

**Table 4 Pregnant women's responses about whether they had altered their diet in pregnancy according to age, parity and education (n = 277)**

Variable	Pregnant women (%)			Total
	Diet altered with likely increase in folate	Diet altered with no increase in folate	Diet not altered	
<i>Age (years)</i>				
< 20	12.4	31.3	56.3	100.0
20-24	25.0	36.9	38.1	100.0
25-29	26.3	43.2	30.5	100.0
30-34	18.3	50.0	31.7	100.0
46-40	31.6	26.3	42.1	100.0
≥ 40	33.3	33.3	33.3	100.0
<i>Parity</i>				
1	25.8	43.8	30.1	100.0
2	19.7	42.8	37.9	100.0
3	27.3	43.2	29.5	100.0
4	20.5	31.8	47.7	100.0
5+	26.5	38.2	35.3	100.0
<i>Education level</i>				
Compulsory	9.1	27.3	63.6	100.0
Preparatory/ secondary	26.5	31.9	41.6	100.0
University+	22.7	42.7	28.6	100.0
<i>Total (No.)</i>	23.8 (66)	40.8 (113)	35.4 (98)	100.0