Graphical user interface, application, PowerPoint

Description automatically generated

**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).

Graphical user interface, chart, PowerPoint

Description automatically generated

**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).

Graphical user interface, chart, bar chart

Description automatically generated

**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).