For this study, please think about a typical day. Please answer both typical consumption before COVID-19 and current consumption since COVID-19.

How many servings of grains do you consume?

(1 serving = 1 slice of bread/1 ounce of cereal, ½ cup of rice or pasta, etc.)

0 – Less than 1 serving

1 – 1-2 servings

2 – 3-4 servings

3 – 5-6 servings

4 – 7-8 servings

5 – 9-10 servings

6 – More than 10 servings

How many servings of protein do you consume?

(1 serving = 1 ounce cooked meat, 1 egg, 1 tbsp peanut butter, ¼ cup beans or peas, or ½ ounce nuts or seeds, etc.)

0 – Less than 1 serving

1 – 1-2 servings

2 – 3-4 servings

3 – 5-6 servings

4 – 7-8 servings

5 – 9-10 servings

6 – More than 10 servings

How many servings of dairy/dairy substitute do you consume?

(1 serving = 1 cup milk, 1 cup yogurt, 1 cup milk beverage [soy/almond/etc.], 1 ½ ounce cheese etc.)

0 – Less than 1 serving

1 – 1 serving

2 – 2 servings

3 – 3 servings

4 – 4 servings

5 – 5 servings

6 – More than 5 servings

How many servings of vegetables do you consume?

(1 serving = 1 cup raw or cooked vegetables, 2 cups leafy greens, 1 cup 100% vegetable juice, etc.)

0 – Less than 1 serving

1 – 1 serving

2 – 2 servings

3 – 3 servings

4 – 4 servings

5 – 5 servings

6 – More than 5 servings

How many servings of fruits do you consume?

(1 serving = 1 cup raw, frozen, canned fruit, ½ cup dried fruit, or 1 cup 100% fruit juice)

0 – Less than 1 serving

1 – 1 serving

2 – 2 servings

3 – 3 servings

4 – 4 servings

5 – 5 servings

6 – More than 5 servings

How many servings of sweets/chips/candy/snack food do you consume?

(1 serving = 1 bar of chocolate, 1 slice of cake, 1 small bag of chips, etc.)

0 – Less than 1 serving

1 – 1 serving

2 – 2 servings

3 – 3 servings

4 – 4 servings

5 – 5 servings

6 – More than 5 servings

How many glasses of water do you consume?

(1 glass = 8 ounces)

0 – Less than 1

1 – 1-4

2 – 5-8

3 – 9-12

4 – 13-16

5 – 17-20

6 – More than 20

How many caffeinated beverages do you consume?

(i.e. coffee/tea/energy drinks etc.)

0 – Less than 1

1 – 1-2

2 – 3-4

3 – 4-5

4 – 5-6

5 – 7-8

6 – More than 8

I make a conscious effort to try and eat a healthy diet

0 – Never

1 – Rarely

2 – Occasionally

3 – Sometimes

4 – Frequently

5 – Usually

6 – Always

Since COVID-19, I feel that my diet has been:

0 – Much less healthy

1 – Somewhat less healthy

2 – Slightly less healthy

3 – The same

4 – Slightly healthier

5 – Somewhat healthier

6 – Much healthier

\*Highlighted responses indicate recommended serving sizes when applicable.