**Questionnaire**

The following survey is addressed to women living in Poland. 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.

1. Sex
* Woman
* Man
1. 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
1. Education
* Medium
* Higher
1. Domicile
* 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
1. Have you ever been pregnant?
* Yes
* No
1. Can a mother drink carbonated drinks while breastfeeding?
* Yes
* Yes, but only small amounts
* No
1. Can a mother eat nuts while breastfeeding?
* Yes
* Yes, but only small amounts
* No
1. Can a mother eat chocolate while breastfeeding?
* Yes
* Yes, but only small amounts
* No
1. Can a mother eat legumes while breastfeeding?
* Yes
* Yes, but only small amounts
* No
1. Can a mother eat spicy foods while breastfeeding?
* Yes
* Yes, but only small amounts
* No
1. Can a mother eat raw meat while breastfeeding?
* Yes
* Yes, but only small amounts
* No
1. Can a mother eat strawberries while breastfeeding?
* Yes
* Yes, but only small amounts
* No
1. Can a mother consume honey while breastfeeding?
* Yes
* Yes, but only small amounts
* No
1. Can a mother eat pickled products while breastfeeding?
* Yes
* Yes, but only small amounts
* No
1. Can a mother consume milk and dairy products while breastfeeding?
* Yes
* Yes, but only small amounts
* No
1. Can a mother drink 1 glass of red wine while breastfeeding?
* Yes
* No

Thank you for completing the survey.