



Supplementary Materials

Table S1. Within-Group Differences in Total Energy Intake, BMI, BMIz, and Adiposity.

| | No Pandemic Group | | | | Pandemic Group | | | |
|---------------------------------|-------------------|----------------------------------|-------|--------|--------------------|----------------------------------|-------|-------|
| | Baseline M, SD | Difference ¹ M, SD | t | p | Baseline M, SD | Difference ¹ M, SD | t | p |
| BMI | 20.76, 4.69 | + 2.24, 2.44 | -6.96 | <.001* | 22.57, 6.18 | + 1.66, 3.50 | -3.20 | .003* |
| BMIz | 0.45, 0.94 | + 0.02, 0.49 | -1.00 | .318 | 0.74, 1.10 | - 0.15, 0.56 | 2.37 | .021* |
| Adiposity (%) | 53.64, 10.39 | + 0.69, 6.24 | -1.26 | .208 | 56.66, 10.10 | - 1.17, 5.83 | 1.99 | .050* |
| Energy Intake (kCal) | 949.82, 424.31 | + 77.83, 407.70 | -2.85 | .005* | 1046.47, 405.97 | + 174.43, 611.60 | -3.35 | .001* |

¹Difference is the change between baseline and 3-year visit values calculated as 3-year visit minus baseline. *Significance assuming $\alpha=.05$.

Table S2. Differences in the Change of Total Energy Intake Before and During the Pandemic.

| Covariates | Total Energy Intake (kcal) Difference Score | | | |
|---------------------|---|-------|--------------------|------|
| | Fully Adjusted | | Partially Adjusted | |
| | F | p | F | p |
| Model | 1.57 | 0.13 | 1.96 | 0.15 |
| Group | 0.41 | 0.52 | 0.62 | 0.43 |
| Age | 2.20 | 0.14 | -- | -- |
| Sex | 2.02 | 0.16 | -- | -- |
| Race | 0.01 | 0.94 | -- | -- |
| Ethnicity | 0.50 | 0.48 | -- | -- |
| Height | 1.33 | 0.25 | -- | -- |
| Time Between Visits | <0.01 | 1.00 | -- | -- |
| Lean Mass | 0.92 | 0.34 | -- | -- |
| Adiposity | 6.18 | 0.02* | 2.89 | 0.09 |

Group was operationalized as No Pandemic (0) and Pandemic (1). *Significance assuming $\alpha=.05$.

Table S3. BMI, BMIz, and Adiposity Differences at the 3-Year Visit Before and During the Pandemic.

| BMI | | | | |
|------------|----------------|--------|--------------------|--------|
| Covariates | Fully Adjusted | | Partially Adjusted | |
| | F | p | F | p |
| Model | 5.37 | <.001* | 12.10 | <.001* |
| Group | 0.58 | 0.45 | 0.66 | 0.42 |
| Age | 21.62 | <.001* | 22.88 | <.001* |
| Sex | 0.55 | 0.46 | -- | -- |
| Race | 1.64 | 0.20 | -- | -- |
| Ethnicity | 0.02 | 0.90 | -- | -- |
| BMIz | | | | |
| Covariates | Fully Adjusted | | Partially Adjusted | |
| | F | p | F | p |
| Model | 1.36 | 0.26 | N/A | N/A |
| Group | 0.08 | 0.78 | | |
| Race | 3.00 | 0.09 | | |
| Ethnicity | 0.26 | 0.62 | | |

| | | | | |
|-------------------|-----------------------|----------|---------------------------|----------|
| Height | 2.11 | 0.15 | Adiposity | |
| | Fully Adjusted | | Partially Adjusted | |
| Covariates | F | p | F | p |
| Model | 5.05 | <.001* | 15.10 | <.001* |
| Group | 0.05 | 0.83 | 0.03 | 0.86 |
| Age | 0.50 | 0.48 | -- | -- |
| Sex | 19.62 | <.001* | 30.11 | <.001* |
| Race | 0.06 | 0.81 | -- | -- |
| Ethnicity | 0.23 | 0.63 | -- | -- |
| Height | 0.52 | 0.47 | -- | -- |

Group was operationalized as No Pandemic (0) and Pandemic (1). *Significance assuming $\alpha=.05$.

Table S4. Change in Percent Calories from Protein Consumed with Covariates.

| Fully Adjusted Model | | | |
|-----------------------------|-------------|-------------|--|
| | F | p | |
| Model | 1.18 | 0.32 | |
| Group | 0.79 | 0.38 | |
| Age | 0.15 | 0.70 | |
| Sex assigned at Birth | 0.71 | 0.40 | |
| Height | 0.46 | 0.50 | |
| Race | 0.08 | 0.79 | |
| Ethnicity | 2.91 | 0.09 | |
| Time Between Visits | <0.01 | 0.99 | |
| Lean Mass | 0.15 | 0.70 | |
| Adiposity | 6.20 | 0.01* | |

Group was operationalized as No Pandemic (0) and Pandemic (1). *Significance assuming $\alpha=.05$.

