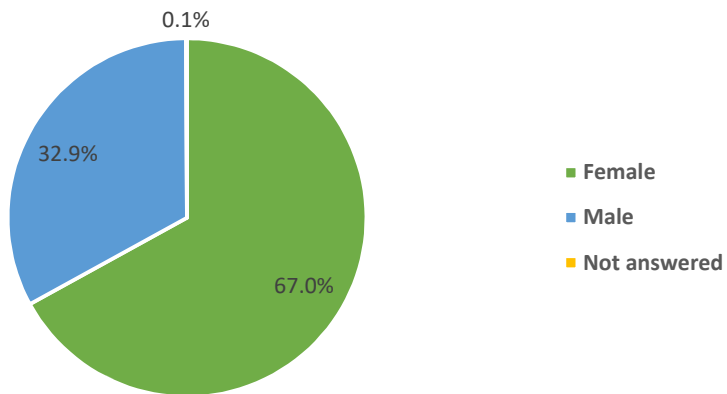


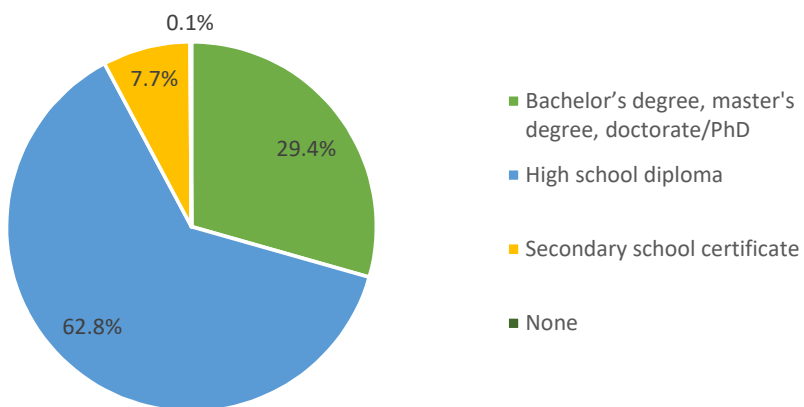
## Sex

1,929 responses



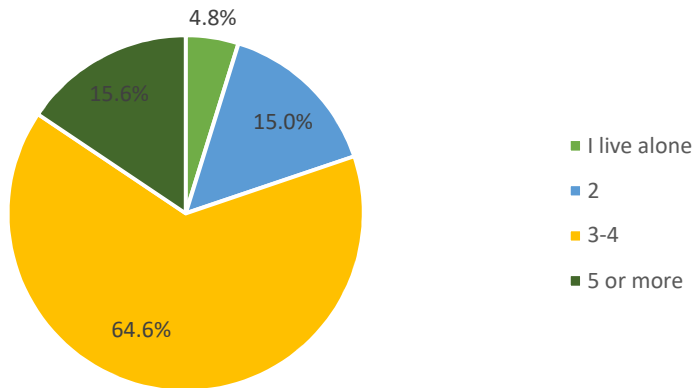
## Level of education

1,929 responses



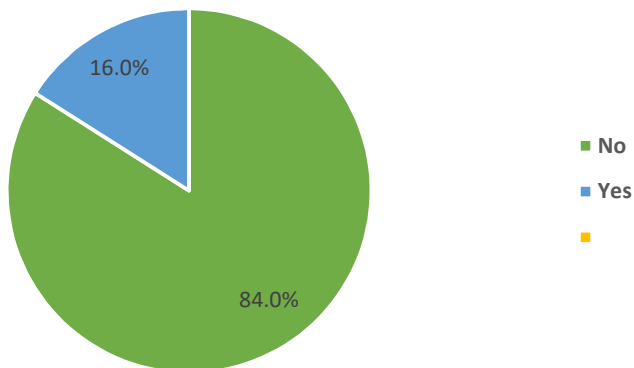
### How many people live in your house?

1,929 responses



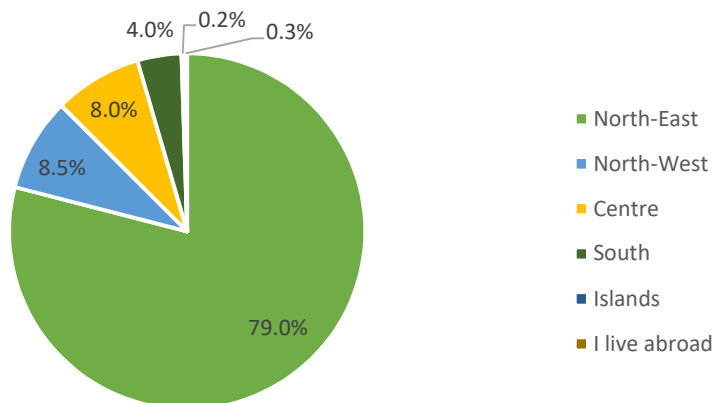
### Do you have dependent children?

