

	Score		
	0	1	2
Physical activity			
Light walking, min/day	<30	30–60	>60
Climbing the stairs, no. floors/day	<4	4–16	>16
Sports (at least 30 min of more than moderate intensity), days/week	<2	2–3	>3
Servings per week			
Fruits	<6	6–12	>12
Pastries	<2	2–4	> 4
Skimmed dairy products	< 3	3–6	> 6
Legumes	<1	1–2	> 2
Red and processed meats	<3	3–6	> 6
Dried fruits and nuts	0	1–3	> 3
Fish	<3	3–6	> 6
Whole-wheat bread	< 1	1–3	> 3
Sauces	< 2	1–4	> 4
Vegetables and salads	<6	6–12	>12
Sausages, <1/week, 1–3/week, >3/week	< 1	1–3	> 3
Alcohol	< 1	1–3	> 3
Sweet beverages	<2	2–4	> 4
Coffee	0–1	2–3	> 3
Smoking			
Before pregnancy	no	yes	
During pregnancy	no	yes	