

Table S1. Questionnaire

Questions	Answers
SOCIODEMOGRAPHIC DATA	
Gender	Woman / Man / Other
Age range	18-25 / 26-35 / 36-55 / 56-65 / >65
Height	Open Answer
Current weight	Open Answer
Collective	Student / Professional
If student, which study program	BSc in HND/ BSc in FST / BSc in CSG / Postgraduate
Province of residence	Open Answer
Marital status	Single / Married / Living as a Couple / Divorced / Widowed / Other
Living in habitual residence	Yes / No
Cohabitants	Alone / Couple & Children / Parents & Siblings / Couple / Friends / Other
FREQUENCY OF FOOD CONSUMPTION AND CULINARY HABITS	
Fruit	
Natural fruit juice	
Raw vegetables	
Cooked vegetables	
White meat	
Red meat	
Processed meat	
Plant-based meat alternatives	
White fish	
Fatty fish	
Legumes	
Eggs	
Milk	
Plant-based milk alternatives	
Yogurt or kefir	Never / ≤ 1 a month / 2-3 a month / 1s week /
Cheese	2-3 a week / 4-6 a week / Every day / >1 a day
White bread	
Whole-wheat bread	
Rice, pasta and potatoes	
Whole-wheat pasta and cereals	
Pizza	
Industrial pastries	
Homemade pastries	
Nuts	
Chocolate	
Salty snacks	
Sweetened and Soft drinks	
Non-alcoholic beverages (water, tea, coffee)	
Fermented alcoholic beverages	
High-grade alcoholic beverages	
Have you changed the fat used for cooking during confinement?	Yes / No / Sometimes

<p>If affirmative, in which way</p> <p>Which meals do you usually take?</p> <p style="padding-left: 40px;">Breakfast</p> <p style="padding-left: 40px;">Mid-day snack</p> <p style="padding-left: 40px;">Lunch</p> <p style="padding-left: 40px;">Mid-afternoon snack</p> <p style="padding-left: 40px;">Dinner</p> <p style="padding-left: 40px;">Late-night snack</p> <p>At what time did you usually take the first meal of the day before confinement?</p> <p>At what time did you usually take the last meal of the day before confinement?</p> <p>At what time did you usually take the first meal of the day during confinement?</p> <p>At what time did you usually take the last meal of the day during confinement?</p>	<p>More extra virgin olive oil / Less extra virgin olive oil / More olive oil / Less olive oil / More seed oils / Less seed oils / More butter or margarine / Less butter or margarine</p> <p>Before Confinement / During Confinement</p>
	Open Answer
GENERAL EATING HABITS	
<p>Do you think you have gained weight during confinement?</p> <p>Did you follow a vegetarian/vegan diet during confinement?</p> <p>During confinement I have cooked more than before</p> <p>During confinement I have often tried to make new recipes</p> <p>During confinement I have eaten more fried foods</p> <p>During confinement I have used food delivery services more than before</p> <p>During confinement I have drunk more water than before</p> <p>During confinement I have drunk more tea or coffee than before</p> <p>During confinement I have drunk more alcoholic beverages</p> <p>Have you taken some kind of dietetic supplement during confinement?</p> <p>If affirmative, which one?</p>	<p>Yes / No / No change / DK</p> <p>Yes, always / Yes, I started now / No, I quitted now / No, never</p> <p>Totally disagree 1 – 5 Totally agree</p> <p>Yes / No</p> <p>Open Answer</p>
LIFESTYLE	
<p>How many times a week have you exposed yourself to sunlight for at least 15 minutes?</p> <p>How often do you do at least 30 minutes of exercise or sport...</p> <p style="padding-left: 40px;">...Before confinement?</p> <p style="padding-left: 40px;">...During confinement?</p> <p>In total, how much time a day do you spend on sedentary activities...</p> <p style="padding-left: 40px;">...Before confinement?</p>	<p>Never / 1-3 days / 4-6 days / Every day</p> <p>< 1s a week / 1s a week / 2-3 days a week / 4-6 days a week / Every day</p> <p>< 1h / 1-2h / 3-4h / 5-7h / ≥8h</p>

...During confinement?	
Do you usually smoke?	Yes / No
If affirmative, during confinement you smoke...	More than before / The same / Less than before / I quitted / I started
In relation with your sleeping habits, during confinement...	
On weekdays I wake up	Earlier than before / Later than before / At the same time
On weekdays I go to sleep	
On weekends I wake up	
On weekends I go to sleep	
During confinement, my sleep quality is...	Better than before / The same / Worse than before
During confinement, the number of hours dedicated to your work or student activity is...	Higher than before / The same / Lower than before
During confinement I try to purchase more local products	Yes / No / The same
During confinement I have changed the way I treat food after buying it	Yes / No / Sometimes
During confinement, I leave some food in quarantine before consuming it	Yes / No / Sometimes

Table S2. Percentage of the sample that reported the frequency of consumption, before and during confinement, for each foodstuff.