1,929 responses



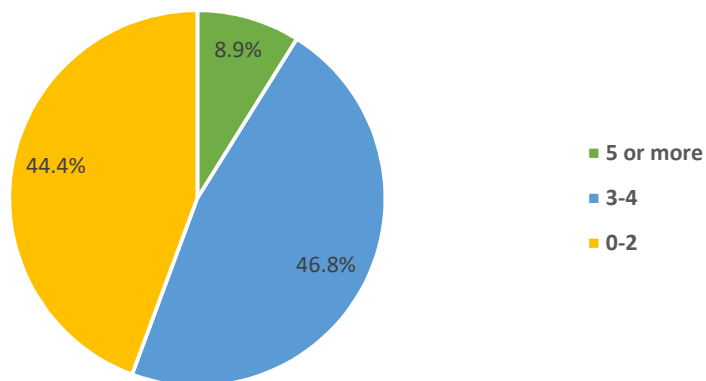
## What part of the country do you live in?

1,929 responses



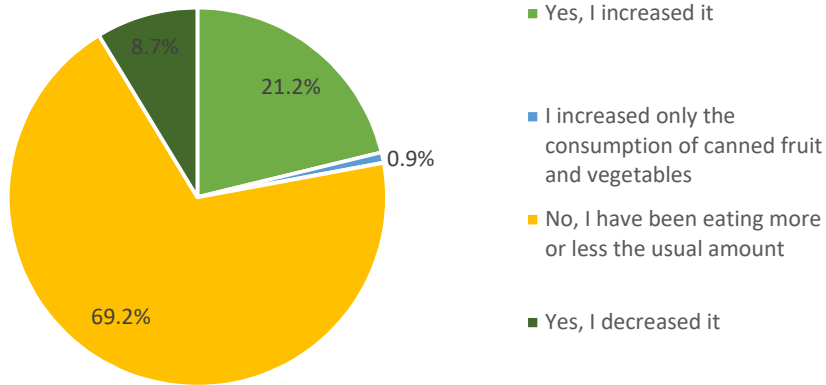
## How many portions of fruit and vegetables (fresh or canned) do you usually consume per day?

1,929 responses



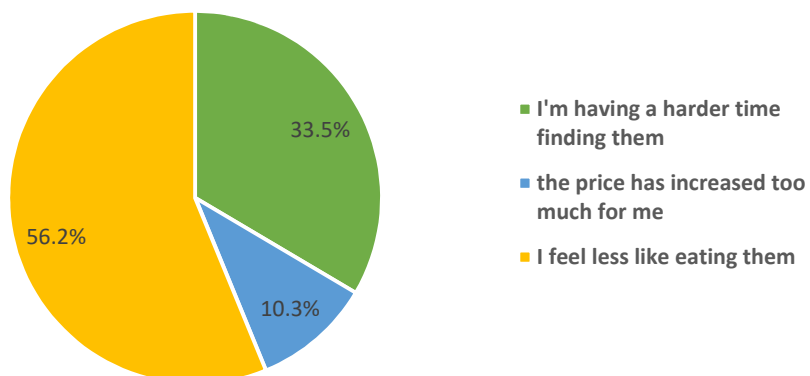
## Have you changed your fresh fruit and vegetables consumption during the quarantine?

1,929 responses



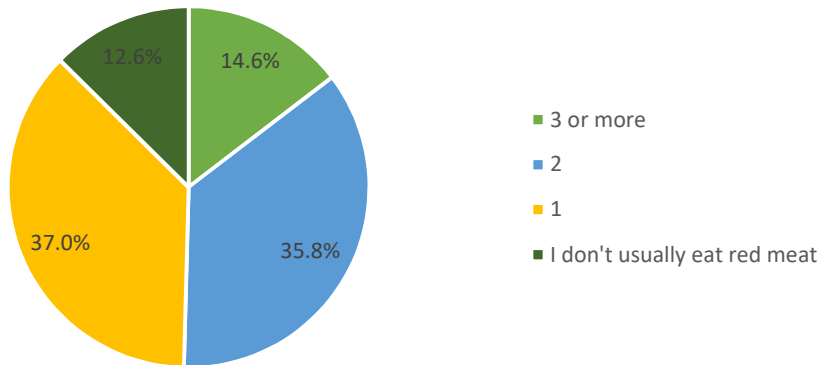
## Why have you decreased it?

