

**Supplementary Figure 1.** The percentage of change in positive MEDAS scored-foods consumption by gender during COVID-19. \*p<0.05, \*\*p<0.01, NS; not significant (p>0.05).



**Supplementary Figure 2.** The percentage of change in other foods consumption by gender during COVID-19. \*p<0.05, \*\*p<0.01, NS; not significant (p>0.05).



**Supplementary Figure 3.** The percentage of change in beverage consumption by gender during COVID-19. \*p<0.05, \*\*p<0.01, NS; not significant (p>0.05).