

Supplementary Material
Table S1. Food portions by weight changes in Polish women during COVID-19 pandemic.

Variables	Total 100% (<i>n</i> = 1769)	Changes of weight during pandemic			<i>p</i> -Value
		Loss 18.1% (<i>n</i> = 320)	Stable 48.3% (<i>n</i> = 854)	Gain 33.6% (<i>n</i> = 595)	
Vegetables portions/d:					
none	0.5 (9)	0.6 (2)	0.6 (5)	0.3 (2)	0.001
<1	12.0 (213)	8.1 (26)	11.8 (101)	14.5 (86)	
1-3	70.5 (1248)	66.9 (214)	71.9 (614)	70.6 (420)	
>3	16.9 (299)	24.4 (78)	15.7 (134)	14.6 (87)	
Fruits portions/d:					
none	4.6 (81)	4.7 (15)	2.7 (23)	7.2 (43)	0.009
<1	21.2 (375)	20.6 (66)	22.1 (189)	20.2 (120)	
1-2	58.4 (1033)	57.8 (185)	59.4 (507)	57.3 (341)	
>2	15.8 (280)	16.9 (54)	15.8 (135)	15.3 (91)	
Fish and seafood portions/week:					
none	24.5 (434)	25.3 (81)	23.8 (203)	25.2 (150)	0.752
<1	36.4 (644)	37.2 (119)	35.0 (299)	38.0 (226)	
1-2	33.8 (598)	32.2 (103)	35.6 (304)	32.1 (191)	
>2	5.3 (93)	5.3 (17)	5.6 (48)	4.7 (28)	
Sugar-sweetened beverages portions/d:					
none	77.6 (1373)	82.2 (263)	77.5 (662)	75.3 (448)	0.270
<250 mL	14.6 (259)	12.2 (39)	14.6 (125)	16.0 (95)	
250-500 mL	5.4 (95)	4.7 (15)	5.4 (46)	5.7 (34)	
>500 mL	2.4 (42)	0.9 (3)	2.5 (21)	3.0 (18)	
Water portions/d:					
none	1.4 (24)	1.6 (5)	1.9 (16)	0.5 (30)	0.002
<250 mL	5.0 (89)	3.8 (12)	5.0 (43)	5.7 (34)	
250–500 mL	18.8 (332)	15.6 (50)	16.5 (141)	23.7 (141)	
>500 mL	74.8 (1324)	79.1 (253)	76.6 (654)	70.1 (417)	
Alcohol portions/d:					
none	44.0 (779)	47.5 (152)	47.0 (401)	38.0 (226)	0.001
<1 drink	46.1 (816)	46.6 (149)	44.0 (376)	48.9 (291)	
1–2 drink	8.1 (143)	5.0 (16)	7.1 (61)	11.1 (66)	
>2 drinks	1.8 (31)	0.9 (3)	1.9 (16)	2.0 (12)	

Table S2. Lifestyle and food intake changes by weight changes in Polish women during COVID-19 pandemic (% (n)).