185 responses



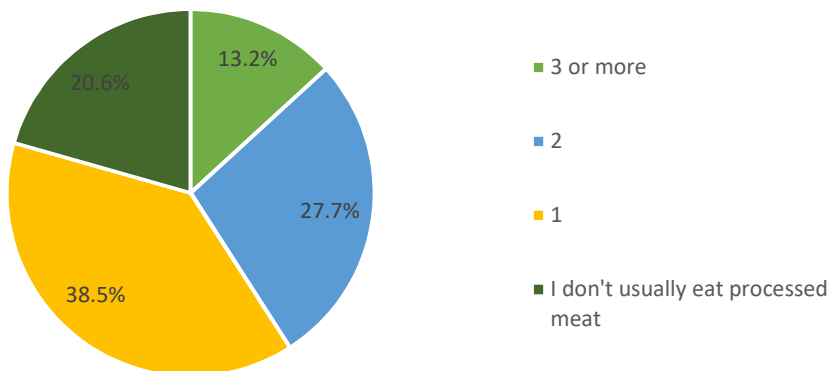
## How many times a week do you usually eat red meat?

1,929 responses



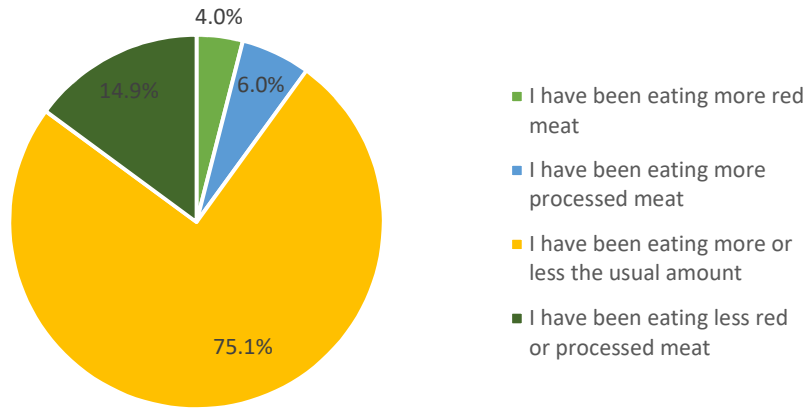
## How many times a week do you usually eat processed meat?

1,929 responses



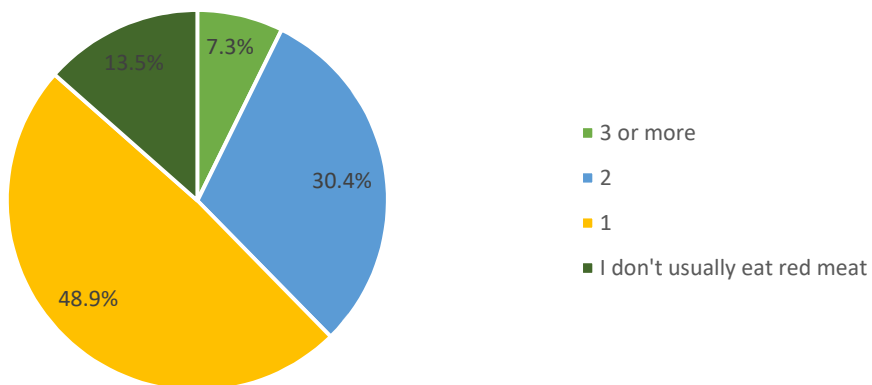
## Have you changed your red meat and processed meat consumption during the quarantine?

1,929 responses



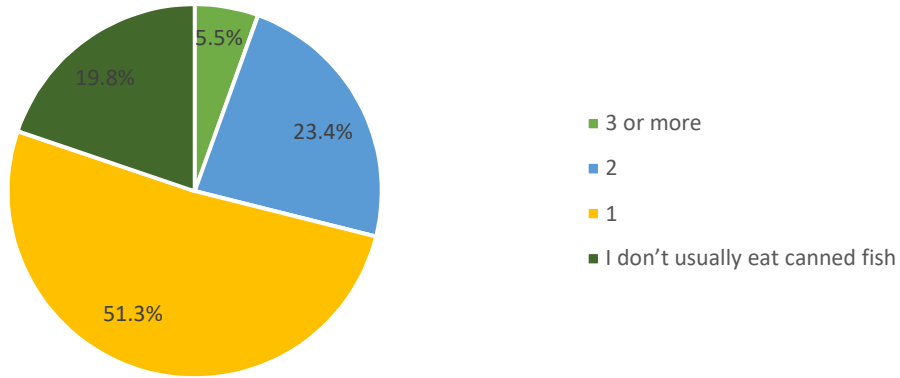
## How many portions of fish (fresh or frozen) do you usually consume per week?

1,929 responses



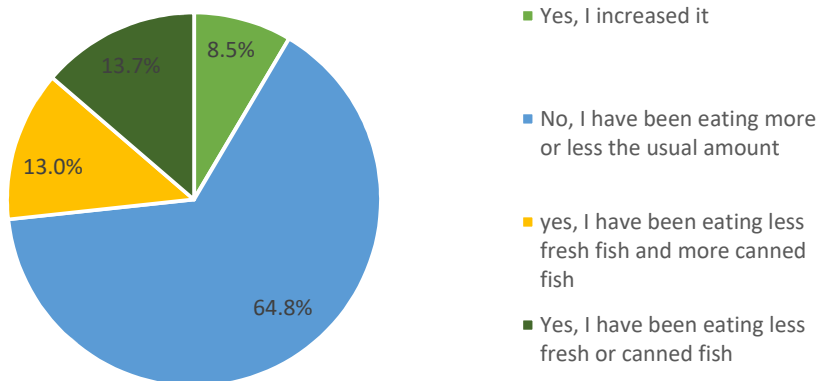
## How many portions of canned fish do you usually consume per week?

