**Appendix 1: Maternal food consumption practices, by caste/ethnic group**

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| Types of food | Socially excluded  (N=1564) | Brahmin/Chettri (N=1249) | Others  (N=349) | P value |
| Grains, white roots and tubers, and plantains | 100.0% | 99.9% | 100.0% | 0.464 |
| Pulses | 73.7% | 81.1% | 73.1% | 0.117 |
| Nuts and seeds | 3.5% | 3.2% | 5.2% | 0.432 |
| Dairy | 14.2% | 47.9% | 18.3% | 0.000 |
| Meat | 34.5% | 15.9% | 38.1% | 0.020 |
| Eggs | 4.9% | 4.5% | 9.5% | 0.049 |
| Dark green leafy vegetables | 46.9% | 44.7% | 37.3% | 0.017 |
| Vitamin-A rich fruits and vegetables | 4.3% | 10.6% | 5.7% | 0.001 |
| Other vegetables | 86.6% | 85.9% | 89.7% | 0.472 |