Section 1.

Q1. Have you ever heard the term "folic acid"?

- o Yes
- o No

Q2. What is "folic acid"? (only one option)

- o water soluble vitamin
- o fat soluble vitamin
- o unsaturated fatty acid
- amino acid
- I don't know

Q3. Please choose from the list those food products which are a rich source of folate (folic acid), (any number of responses)

- o citrus fruits
- o dark green leafy vegetables
- o white bread
- o apples
- o liver
- o cheese
- o I don't know

Q4. Do you take folic acid in supplement form? (only one option)

- o Yes (go to section 2)
- o yes, but only in the period when I am pregnant (go to section 2)
- o no (go to section 3)

Section 2

Q1.2 How often do you take folic acid?

- o every day
- o a few times a week
- o a few times a month

Q2.2. Why do you take folic acid?

- o doctor's recommendation
- o self-initiative
- o other

Section 3

Q1.3. If you do not take folic acid, why?

- o I do not feel such a need
- o it is not important to me
- o I don't know anything about folic acid
- o I don't know

Q2.3. Do you intend to take folic acid when planning pregnancy?

o Yes

_	N.	Γ_{\sim}

o I don't know

Q5. What is the recommended daily dose of folic acid for women of reproductive age (in Poland)?

- o 0.4 mg
- o 0.5 mg
- o 0.8 mg
- \circ 1 mg
- o I don't know

Q6. What role do you think folic acid plays in the human body? (any number of responses)

- o lowers homocysteine levels
- o prevents neural tube defects in the fetus
- contributes to regulation of development and maturation of red blood cells
- o is an important factor in the prevention of cardiovascular diseases
- o I don't know

Q7. What is your main source of knowledge about folic acid: (any number of responses)

- o doctor (physician)
- o school / college
- o Internet
- o TV
- o magazines / books
- o immediate family
- o friends
- other
- o does not apply

Q8. How often do you eat the dark-leafy vegetables (e.g. broccoli, spinach, etc.)

- o every day
- o 2-3 times a week
- o once a week
- o never

Table S1. The responses in the whole group (N=1285)

Question	Answers	N=1285	%	
Q1.Have you ever heard the	yes 1157			
term 'folic acid'?	no	128	10.0	
	fat soluble vitamin	140	10.9	
	water soluble vitamin	179	13.9	
Q2.What is folic acid?	amino acid	158	12.3	
Q1.Have you ever heard the term 'folic acid'? Q2.What is folic acid? Q3.Please choose from the list hose food products which are a rich source of folate (folic acid) * Q4.Do you take folic acid in supplement form? Q5.What is the recommended daily dose of folic acid for omen of reproductive age (in Poland)? Q6.What role do you think folic acid plays in the human body?* Q7.What is your main source of knowledge about folic acid?*	unsaturated fatty acid	144	11.2	
	I don't know	1157 128 140 179 158 144 664 534 417 242 101 76 33 450 90 89 1106 114 103 80 42 946 522 311 118 53 542 681 349 290 204 175 157 122 74 226 48 318	51.7	
	dark green leafy vegetables	534	41.6	
Q3.Please choose from the list	liver	417	32.5	
those food products which are	citrus fruits	242	18.8	
a rich source of folate (folic	apples	101	7.9	
acid) *	cheese	76	5.9	
	white bread	33	2.6	
	I don't know	450	35.0	
	yes	90	7.0	
Q4.Do you take folic acid in	Yes, but only when I am	00	6.0	
	pregnant	89	6.9	
	no	1106	86.1	
Q5.What is the recommended	0.4 mg	114	8.9	
	0.5 mg	103	8.0	
-	0.8 mg	80	6.2	
	1 mg	42	3.3	
•	I don't know	946	73.6	
	prevention of neural tube defects	500	10.6	
	in the fetus	522	40.6	
Q6.What role do you think folic acid plays in the human	regulation of development and	011	24.2	
	maturation of red blood cells	311	24.2	
_ ·	prevention of cardiovascular	110	0.2	
,	diseases	118	9.2	
	lowers homocysteine levels	53	4.1	
	I don't know	542	42.2	
	Internet	681	53.0	
	physician	349	27.2	
	school / college	290	22.6	
Q7.What is your main source	magazines / books	204	15.9	
-	TV	175	13.6	
ē	immediate family	157	12.2	
	friends		9.5	
	other		5.8	
	does not apply	226	17.6	
Q8. How often do you eat the	every day	48	3.8	
			24.7	
dark-leafy vegetables (e.g.	2-3 times a week	310		
dark-leafy vegetables (e.g. broccoli, spinach, etc.)?	once a week		55.5	