1,929 responses



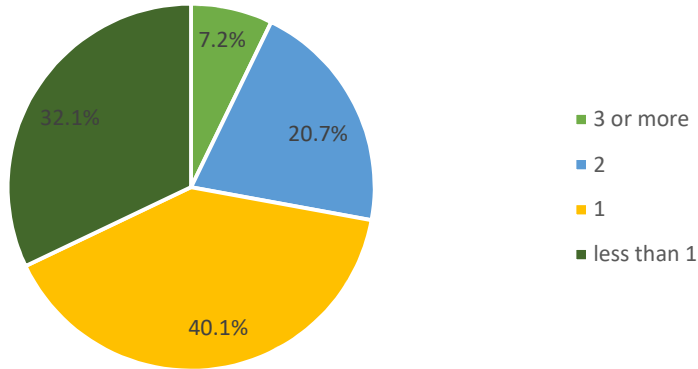
## Have you changed your fresh or canned fish consumption during the quarantine?

1,929 responses



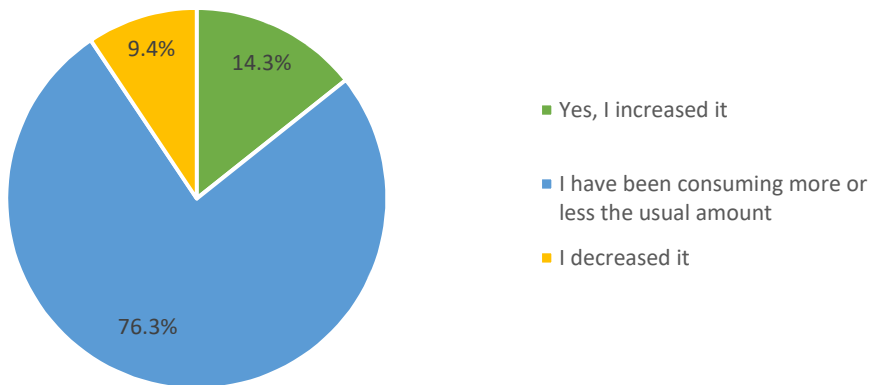
## How many glasses of milk/yogurt cups do you usually consume per day?

1,929 responses



## Have you changed your milk/yogurt consumption during the quarantine?

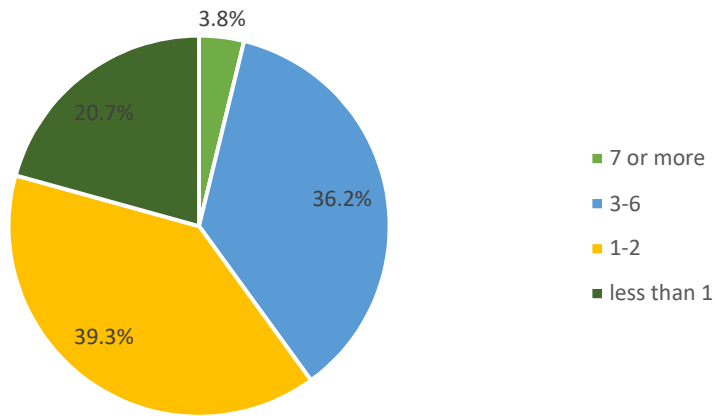
1,929 responses





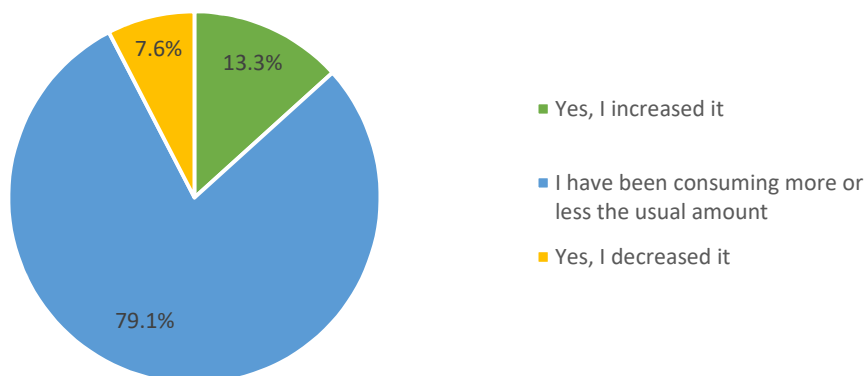
## How many portions of cheese (fresh or aged) do you usually consume per week?

