

After asking demographic information the following item modules are assessed:

Impacts of COVID-19 on Dietary Changes

Please answer the following questions as they relate to your daily life **before the COVID-19 outbreak in your country /region.**

1. On average, how many times per week did you or your family eat meals out (i.e., eating at a restaurant, take-out/delivery, fast-food restaurants, purchased prepared foods)?
 - a. 0-1 times per week
 - b. 2-3 times per week
 - c. 4-5 times per week,
 - d. >6 times per week
2. On average, how many times per week did you or your family cook and prepare dinners at home?
 - a. 0-1 times per week
 - b. 2-3 times per week
 - c. 4-5 times per week
 - d. >5 times per week
3. On average, how many alcoholic beverages did you consume per week?
 - a. 0 drinks per week, I did not drink
 - b. 1-2 drinks per week
 - c. 3-4 drinks per week
 - d. 5-7 drinks per week
 - e. Over 7 drinks per week

Now, please answer the following questions as they relate to your daily life **after the COVID-19 outbreak in your country /region.**

4. On average, how many times per week did you or your family eat meals out (i.e., eating at a restaurant, take-out/delivery, fast-food restaurants, purchased prepared foods)?
 - a. 0-1 times per week
 - b. 2-3 times per week
 - c. 4-5 times per week,
 - d. >6 times per week
1. On average, how many times per week do you or your family currently cook and prepare dinners at home?
 - a. 0-1 times per week
 - b. 2-3 times per week
 - c. 4-5 times per week
 - d. >5 times per week
2. On average, how many alcoholic beverages do you currently consume per week?
 - a. 0 drinks per week, I do not drink

- b. 1-2 drinks per week
 - c. 3-4 drinks per week
 - d. 5-7 drinks per week
 - e. Over 7 drinks per week
3. Compared to before the COVID-19 outbreak in the United States, how has your incidence of snacking on foods from a bag, sack, or box changed during this time (i.e., chips, crackers, cookies)?
- a. Increased
 - b. Decreased
 - c. Stayed the same
 - d. I have not noticed.
4. Compared to before the COVID-19 outbreak in the United States, how has your incidence of snacking on fresh fruits and vegetables changed during this time?
- a. Increased
 - b. Decreased
 - c. Stayed the same
 - d. I have not noticed.
5. How do you think your eating habits have changed compared to before the COVID-19 outbreak?
- a. I feel that I am eating less healthy now than before the COVID-19 outbreak
 - b. I feel that I am eating more healthy now than before the COVID-19 outbreak
 - c. I am eating about the same as before the COVID-19 outbreak
6. Have you noticed your weight change since the COVID-19 outbreak?
- a. I have gained weight
 - b. I have lost weight
 - c. I think I weigh about the same.
 - d. I have not noticed.

Please answer the following questions as they relate to your daily life **before the COVID-19 outbreak in your country/region.**

In an average week, how often did you do each of the following:

1. Skip breakfast
 - a. Usually/often
 - b. Sometimes
 - c. Rarely/never
2. Eat 4 or more meals from a sit-down or take out restaurant?
 - a. Usually/often
 - b. Sometimes
 - c. Rarely/never
3. Eat less than 2 servings of fruit per day? (one serving = ½ cup or 1 medium fruit)
 - a. Usually/often

- b. Sometimes
 - c. Rarely/never
4. Eat less than 2 servings of vegetables per day? (one serving= ½ cup vegetables or 1 cup leafy raw vegetables)
 - a. Usually/often
 - b. Sometimes
 - c. Rarely/never
 5. Eat fried foods such as fried chicken, fish, or French fries?
 - a. Usually/often
 - b. Sometimes
 - c. Rarely/never
 6. Eat sweets like cake, cookies, pastries, chocolate, or ice cream?
 - a. Usually/often
 - b. Sometimes
 - c. Rarely/never
 7. Drink 16 ounces or more of sugar sweetened beverages such as soda, fruit drink, or punch? (note: 1 can = 12 ounces)
 - a. Usually/often
 - b. Sometimes
 - c. Rarely/never
 8. Eat 2 or more times per week at a fast food restaurant?
 - a. Usually/often
 - b. Sometimes
 - c. Rarely/never

Now, please answer the following questions as they relate to your daily life **after the COVID-19 outbreak in your country/region.**

In an average week how often do you do each of the following:

1. Skip breakfast
 - a. Usually/often
 - b. Sometimes
 - c. Rarely/never
2. Eat 4 or more meals from a sit-down or take out restaurant?
 - a. Usually/often
 - b. Sometimes
 - c. Rarely/never
3. Eat less than 2 servings of fruit per day? (serving = ½ cup or 1 medium fruit)
 - a. Usually/often
 - b. Sometimes
 - c. Rarely/never

4. Eat less than 2 servings of vegetables per day? (serving= $\frac{1}{2}$ cup vegetables or 1 cup leafy raw vegetables)
 - a. Usually/often
 - b. Sometimes
 - c. Rarely/never
5. Eat fried foods such as fried chicken, fish, or French fries?
 - a. Usually/often
 - b. Sometimes
 - c. Rarely/never
6. Eat sweets like cake, cookies, pastries, chocolate, or ice cream?
 - a. Usually/often
 - b. Sometimes
 - c. Rarely/never
7. Drink 16 ounces or more of sugar sweetened beverages such as soda, fruit drink, or punch?
(note: 1 can = 12 ounces)
 - a. Usually/often
 - b. Sometimes
 - c. Rarely/never
8. Eat 2 or more times per week at a fast food restaurant?
 - a. Usually/often
 - b. Sometimes
 - c. Rarely/never