

## Supplementary Materials

### Measurements

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#### Psychological Distress

Question: How do you feel during the COVID-19 pandemic? Since the lockdown, (Likert scale: 1 = Never; 7 = All the time)

- I feel hopeless
- I feel restless or fidgety
- I feel that everything requires effort
- I feel worthless
- I feel nervous
- I feel so depressed that nothing could cheer me up

#### Nutrient Intakes before or during the COVID-19 Lockdown

Question: How often did you eat the following (portions of) foods? (1 = Almost never; 7 = 2x or more times a day)

##### *Nutrient-Dense Food Intake*

- Fruit (fresh or frozen)
- Vegetables (fresh or frozen)
- Legumes/pulses (e.g., beans, lentils, chickpeas)
- Nuts or nut spread (unsalted)
- Unprocessed fish
- Unprocessed poultry
- Unprocessed red meat
- Unprocessed vegetarian alternatives (e.g., tofu, tempeh, seitan)
- Whole wheat
- Milk
- Other dairy products (e.g., yoghurt, cheese)
- Plant-based drinks (e.g., almond, oat, soy, rice)
- Non-sugared beverages (e.g., water, coffee, tea)

##### *Nutrient-Poor Food Intake*

- Processed meat
- Sweet snacks (e.g., sweets, cookies, cakes, pies)
- Salty snacks (e.g., crisps, salted nuts)
- White wheat
- Sugared beverages (e.g., soft drinks, sugared coffee/tea)
- Alcoholic beverages

#### Food Advice before or during the COVID-19 Lockdown

Question: Whose food advice do you listen to?

(1 = Never; 7 = Every time I need or want advice)

- Family members
- Friends
- Experts (e.g., dietitians, nutritionists, medical doctors, scientists)
- Celebrities (e.g., celebrity chefs, celebrities, and food influencers).

#### Sociodemographic Characteristics

##### *Gender*

- Female (0)
- Male (1)

## ARE FOODS FROM THE COVID-19 PANDEMIC LOCKDOWN LOW IN NUTRIENTS

### *Age*

(Ranging from 18 to 120)

### *Geographic location*

- Mainland China (1)
- Non-Mainland China (Taiwan and Macao) (0)

### *Education*

- Below high school diploma (1)
- High school diploma or equivalent (2)
- Bachelor's degree (3)
- Master's degree (4)
- Doctorate (5)

### *Employment status*

- No work (0)
- Work (1)

## **COVID-19-Related Environmental Factors**

### *Income loss*

Question: Have you lost (a part of your) income since the lockdown?

- Yes (0)
- No (1)

### *Financial difficulties for food purchase*

Question: In general, how often is it a struggle to have enough money to go shopping for food?

- Never (1)
- Very rarely (2)
- Rarely (3)
- Sometimes (4)
- Frequently (5)
- Very frequently (6)
- Every time I go shopping for food (7)

### *Degree of closure measures*

Question: Which of the following lockdown measures are currently in place?

(Multiple choice: 0 = No; 1 = Yes)

- Events are suspended
- Restaurants are closed for dining in
- Bars and pubs are closed
- Most non-essential shops are closed
- Schools are closed
- Public gatherings are prohibited (not allowed)
- Public gatherings are restricted (allowed under restrictions)
- If possible, people need to work from home
- People in elderly homes are not allowed visitors/ only a restricted number of visitors
- Non-essential movement is banned
- Private gatherings are prohibited (people cannot visit other people)
- Private gatherings are restricted (people can visit other people, but under restrictions)
- Country borders are closed
- Non-essential production has stopped
- Face masks are mandatory in public

## ARE FOODS FROM THE COVID-19 PANDEMIC LOCKDOWN LOW IN NUTRIENTS

### *Self-reported lockdown time*

Question: How many weeks have you been in lockdown?

(Ranging from 1 to 50)

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