1,929 responses



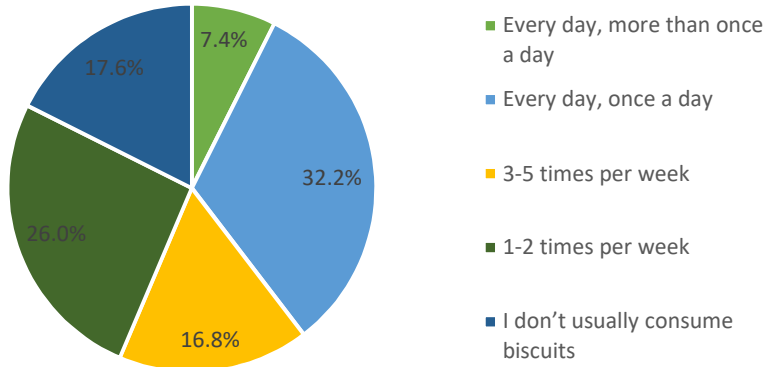
## Have you changed your cheese consumption during the quarantine?

1,929 responses



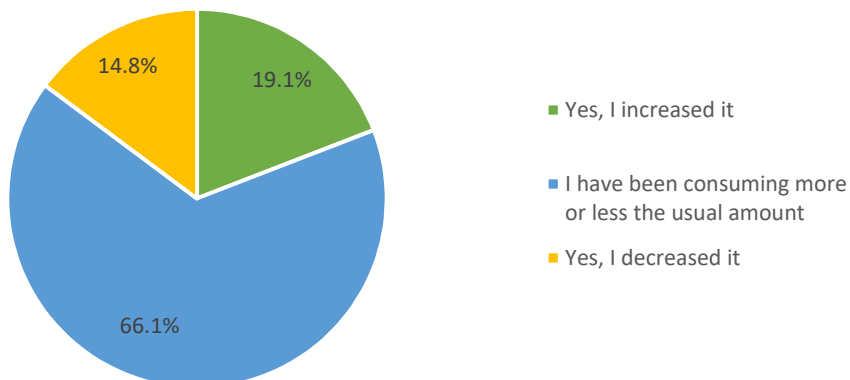
## How often do you usually consume biscuits?

1,929 responses



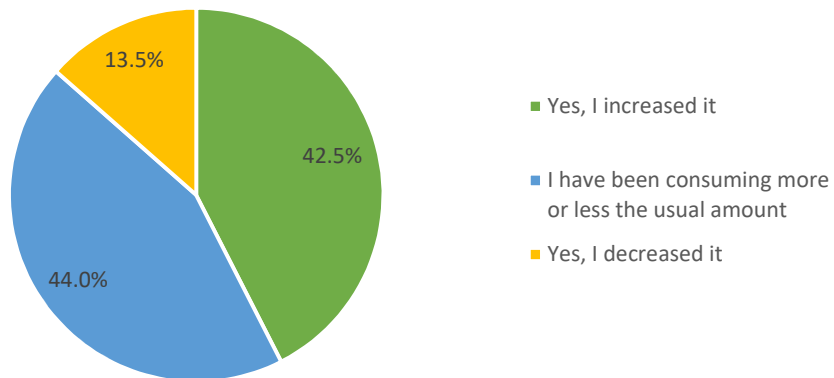
## Have you changed your biscuits consumption during the quarantine?

1,929 responses



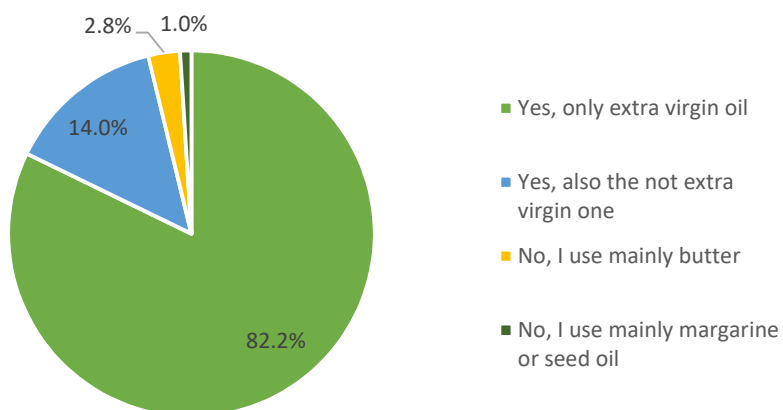
## Have you changed your consumption of other kinds of sweet food (chocolate, spreads, cakes, ice creams) during the quarantine?

