

CODE

Suppl.1. Quantified Survey on Food Consumption Trends

Name:

Date:

INSTRUCTIONS

1.- Cereals	Nev er or hard ly ever	Ev er y m on th	Every week			Every day			
		1-3	1	2-4	5-6	1	2-3	4-6	+6
Whole wheat bread (2 slices)									
Marraqueta bread (1/2 unit)									
Hallulla bread (1/2 unit)									
White sandwich bread (2 slices)									
Rice (3/4 cup)									
Noodles (1 cup)									
Oats (4 tablespoons)									
Breakfast cereals (check the portion on the package)									
Boiled potatoes (egg-sized unit)									
Others: please specify									

For each food item, mark the box that indicates your usual consumption frequency. Each food item will have a specified portion, and if you consume more than the portion, please specify how much.

2.- Vegetables	Nev er or	Ev er	Every week		Every day	

Strawberries (1 cup)									
Grapes (10 to 12 units)									
Others:									

4.- Meats Describe the meats you regularly consume and in what portions. Describe processed meats: Ham (turkey, chicken, or pork), other cured meats, and their portions (6 x 6 x 1 cm).	Never or hardly ever	Every month	Every week			Every day			
		1-3	1	2-4	5-6	1	2-3	4-6	+ 6
Chicken									
Red meat									
Fish									

5.- Eggs and legumes	Never or hardly	Every month	Every week	Every day
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Semi-skimmed milk powder (heaping tablespoon or 3 level teaspoons)									
Whole milk powder (heaping tablespoon or 3 level teaspoons)									
Full-fat yogurt (120 g)									
Skim yogurt (120 g)									
Cheese (1 slice)									
Cottage cheese (1 slice, 3 cm thick)									
Cream cheese									
Other dairy: please specify									

5.- Fats and oils	Never or hardly ever	Ev er y m on th	Every week			Every day			
		1-3	1	2-4	5-6	1	2-3	4-6	+6
Sunflower oil (1 teaspoon)									
Olive oil (1 teaspoon)									
Other oil (1 teaspoon)									
Butter (1 teaspoon)									
Margarine (1 teaspoon)									
Cream (1 teaspoon)									
Peanuts (25 units)									
Walnuts (3 units)									
Almonds (15 units)									
Avocado (3 tablespoons or half a small avocado)									
Pâté	NO								

Otros: Especifique									

6.- Sugars	Never or hardly ever	Ev er y m on th	Every week			Every day			
		1-3	1	2-4	5-6	1	2-3	4-6	+6
Sugar	NO								
Honey		3					2		
Palm honey	NO								
Sweets/candies				3		1			
Ice cream		1							
Sweet cookies				3		1			
Sugary beverages	NO								
Sugary juices	NO								
Cakes and pastries		1							
Others. Please, specify									

7.- Sweeteners	Never or hardly ever	Ev er y m on th	Every week			Every day			
		1-3	1	2-4	5-6	1	2-3	4-6	+6
Stevia	NO								
Stevia/sucralose	NO								
Sucralose	NO								
Saccharin	NO								

Suppl. 2. LIFESTYLE ASSESSMENT

1.- MEALS FREQUENCY	1	2	+3
How many meals do you have during the day, including snacks?			
How many meals did you have <u>before the quarantine?</u>			

2.- Regularidad de las comidas <u>durante la cuarentena</u>	Never	Once a week	2-4 times a week	5-6 times a week	Every day
Breakfast					
Lunch					
Afternoon snack					
Dinner					
Portions					

2.1- Frequency of meals <u>before quarantine</u>	Never	Once a week	2-4 times a week	5-6 times a week	Every day
Breakfast					
Lunch					
Afternoon snack					
Dinner					
Portions					

3.- Drink consumption during meals <u>during quarantine</u>	Never	Sometimes	Frequently	Always

Drink consumption before meals				
Drink consumption during meals				
Drink consumption after meals				

3.1- Drink consumption during meals <u>before the quarantine</u>	Never	Sometimes	Frequently	Always
Drink consumption before meals				
Drink consumption during meals				
Drink consumption after meals				

4.- Amount of drinks consumed during meals <u>during quarantine.</u>	≤1 cup	2-3 cups	3-4 cups	+4 cups
4.1- Amount of drinks consumed <u>during</u> meals <u>before quarantine.</u>	≤1 cup	2-3 cups	3-4 cups	+4 cups
5.- Temperature of beverages during quarantine	Room temperature	Cold	Very cold	
5.- Temperature of beverages before quarantine	Room temperature	Cold	Very cold	

6.- Food intake				
6.1.- How well did you chew your food during meals <u>during quarantine?</u>	Not very well	Well	Very well	
6.1.- How well did you chew your food during meals <u>before quarantine?</u>	Not very well	Well	Very well	
6.2.- How much time did you take for lunch or dinner <u>during quarantine?</u>	I never have lunch or dinner.	<10 min	10-20 min	>20 min
6.2.- How much time did you take for lunch or dinner <u>before quarantine?</u>	I never have lunch or dinner.	<10 min	10-20 min	>20 min
6.3 How soon after eating did you have a snack <u>during quarantine?</u>	I never take a nap.	<30 min	0.5 a 2 hours	> 4 hours
6.4 How soon after eating did you have a snack <u>before quarantine?</u>	I never have a snack.	<30 min	0.5 a 2 hours	> 2 hourse