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

1-2

3-4

5-6

7-8

More than 8

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

1-2

3-4

5-6

7-8

More than 8

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

1-2

3-4

5-6

7-8

More than 8

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

1-2

3-4

5-6

7-8

More than 8

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

(1 serving = 3 pieces of candy/chocolate, 1 slice of cake, 1 small bag of chips, etc.)

0

1-2

3-4

5-6

7-8

More than 8

How many glasses of water do you consume?

(1 glass = 8 ounces)

0

1-3

4-6

7-9

10-12

More than 12

How many caffeinated beverages do you consume?

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

0

1-2

3-4

5-6

7-8

More than 8

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

0 – Never

1 – Rarely

2 – Sometimes

3 – Often

4 – Always

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

0 – Much less healthy

1 – Somewhat less healthy

2 – The same

3 – Somewhat healthier

4 – Much healthier