1,929 responses



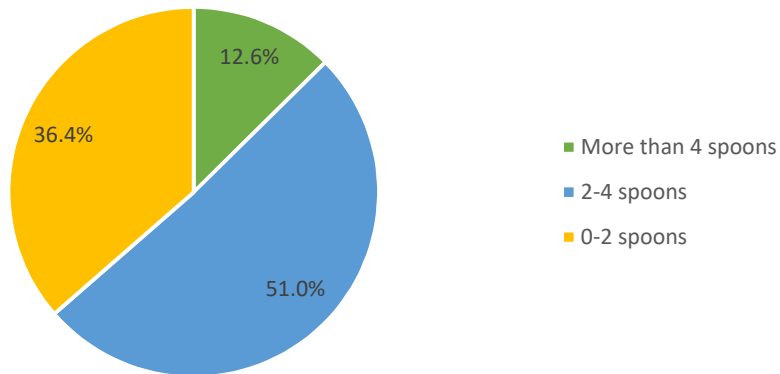
## Do you usually use olive oil to cook?

1,929 responses



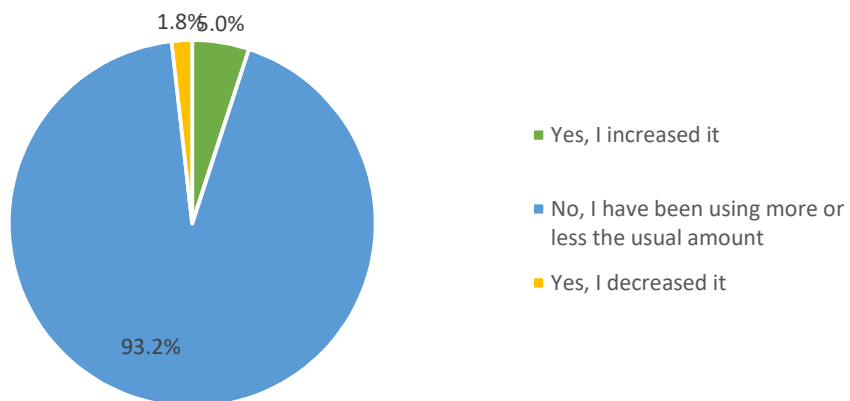
## How much olive oil per day do you usually use to season and cook?

1,929 responses



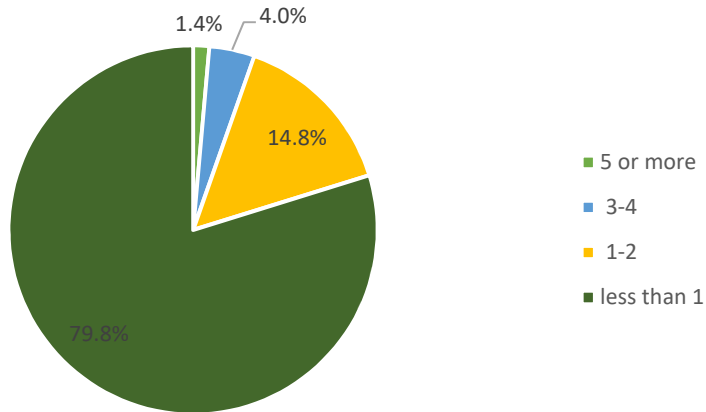
## Have you changed your consumption of olive oil during the quarantine?

1,929 responses



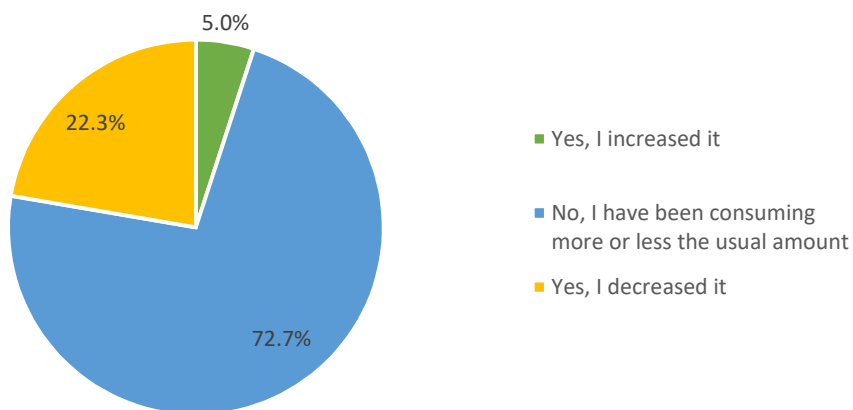
### How many cans of sugary drinks (coke, orangeade, tonic, etc.) do you usually consume per week?