Variables	Total 100% (n = 1769)	Changes of weight during pandemic			p-Value
		Loss 18.1% (n = 320)	Stable 48.3% (n = 854)	Gain 33.6% (n = 595)	
Physical activity:					
low (<0.5 h/d)	24.8 (439)	19.7 (63)	20.5 (175)	33.8 (201)	< 0.001
average (0.5-2 h/d)	58.3 (1031)	59.1 (189)	60.7 (518)	54.5 (324)	
high (>2 h)	16.9 (299)	21.3 (68)	18.9 (161)	11.8 (70)	
Physical activity changes:					
decreased	43.0 (760)	31.6 (101)	34.9 (298)	60.7 (361)	< 0.001
no changes	37.1 (656)	34.4 (110)	46.3 (395)	25.4 (151)	
increased	20.0 (353)	34.1 (109)	8.9 (161)	13.9 (83)	
Screen time (weekday):					
<4 h	31.8 (562)	31.3 (100)	33.8 (289)	29.1 (173)	0.049
4-8 h	34.4 (609)	32.2 (103)	35.8 (306)	33.6 (200)	
> 8 h	33.8 (598)	36.6 (117)	30.3 (259)	37.3 (222)	
Screen time (weekend):					
<4 h	51.6 (912)	55.9 (179)	53.5 (457)	46.4 (276)	0.004
4-8 h	38.1 (674)	33.1 (106)	38.2 (326)	40.7 (242)	
> 8 h	10.3 (183)	10.9 (35)	8.3 (71)	12.9 (77)	
Screen time changes:					
decreased	5.0 (89)	8.1 (26)	3.6 (31)	5.4 (32)	< 0.001
no changes	45.6 (807)	42.8 (137)	55.4 (473)	33.1 (197)	
increased	49.3 (873)	49.1 (157)	41.0 (350)	61.5 (366)	
Sleep per day:					
<6 h	10.5 (185)	11.6 (37)	9.7 (83)	10.9 (65)	0.646
6-8 h	62.6 (1107)	61.6 (197)	64.3 (549)	60.7 (361)	
≥8 h	27.0 (477)	26.9 (86)	26.0 (222)	28.4 (169)	
Sleep changes:					
decreased	8.9 (158)	13.1 (42)	5.5 (47)	11.6 (69)	< 0.001
no changes	60.8 (1076)	53.1 (170)	67.3 (575)	55.6 (331)	
increased	30.2 (535)	33.8 (108)	27.2 (232)	32.8 (195)	
Vegetable intake:					
decreased	20.4 (361)	16.3 (52)	15.8 (135)	29.2 (174)	< 0.001
no changes	60.7 (1073)	51.6 (165)	68.1 (582)	54.8 (326)	
increased	18.9 (335)	32.2 (103)	16.0 (137)	16.0 (95)	
Fruit intake:					
decreased	20.3 (359)	16.6 (53)	17.2 (147)	26.7 (159)	< 0.001
no changes	64.2 (1135)	59.7 (191)	69.4 (593)	59.0 (351)	
increased	15.5 (275)	23.8 (76)	13.3 (114)	14.3 (85)	
Whole grain product intake:					
decreased	12.1 (214)	11.6 (37)	9.6 (82)	16.0 (95)	< 0.001
no changes	70.7 (1250)	64.7 (207)	77.6 (663)	63.9 (380)	
increased	17.2 (305)	23.8 (76)	12.8 (109)	20.2 (120)	
Low fat meat and/or egg intake:					
decreased	9.4 (167)	10.6 (34)	7.3 (62)	11.9 (71)	< 0.001
no changes	75.3 (1332)	70.3 (225)	80.2 (685)	70.9 (422)	
increased	15.3 (270)	19.1 (61)	12.5 (107)	17.1 (102)	
Pulses intake:					
decreased	8.8 (156)	6.9 (22)	7.4 (63)	11.9 (71)	< 0.001
no changes	76.9 (1360)	73.8 (236)	80.2 (685)	73.8 (439)	
increased	14.3 (253)	19.4 (62)	12.4 (106)	14.3 (85)	

