

Part A: Initial interview

These questions will be asked before the camera is provided to participants. Estimated length of interview is 30 minutes, with another 15 minutes for discussing the camera and photo-taking.

1. What does being healthy mean to you? [Probe: cultural meanings, meanings specific to this reproductive stage of women's lives]
2. Please explain what you do to be healthy while pregnant or right after birth. [Probe: food practices, other behaviours, role of individual, family, community in enforcing/supporting practices]
3. Please describe how women are supposed to eat while pregnant, and in the 40 days after birth, in your family/community or home country. [Probe: hot/cold foods, religious proscriptions, how foods affect baby, generational changes, how closely individual follows guidelines]

Participants will then be asked to take photos of:

1. Their food consumed for three days, including one week-end day
2. Healthy/unhealthy foods
3. Foods should eat/avoid while pregnant
4. Foods should eat/avoid during postnatal period
5. Typical meals, such as breakfast, supper (at least one photo of each)
6. Typical snacks

Part B: Semi-structured narrative photo-assisted interview

These questions will be asked in conjunction with looking at the photos. Estimated length of interview is 60 minutes.

1. Why are XX foods healthy (or unhealthy)?
2. Why should XX foods be eaten during pregnancy?
3. Why should XX foods be avoided during pregnancy?
4. Why should XX foods be eaten during the 40 day period after the birth?
5. Why should XX foods be avoided during the 40 day period after the birth?
6. How do these pictures of typical meals differ from what your family is eating? From what you would eat when you are not pregnant or just gave birth?
7. Do you eat more/fewer snacks while pregnant or right after giving birth? Why or why not?

For above questions, probe on:

- a. What is missing in photos (e.g. if don't see any fruit)
- b. Influence of cultural beliefs/norms
- c. Influence of biomedical beliefs/norms
- d. Influence of past reproductive experiences on current practices