

Suppl.1. Quantified Survey on Food Consumption Trends**Name:****Date:****INSTRUCTIONS**

1.- Cereals	Never or hardly ever	Every month	Every week			Every day			
			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	Never or	Every	Every week		Every day	

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