**Questionnaire**

The following survey is addressed to women living in Poland. It applies to the diet of a breastfeeding mother. Participation in the study is free, voluntary and anonymous. The collected data will be published in the form of a scientific publication. Thank you for filling out.

1. Gender

* Woman
* Man

2. Age

* Under 18 years old
* 18-26 years old
* 27-35 years old
* 36-44 years old
* 45-53 years old
* 54-62 years old
* Over 62 years old

3. Education

* Medium
* Higher

4. Place of residence

* Village
* City up to 50 thousand inhabitants
* City from 50 thousand up to 150 thousand inhabitants
* City from 150 thousand up to 500 thousand inhabitants
* City with over 500,000 inhabitants inhabitants

5. Can a mother drink coffee while breastfeeding?

* Yes
* No
* Only 1-2 cups of coffee a day

6. Have you ever used the advice of a Certified Lactation Consultant?

* Yes
* No
* Not applicable

7. If you heard about the diet of a breastfeeding mother, from whom? (you can select more than 1 answer).

* Family
* Doctor
* Nurse/Midwife
* social media
* Websites

Thank you for completing the survey.