^{*} any number of responses

Table S2. The responses in the subgroup (N=1127)

Question	Answers	N=1127	%	
Q1.Have you ever heard the	yes	1004	89.1	
term 'folic acid'?	no	123	10.9	
	fat soluble vitamin	122	10.8	
	water soluble vitamin	147	13.0	
Q2.What is folic acid?	amino acid	142	12.6	
Q3.Please choose from the list those food products which are a rich source of folate (folic acid) * Q4.Do you take folic acid in supplement form? Q5.What is the recommended daily dose of folic acid for women of reproductive age (in Poland)?	unsaturated fatty acid	124	11.0	
	I don't know	592	52.5	
	dark green leafy vegetables	430	38.2	
Q3.Please choose from the	liver	369	32.7	
list those food products	citrus fruits	212	18.8	
which are a rich source of	apples	82	7.3	
folate (folic acid) *	cheese	68	6.0	
	white bread	29	2.6	
	I don't know	1004 123 122 147 142 124 592 430 369 212 82 68 29 419 75 ant - 1052 81 94 70 36 846 ts in 415 ad 245 r 105 45 515 592 272 266 161 160 146 101 69 215 42 272 634	37.2	
04 Da (al. 6.1)	yes	75	6.7	
	Yes, but only when I am pregnant	-	-	
supplement form?	no	yes 1004 no 123 fat soluble vitamin 122 water soluble vitamin 147 amino acid 142 unsaturated fatty acid 124 I don't know 592 dark green leafy vegetables 430 liver 369 citrus fruits 212 apples 82 cheese 68 white bread 29 I don't know 419 yes 75 but only when I am pregnant - no 1052 0.4 mg 81 0.5 mg 94 0.8 mg 70 1 mg 36 I don't know 846 ention of neural tube defects in the fetus 415 gulation of development and naturation of red blood cells 245 revention of cardiovascular diseases 105 owers homocysteine levels 45 I don't know 515 Internet 592	93.3	
Q5.What is the	0.4 mg	81	7.2	
	e e	94	8.3	
-	S	70	6.2	
reproductive age (in	9	36	3.2	
	· ·	846	75.1	
	=	415	36.8	
06 147 () 1 1 (1) 1				
_		245	21.7	
Q6.What role do you think folic acid plays in the human				
body?*	-	105	9.3	
± - 7				
	fat soluble vitamin water soluble vitamin amino acid unsaturated fatty acid I don't know 592 dark green leafy vegetables liver 369 citrus fruits 212 apples 2 cheese 68 white bread 29 I don't know 419 yes 75 Yes, but only when I am pregnant no 1052 0.4 mg 0.5 mg 0.8 mg 70 1 mg 36 I don't know 846 Drevention of neural tube defects in the fetus regulation of development and maturation of red blood cells prevention of cardiovascular diseases lowers homocysteine levels I don't know 515 Internet 592 physician 272 school / college physician 105 immediate family 46 friends 101 other 69 does not apply 215 every day 42 2-3 times a week once a week 634	4.0		
			45.7	
			52.5	
	± *		24.1	
	9		23.6	
Q7.What is your main source	_		14.3	
of knowledge about folic			14.2	
acid?*	<u>.</u>		13.0	
			9.0	
			6.1	
	***		19.1	
Q8. How often do you eat			3.7	
the dark-leafy vegetables			24.1	
(e.g. broccoli, spinach, etc.)?	once a week		56.3	
* any number of responses	never	179	15.9	

^{*} any number of responses

Table S3. Self-assessment of the frequency of consumption of leafy vegetables in the group of examined women.

Frequency of	Supplementation with folic acid ($p = 0.334$)					
consumption of leafy	Yes		No		Total	
greens vegetables	N	%	N	%	N	%
Every day	42	4.0	0	0.0	42	3.7
2-3 times a week	254	24.1	18	24.0	272	24.1
Once a week	591	56.2	43	57.3	634	56.3
Never	165	15.7	14	18.7	179	15.9

Table S4. The reasons for not using folic acid supplementation vs. declared frequency of consumption of leafy green vegetables.

Frequency of		Why do you not take folic acid? ($p = 0.896$)						
consumption of	there is	ere is no need I know nothing		not important		I don't know		
leafy greens			about folic acid		to me		I don't know	
vegetables	N	%	N	%	N	%	N	%
Every day	23	4.5	8	3.5	4	6.9	7	2.8
2-3 times a week	124	24.1	51	22.6	13	22.4	66	26.1
Once a week	292	56.7	127	56.2	32	55.2	140	55.3
Never	76	14.8	40	17.7	9	15.5	40	15.8