

SUPPLEMENTARY MATERIAL

Supplementary Table 1: Self-perceived weight change before and during the COVID-19 pandemic.

Nutritional status self-perceived pre-pandemic	Variation in weight perception		
	No change in self-perceived body weight. (n=694)	Decrease in self-perceived body weight. (n=694)	Increase in self-perceived body weight. (n=694)
	n (%)	n (%)	n (%)
Thin	18 (6.6)	0 (0.0)	15 (5.7)
Normal weight	65 (23.9)	14 (8.9)	43 (16.3)
Overweight	136 (50.0)	68 (43.0)	169 (64.0)
Obesity	53 (19.5)	76 (48.1)	37 (14.0)

Supplementary Table 2: Characteristics of the food system

Variables	Category	Yes n (%)	No n (%)
External domain			
Reduced food availability	Fish and seafood	211 (30.4)	483 (69.6)
	Poultry meat	253 (3.7)	441 (96.3)
	Eggs	21 (3.0)	673 (97.0)
	Dairy	52 (7.5)	642 (92.5)
	Cereals	32 (4.6)	662 (95.4)
	Legumes and vegetables	64 (9.2)	630 (90.8)
	Fruits	168 (24.2)	526 (75.8)
	Vegetables	156 (22.5)	538 (77.5)
	Tubers	18 (2.6)	676 (97.4)
	Processed foods	51 (7.3)	643 (92.7)
Important feature of the place of purchase	Order and cleanliness	497 (71.6)	197 (28.4)
	Low influx of people	460 (66.3)	234 (33.7)
	Good prices	338 (48.7)	356 (51.3)

	Variety of food	268 (38.6)	426 (61.4)
	Good location	78 (13.3)	616 (88.7)
Important food characteristic	Nutritious	561 (80.8)	133 (19.2)
	Fresh	428 (61.7)	266 (38.3)
	Low risk of contamination	386 (55.6)	308 (44.4)
	Quick to spoil	251 (36.2)	443 (63.8)
	Low in fat	109 (15.7)	585 (84.3)
	Tasty	75 (10.8)	619 (89.2)
	Easy to prepare	66 (9.4)	628 (90.6)
	Low/moderate in sugar	48 (6.9)	646 (93.1)
	Low/moderate in salt	24 (3.5)	670 (96.5)
	Accessibility	On foot	459 (66.1)
Vehicular means		193 (27.8)	501 (72.2)
Internal domain			
Affordability	Eating fewer meals per day	73 (10.5)	621 (89.5)
	Eating less food	129 (18.6)	565 (81.4)
	Eating cheaper foods	113 (16.3)	581 (83.7)
	Skipping an important food	148 (21.3)	546 (78.7)
Convenience	Prepared fried foods more frequently	105 (15.1)	589 (84.9)
	Prepared salads more often	221 (31.8)	473 (68.2)
	Most frequently prepared desserts	138 (19.9)	556 (80.1)
	Reason for choosing preparations: that they are nutritious and healthy	425 (61.2)	269 (38.8)

Supplementary Figure 1: Changes in food consumption before and during the pandemic