9	78.0

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**Supplemental material 7. Percentage of puerperal women's health-related health behaviors in south China (n = 323)**

Type	Environmental events (%)				Personal care events (%)			
	24-hour air conditioning	Turn on the fan frequently	room ventilation	Outdoor activities	Foot soaking	Wash hair	No brushing	No bathing
<b>Definitely don't do it</b>	24.1	54.5	2.8	28.8	4.0	36.5	2.2	43.0
<b>Most likely don't do it</b>	22.0	7.7	1.2	14.9	9.0	22.9	3.1	25.4
<b>Not sure</b>	18.3	10.5	4.0	11.8	10.5	11.5	4.6	11.5
<b>Most likely will do it</b>	29.7	23.8	23.5	20.7	32.5	21.7	17.3	12.7
<b>Definitely do it</b>	5.9	3.4	68.4	23.8	44.0	7.4	72.8	7.4

**Supplemental material 7. Percentage of puerperal women's health-related health behaviors in south China (Continued)**

Type	Customs and habits events (%)							
	Ginger shampoo	Smoked wormwood	Drinking	Eat pork foot ginger	Drinking rice wine	Papaya fungus soup	Crucian carp soup	Millet gruel
<b>Definitely don't do it</b>	4.6	7.1	77.4	9.0	27.6	6.2	1.9	6.2
<b>Most likely will do it</b>	33.7	35.0	3.7	46.1	16.1	37.5	40.9	32.8
<b>Not sure</b>	16.1	21.1	5.9	16.1	15.5	24.8	13.6	10.5
<b>Most likely don't do it</b>	13.3	13.0	12.4	13.9	31.9	8.0	8.7	13.3
<b>Definitely do it</b>	32.2	23.8	0.6	14.9	9.0	23.5	35.0	37.2

### Supplemental material 8. Traditional Puerperal Food that Puerperal Women Would Eat under the Care of Elders

Specific Food	Reason	Respondents
Boiled chicken in glutinous rice wine	We would have some brewed wine boiled chicken. Brewed wine is glutinous rice wine, elders said that will be very replenishing for postpartum women.	M2
Chicken soup	Very complementary and good for postpartum women. Help them recovery well.	G1
Flour paste (A snack made with a mixture of flour and eggs)	It replenishes blood and help a lot in recovery	M5
Pig's trotter vinegar	This dish replenishes blood and stimulates the human milk production. Ginger repels cold. It's very complementary to postpartum women, we eat like this during confinement, and send it to the neighborhood to share the happiness.	F1, F2, G2