1,929 responses



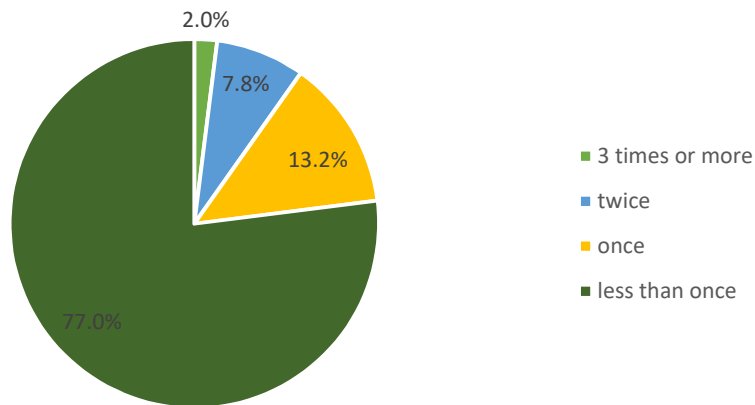
### Have you changed your consumption of sugary drinks during the quarantine?

1,929 responses



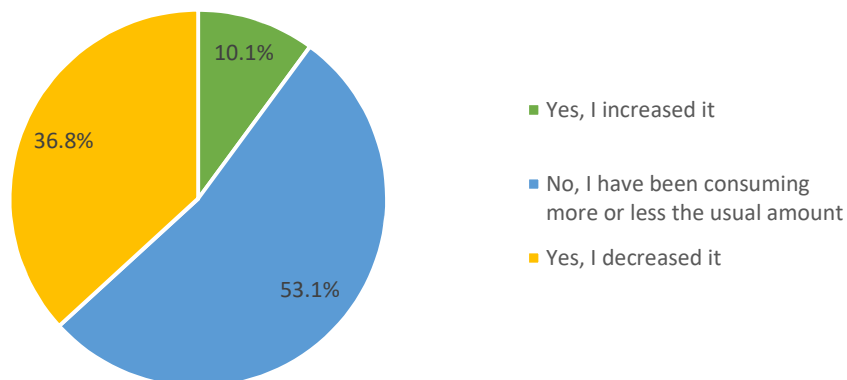
**Do you usually drink wine, beer, liqueurs? How many times a day (considering 1 glass of wine/1 can of beer/1 shot of liqueur as 1 standard dose)?**

1,929 responses



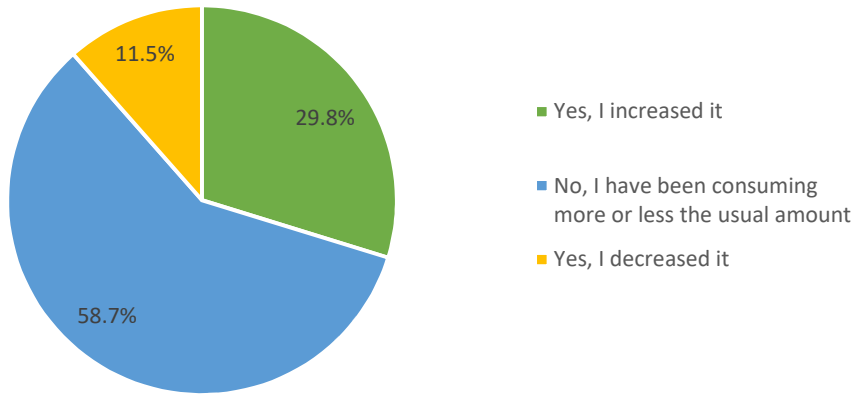
**Have you changed your consumption of wine, beer, liqueurs during the quarantine?**

1,929 responses



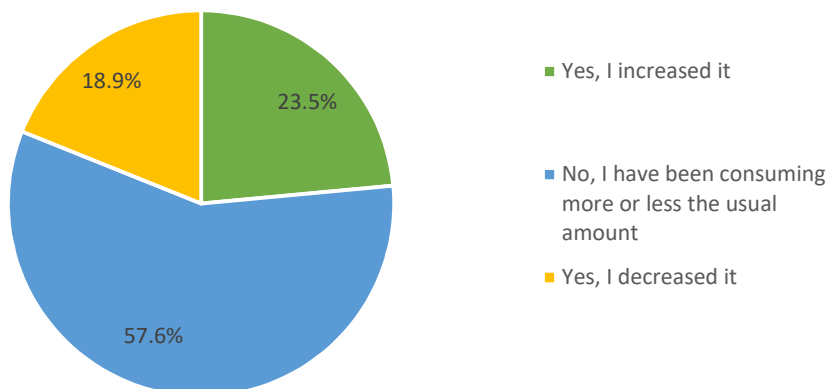
## Have you changed your consumption of coffee, tea, infusions during the quarantine?

