Table 1) Frequency of demographic characteristics of participants (n=380)

Demographic variables		Number	Percentage
Number of Pregnancy	First Pregnancy	175	46.1
	Second or More Pregnancy	205	53.9
BMI	Less than 19.9	24	6.3
	19.9-24.9	113	29.7
	24.9-29.9	151	39.7
	More than 29.9	92	24.2
Age	15-25	147	38.7
	26-35	201	52.9
	36-45	32	8.4
Education	Illiterate and Primary School	74	19.5
	Junior High School and Senior High School	250	65.8
	Academic	56	14.7
Income (Toman)	Less than 700.000	277	72.9
	700.000-1.000.000	60	15.8
	Higher than 1.000.000	43	11.3
Occupation	Housewife	333	87.6
	Employed	47	12.4
Intended Pregnancy	Yes	241	63.4
	No	139	36.6

Table 2) The distribution of nutritional behavior problems of the participants

Problems Related to nutritional Behaviors	Constipation		Heartburn		Swelling in Hands and Feet		Anemia		Urinary Tract Infection	
	N	%	N	%	N	%	N	%	N	%
Medium and Worse	159	41.8	226	59.5	241	63.4	85	22.4	260	68.4
Appropriate and Better	221	58.2	154	40.5	139	36.6	295	77.6	120	31.6

Table 3) Mean, standard deviation, range acquisition, and Pearson correlation coefficients between constructs of social cognitive theory

Variables	1	2	3	4	5	Mean ± SD	Range
1- Knowledge of Nutritional Behaviors	1					5.42(±0.93)	0-7
2- Outcome expectancies of Nutritional Behaviors	**0.215	1				42.60(±4.31)	9-45
3- Outcome Expectations of Nutritional Behavior	0.025	-0.050	1			34.81(±6.28)	9-45
4- Perceived Self-Efficacy of Nutritional Behavior	**0.181	**0.309	-0.026	1		29.10(±4.34)	7-35
5- Social Supports Related to Nutritional Behaviors	**0.192	**0.302	0.055	**0.465	1	36.84(±4.86)	9-45
6- Self-Efficacy Related to Nutritional Behavior	**0.237	**0.230	-0.087	**0.571	**0.424	29.18(±4.01)	7-35

**Correlation was significant at the level of 0.001

Table 4) Linear regression analysis of variables of social cognitive theory for performing nutritional behaviors among participants in the study

Variables of the Model	Regression coefficients	Standard Error	(β) Slope	Confidence Level		Significance Level
				Lower	Higher	
knowledge	0.101	0.225	0.457	0.014	0.899	0.043
Outcome Expectations	0.099	0.032	0.067	0.003	0.130	0.039
Outcome expectancies	0.103	0.050	0.101	0.002	0.200	0.046
Self-Regulation	0.270	0.063	0.285	0.160	0.410	0.001

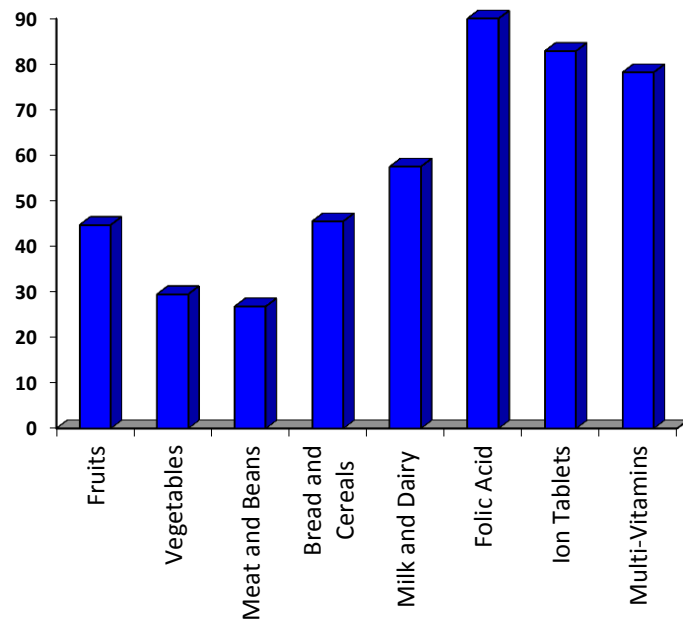| Variables of the Model	Regression coefficients	Standard Error	(β) Slope	Confidence Level		Significance Level
				Lower	Higher	

Figure 1) Frequency (percentage) of good condition of participants` consumption of supplements and food group