Variables	Total 100% (<i>n</i> = 1769)	Changes of weight during pandemic			<i>p</i> -Value
		Loss 18.1% (<i>n</i> = 320)	Stable 48.3% (<i>n</i> = 854)	Gain 33.6% (<i>n</i> = 595)	
Fish and seafood intake:					
decreased	18.0 (319)	15.9 (51)	16.2 (138)	21.8 (130)	0.016
no changes	75.3 (1332)	75.0 (240)	77.8 (664)	71.9 (428)	
increased	6.7 (118)	9.1 (29)	6.1 (52)	6.2 (37)	
Milk and milk product intake:					
decreased	8.7 (154)	10.9 (35)	6.7 (57)	10.4 (62)	< 0.001
no changes	71.2 (1260)	64.7 (207)	77.9 (665)	65.2 (388)	
increased	20.1 (355)	24.4 (78)	15.5 (132)	24.4 (145)	
Processed meat intake:					
decreased	17.8 (314)	22.8 (73)	17.3 (148)	15.6 (93)	< 0.001
no changes	71.7 (1268)	69.4 (222)	75.1 (641)	68.1 (405)	
increased	10.6 (187)	7.8 (25)	7.6 (65)	16.3 (97)	
Fast food intake:					
decreased	35.1 (621)	39.4 (126)	35.0 (299)	32.9 (196)	< 0.001
no changes	57.1 (1010)	56.3 (180)	60.3 (515)	52.9 (315)	
increased	7.8 (138)	4.4 (14)	4.7 (40)	14.1 (84)	
Salty snack intake:					
decreased	19.2 (339)	32.5 (104)	17.4 (149)	14.5 (86)	< 0.001
no changes	62.4 (1103)	56.3 (180)	69.7 (595)	55.1 (328)	
increased	18.5 (327)	11.3 (36)	12.9 (110)	30.4 (181)	
Confectionary intake:					
decreased	18.4 (326)	36.9 (118)	15.3 (131)	12.9 (77)	< 0.001
no changes	48.3 (854)	45.6 (146)	58.9 (503)	34.5 (205)	
increased	33.3 (589)	17.5 (56)	25.8 (220)	52.6 (313)	
Sweetened spread intake:					
decreased	4.1 (73)	6.3 (20)	4.1 (35)	3.0 (18)	< 0.001
no changes	92.1 (1629)	92.8 (297)	94.0 (803)	88.9 (529)	
increased	3.8 (67)	0.9 (3)	1.9 (16)	8.1 (48)	
Commercial pastry intake:					
decreased	29.4 (520)	41.3 (132)	27.9 (238)	25.2 (150)	< 0.001
no changes	59.1 (1046)	54.1 (173)	65.0 (555)	53.4 (318)	
increased	11.5 (203)	4.7 (15)	7.1 (61)	21.3 (127)	
Homemade pastry intake:					
decreased	9.1 (161)	15.6 (50)	8.0 (68)	7.2 (43)	< 0.001
no changes	49.3 (872)	44.1 (141)	53.9 (460)	45.5 (271)	
increased	41.6 (736)	40.3 (129)	38.2 (326)	47.2 (281)	
Ice cream and pudding intake:					
decreased	14.4 (255)	22.2 (71)	12.1 (103)	13.6 (81)	< 0.001
no changes	75.1 (1329)	69.4 (222)	81.1 (693)	69.6 (414)	
increased	10.5 (185)	8.4 (27)	6.8 (58)	16.8 (100)	
Sweetened cereal and/or cereal bar intake:					
decreased	6.0 (106)	10.6 (34)	4.3 (37)	5.9 (35)	< 0.001
no changes	88.5 (1565)	85.3 (273)	91.2 (779)	86.2 (513)	
increased	5.5 (98)	4.1 (13)	4.4 (38)	7.9 (47)	
Sugar sweetened beverage intake:					
decreased	7.2 (128)	13.4 (43)	5.6 (48)	6.2 (37)	< 0.001
no changes	87.3 (1545)	83.8 (268)	89.8 (767)	85.7 (510)	
increased	5.4 (96)	2.8 (9)	4.6 (39)	8.1 (48)	

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		Loss 18.1% (n = 320)	Stable 48.3% (n = 854)	Gain 33.6% (n = 595)	
Energy drink intake:					
decreased	4.3 (76)	6.9 (22)	2.8 (24)	5.0 (30)	0.018
no changes	94.3 (1668)	91.9 (294)	96.0 (820)	93.1 (554)	
increased	1.4 (25)	1.3 (4)	1.2 (10)	1.8 (11)	
Alcohol intake:					
decreased	10.0 (177)	16.3 (52)	8.8 (75)	8.4 (50)	< 0.001
no changes	72.0 (1273)	69.7 (223)	76.8 (656)	66.2 (394)	
increased	18.0 (319)	14.1 (45)	14.4 (123)	25.4 (151)	
Water intake:					
decreased	9.4 (166)	7.8 (25)	7.5 (64)	12.9 (77)	< 0.001
no changes	66.3 (1172)	59.1 (189)	70.4 (601)	64.2 (382)	
increased	24.4 (431)	33.1 (106)	22.1 (189)	22.9 (136)	
Consumption of homemade meals:					
decreased	3.3 (59)	2.5 (8)	2.5 (21)	5.0 (30)	< 0.001
no changes	49.3 (873)	40.9 (131)	56.2 (480)	44.0 (262)	
increased	47.3 (837)	56.6 (181)	41.3 (353)	50.9 (303)	
Consumption of take away meals:					
decreased	34.8 (616)	4.2 (135)	32.9 (281)	33.6 (200)	< 0.001
no changes	54.3 (961)	48.4 (155)	58.4 (499)	51.6 (307)	
increased	10.9 (192)	9.4 (30)	8.7 (74)	14.8 (88)	