Table S5. Change in Percent Calories from Fat Consumed with Covariates.

| Fully Adjusted Model | | | |
|-----------------------------|-------------|-------------|--|
| | F | p | |
| Model | 1.43 | 0.19 | |
| Group | 0.12 | 0.74 | |
| Age | 0.01 | 0.91 | |
| Sex assigned at Birth | 0.10 | 0.75 | |
| Height | 0.05 | 0.83 | |
| Race | 0.79 | 0.38 | |
| Ethnicity | 4.53 | 0.04* | |
| Time Between Visits | 0.03 | 0.86 | |
| Lean Mass | <0.01 | 0.96 | |
| Adiposity | 6.59 | 0.01* | |

Group was operationalized as No Pandemic (0) and Pandemic (1). *Significance assuming $\alpha=.05$.

Table S6. Change in Percent Calories from Carbohydrates Consumed with Covariates.

| Fully Adjusted Model | | | |
|-----------------------------|-------------|-------------|--|
| | F | p | |
| Model | 1.06 | 0.40 | |
| Group | 1.45 | 0.23 | |
| Age | 0.24 | 0.62 | |
| Sex assigned at Birth | <0.01 | 0.98 | |
| Height | 1.36 | 0.25 | |
| Race | 0.18 | 0.67 | |

| | | |
|---------------------|------|------|
| Ethnicity | 0.44 | 0.51 |
| Time Between Visits | 1.38 | 0.24 |
| Lean Mass | 2.37 | 0.13 |
| Adiposity | 0.47 | 0.50 |

Group was operationalized as No Pandemic (0) and Pandemic (1).

Table S7. Change in Percent Calories from Fiber Consumed with Covariates.

| Fully Adjusted Model | | |
|-----------------------|-------------|-------------|
| | F | <i>p</i> |
| Model | 0.73 | 0.68 |
| Group | 0.07 | 0.79 |
| Age | 0.53 | 0.47 |
| Sex assigned at Birth | 0.01 | 0.92 |
| Height | 0.97 | 0.33 |
| Race | 0.04 | 0.85 |
| Ethnicity | 0.76 | 0.38 |
| Time Between Visits | 0.02 | 0.90 |
| Lean Mass | 0.70 | 0.40 |
| Adiposity | 2.47 | 0.12 |

Group was operationalized as No Pandemic (0) and Pandemic (1).

Table S8. Change in Percent Calories from Sugar Consumed with Covariates.

| Fully Adjusted Model | | |
|-----------------------|-------------|-------------|
| | F | <i>p</i> |
| Model | 1.29 | 0.25 |
| Group | 0.25 | 0.62 |
| Age | 0.13 | 0.72 |
| Sex assigned at Birth | 2.00 | 0.16 |
| Height | 1.30 | 0.26 |
| Race | 0.09 | 0.77 |
| Ethnicity | 0.53 | 0.47 |
| Time Between Visits | 1.35 | 0.25 |
| Lean Mass | 3.10 | 0.08 |
| Adiposity | <0.01 | 0.97 |

Group was operationalized as No Pandemic (0) and Pandemic (1).

Table S9. Change in Percent Calories from Saturated Fatty Acids Consumed with Covariates.

| Fully Adjusted Model | | |
|-----------------------|-------------|-------------|
| | F | <i>p</i> |
| Model | 1.24 | 0.28 |
| Group | 0.05 | 0.83 |
| Age | 0.07 | 0.79 |
| Sex assigned at Birth | <0.01 | 0.97 |
| Height | 0.13 | 0.72 |
| Race | 0.19 | 0.67 |
| Ethnicity | 3.77 | 0.07 |
| Time Between Visits | 0.99 | 0.32 |
| Lean Mass | 0.08 | 0.78 |
| Adiposity | 3.91 | 0.05 |

Group was operationalized as No Pandemic (0) and Pandemic (1).

Table S10. Change in Percent Calories from Monounsaturated Fatty Acids Consumed with Co-variates.

| Fully Adjusted Model | | |
|-----------------------------|-------------|-----------------|
| | F | <i>p</i> |
| Model | 1.66 | 0.12 |
| Group | 1.02 | 0.31 |
| Age | 0.01 | 0.91 |
| Sex assigned at Birth | 0.02 | 0.90 |
| Height | 0.05 | 0.82 |
| Race | 2.55 | 0.11 |
| Ethnicity | 2.56 | 0.11 |
| Time Between Visits | 0.25 | 0.62 |
| Lean Mass | 0.03 | 0.87 |
| Adiposity | 5.45 | 0.02* |

Group was operationalized as No Pandemic (0) and Pandemic (1). *Significance assuming $\alpha=0.05$.