Foodstuff	Never	≤ 1/month	2-3/month	1/week	2-3/week	4-6/week	Every day	>1/day
Fruit	0.9 0.9 *	4.4 3.4	2.5 1.9	5.9 3.4	8.7 10.3	13.1 10.9	23.4 27.4	41.1 41.7
Natural Fruit Juice	33.0 36.1	28.7 24.6	13.1 9.3	5.9 7.2	8.4 9.0	4.4 4.7	5.6 7.8	0.9 1.2
Raw Vegetables	1.2 1.2	3.7 2.8	5.3 3.7	10.3 9.3	19.9 16.5	18.4 21.5	24.3 27.1	16.8 17.8
Cooked Vegetables	0.6 0.6	2.2 1.2	4.0 3.1	5.6 5.3	18.4 15.9	20.9 21.2	30.2 30.5	18.1 22.1
White Meat	13.1 14.0	2.5 1.9	4.7 5.3	18.1 17.4	40.5 39.3	16.8 16.8	3.1 4.4	1.2 0.9
Red Meat	16.2 16.5	10.9 8.4	11.2 11.5	31.5 33.3	25.9 26.2	4.0 3.7	0.3 0.3	-
Processed Meat	21.2 22.1	16.5 15.6	11.5 8.7	20.9 19.3	15.0 19.6	9.3 8.7	5.6 5.6	- 0.3
Plant-Based Meat Alternatives	48.0 49.2	16.2 14.6	9.3 10.0	8.1 7.8	8.7 7.5	6.2 7.2	2.8 3.1	0.6 0.6
White Fish	14.3 1.3	8.1 7.5	12.5 11.2	32.1 32.1	29.0 30.8	3.4 4.7	0.6 0.6	-
Blue Fish	11.5 11.8	9.7 6.9	13.1 13.1	34.3 31.8	28.0 31.5	2.8 4.0	0.6 0.9	-
Legumes	0.9 0.9	5.6 3.7	10.6 7.2	27.4 27.1	36.1 40.2	13.7 14.6	5.3 5.3	0.3 0.9
Eggs	3.7 3.4	1.6 1.6	4.4 4.7	25.9 19.0	44.9 43.9	14.0 20.9	4.7 5.6	0.9 0.9
Milk	23.7 25.2	9.0 6.2	4.4 4.0	3.1 5.3	6.9 5.6	6.9 7.5	35.5 32.7	10.6 13.4
Plant-Based Milk Alternatives	51.1 50.5	12.1 11.8	3.1 2.2	2.8 5.0	5.0 4.4	6.2 5.9	14.6 14.3	5.0 5.9
Yogurt and Kefir	14.3 13.7	7.5 6.5	8.7 6.2	9.0 6.9	23.4 20.9	12.5 19.9	21.5 22.1	3.1 3.7
Cheese	8.7 8.4	4.4 4.4	4.4 4.4	12.5 10.6	26.5 25.9	23.4 26.5	17.1 16.5	3.1 3.4

White Flour Bread	12.8 13.7	12.8 9.0	5.9 7.8	11.2 12.8	16.5 18.1	15.6 11.8	19.0 19.0	5.9 7.8
Whole-Wheat Bread	15.6 19.6	14.0 11.2	9.0 8.4	11.2 9.3	15.3 16.8	14.3 15.0	18.7 17.4	1.9 2.2
Rice and White Flour Pasta	2.5 2.5	3.1 1.9	5.3 6.2	15.6 17.8	37.7 38.0	24.3 22.7	9.3 8.7	2.2 2.2
Brown Rice and Whole-Wheat Pasta	25.2 25.9	16.8 14.0	9.3 10.9	17.4 17.4	17.1 18.7	10.0 10.3	2.8 2.2	1.2 0.6
Pizza	7.5 12.1	29.3 23.7	24.6 24.0	35.8 36.8	2.5 3.1	0.3 0.3	-	-
Industrial Pastries	23.1 22.1	25.9 27.1	17.8 16.2	12.5 14.3	11.8 9.3	5.3 6.5	2.8 4.0	0.9 0.3
Homemade Pastries	27.7 15.0	38.3 20.6	18.1 25.5	10.0 19.3	4.7 14.0	0.9 4.0	0.3 1.2	- 0.3
Nuts	4.7 6.5	15.3 11.2	10.6 11.2	12.5 14.0	21.2 18.7	13.4 15.0	18.7 18.1	3.7 5.3
Chocolate	6.9 6.9	13.7 11.8	13.4 8.4	11.8 15.0	18.7 14.6	13.7 16.2	19.3 22.1	2.5 5.0
Salty Snacks	20.2 20.9	29.3 21.5	15.0 13.7	22.7 21.8	11.5 17.1	0.9 4.9	0.3 0.9	-
Soft Drinks	51.7 54.8	25.9 20.9	9.3 9.3	5.9 7.8	3.7 3.4	1.9 2.5	1.2 0.9	0.3 0.3
Non-Alcoholic Beverages	2.5 3.4	3.1 2.5	3.1 1.9	1.6 1.2	2.2 2.8	4.4 3.4	25.5 24.0	57.6 60.7
Fermented Alcoholic Beverages	21.8 39.6	20.9 15.9	12.1 9.3	17.4 12.5	17.4 10.9	6.2 7.5	4.0 4.0	- 0.3
High-Grade Beverages	38.9 73.8	34.9 16.5	17.4 6.9	5.6 1.9	2.2 0.9	0.9 -	-	-

* Before Lockdown | During Lockdown.