

SUPPLEMENTAL MATERIAL

Technical details of diagnostic tests for SARS-CoV-2 infection

The collection and analysis of samples for the diagnosis of COVID-19 were carried out in accordance with the Standardized Guideline for Epidemiological and Laboratory Surveillance of Viral Respiratory Disease issued by the Ministry of Health, Mexico. Sampling was of pharyngeal or nasopharyngeal exudate. The following material was used: viral transport medium, Dacron or rayon swabs with a plastic handle (pharyngeal exudate) and Dacron or rayon swabs with a flexible handle (nasopharyngeal exudate). The samples were kept at temperatures between 2 to 8° C during transport and storage (maximum storage time was 5 days). Pharyngeal or nasopharyngeal swabs were placed in the same tube to increase viral load. According to the WHO Guide on regulations for the transport of infectious substances 2019-2020, the samples were transported as UN3373, "Biological substance, Category B". The samples were sent immediately (less than 24 hours) to the State Public Health Laboratory (LESP) or the Laboratory for Epidemiological Surveillance Support (LAVE), endorsed as the nearest National Influenza Network Laboratories.

Table S1. Full list of food items in the food frequency questionnaire (FFQ). The frequency of each food item consumption was scored from 0 to 7 corresponding to the following frequency: 'never', 'once a month', 'two or three times a month', 'once a week', 'two to three times a week', 'four to six times a week', 'one time per day', and 'two times or more per day'.

Food group	Food items	Maximum score
Milk and milk products	Whole milk, low fat milk, soft cheese, hard cheese, yogurt with fruit, natural yogurt, low fat yogurt, fermented milk.	63
Fruit	Banana, orange, apple, watermelon/honeydew, guava, mango, papaya, pineapple, grapefruit, strawberries, grapes	77
Vegetables	Tomato, green leaves, chayote, carrot, zucchini, broccoli, cabbage, green beans, cactus, cucumber, avocado, green pepper, onion, canned vegetables, frozen vegetables	105
Animal products	Beef, pork, chicken, ham, sausage, chorizo, bacon, eggs, fish, tuna canned water, tuna canned oil, shrimp, octopus, oysters	98
Legumes	Beans, lentils, chickpeas	21
Grains, bread, and cereals	Rice, white bread, whole wheat bread, sweet bread, flour tortilla, pasta, instant soup, potato, French fries, cereals w/sugar, cereal no sugar, jicama	84
Corn-based products	Corn tortilla, tortillas fried, corn chips, enchiladas, quesadilla, gorditas, pozole	49
Beverages	Regular soda, diet soda, coffee, fruit juice, canned juice, water w/fruit and sugar, water w/fruit, canned drinks, beers, wine, liquors	77
Fats and oil	Margarine, butter, mayonnaise, lard, creme, olive oil, coconut oil, canola oil	49
Hot peppers	Hot peppers, dried hot peppers, salsa, catsup, hot sauce, soy sauce	42

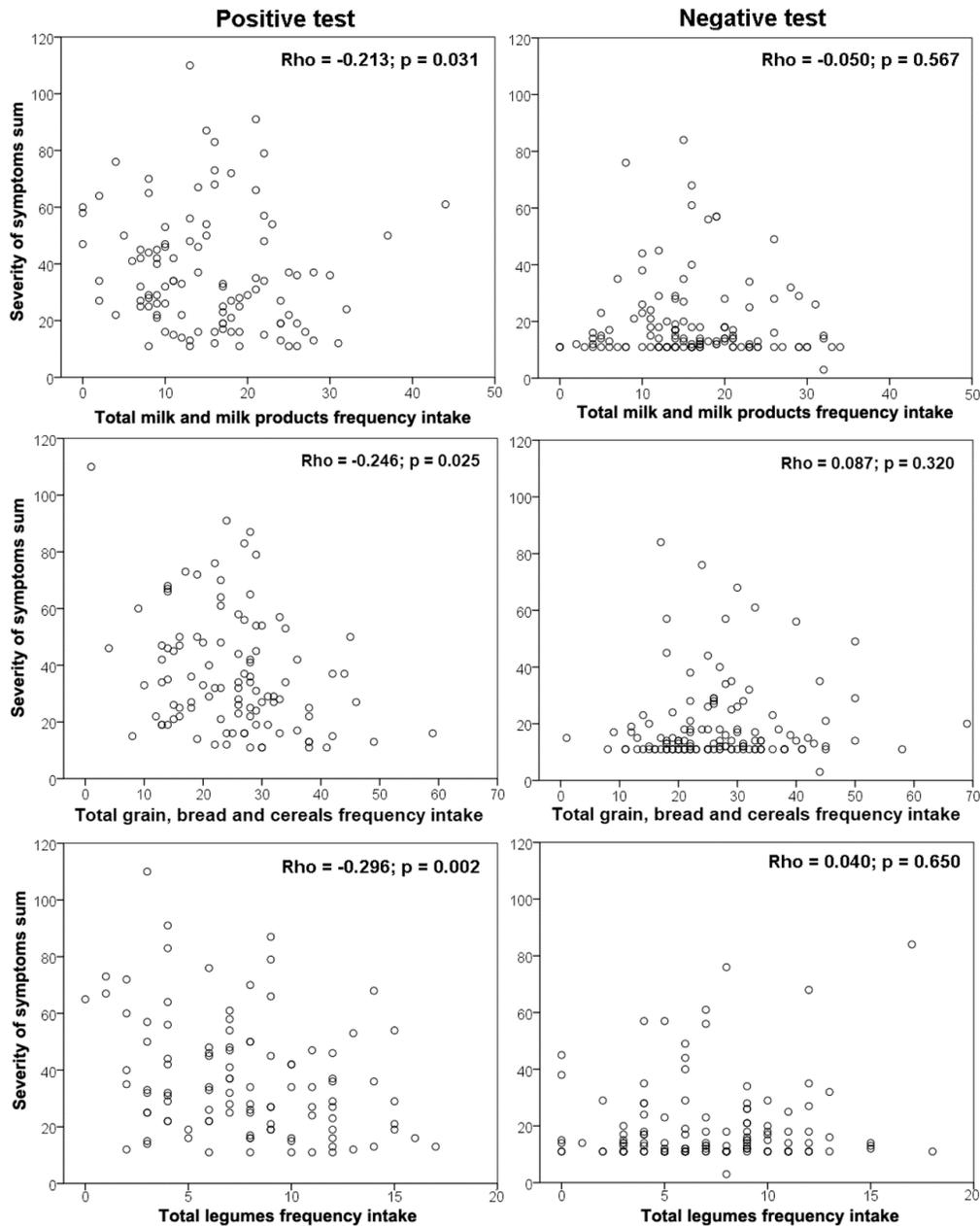


Figure S1 Selected scatter-dot plots of the score of severity of symptoms as a function of habitual frequency of food intake of the study participants. Grouped by the result of the SARS-COV-2 positive or negative tests.