1,929 responses



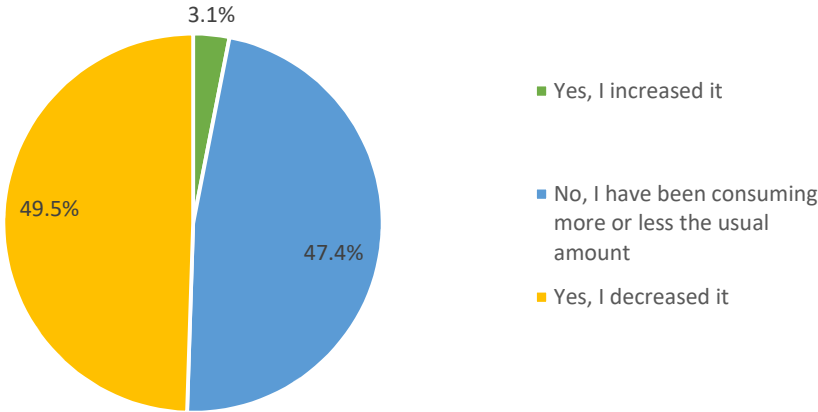
## Have you changed your consumption of sweet or salty snacks during the quarantine?

1,929 responses



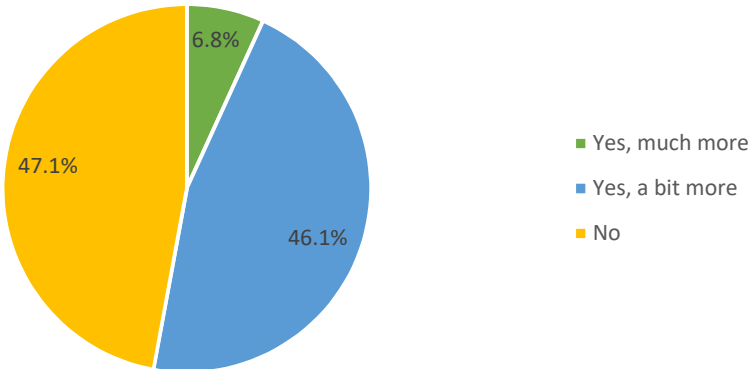
# Have you changed your consumption of ready meals during the quarantine?

1,929 responses



# Would you say that you are eating more in this quarantine period?

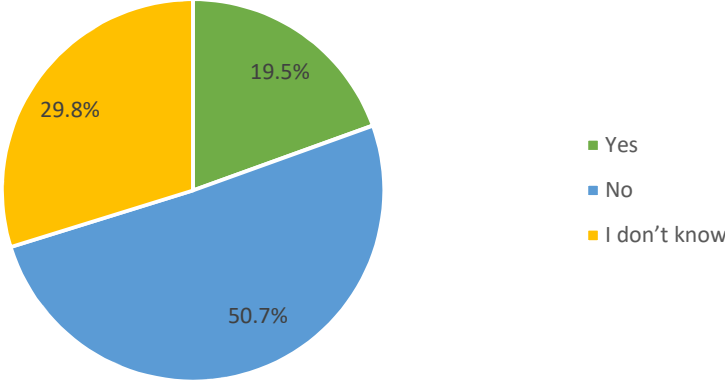
1,929 responses





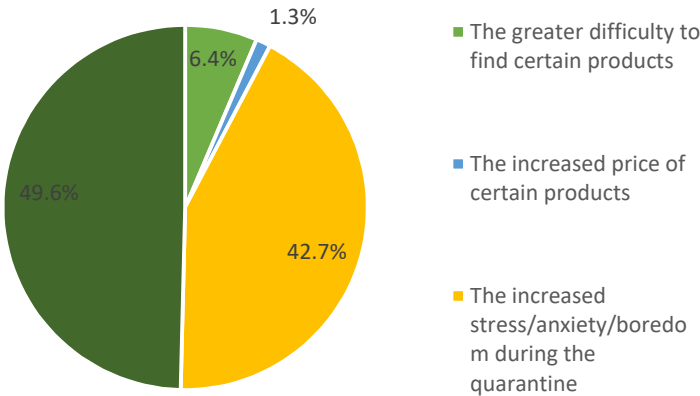
### Have you gained weight during the quarantine?

1,929 responses



### What is the main reason for your diet variations during the quarantine?

1,929 responses



## Age

1,929 responses

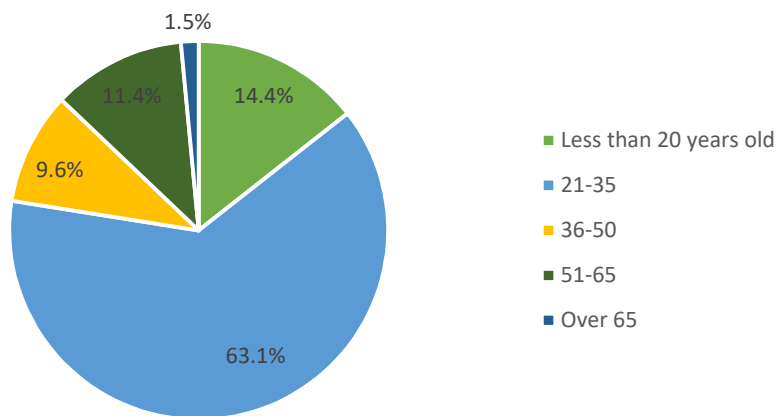


Figure S1 Results of the survey