Supplementary Table 1. Food items and behaviours included in the Mediterranean COVID-19 Pandemic Score.

		Scoring	
Dietary factors	Stable	Increased	Reduced
Fruit and nuts	0	+1	-1
Vegetables	0	+1	-1
Legumes	0	+1	-1
Cereals	0	+1	-1
Fish	0	+1	-1
Olive oil	0	+1	-1
Dairy products	0	-1	+1
Meat and meat products	0	-1	+1
*Alcohol drinking pattern**			
Abstainer (before) and abstainer (during)	0		
Abstainer (before) and moderate (during)		+1	
Abstainer (before) and heavy (during)			-1
Moderate (before) and abstainer (during)	0		
Moderate (before) and moderate (during)		+1	
Moderate (before) and heavy (during)			-1
Heavy (before) and abstainer (during)		+1	
Heavy (before) and moderate (during)		+1	
Heavy (before) and heavy (during)			-1
Diet-related behaviours			
Local food	0	+1	-1
Organic food	0	+1	-1
Delivery food	0	-1	+1
Precooked food	0	-1	+1
Physical Exercise	0	+1	-1

* Abstainers (no alcoholic intake), moderate alcohol consumers (1-14 and 1-7 alcoholic units per week for men and women, respectively), heavy drinkers (>14 and >7 alcoholic units per week for men and women, respectively).

Supplementary Table 2. Self-rated changes (%) of food group intake and diet-related behaviours during the COVID-19 pandemic as compared to the year before (2019) in men and women from the "LOST in Lombardia" Study.

	Men (n=1863)				Women (n=2537)				P for difference between gender
	Decreased (%)	Stable (%)	Increased (%)	P-value**	Decreased (%)	Stable (%)	Increased (%)	P-value**	
Dietary factors									
Fruit	1.3	73.2	25.5	<0.0001	1.3	76.3	22.4	<0.0001	0.63
Vegetables	0.9	78.6	20.5	<0.0001	1.2	80.4	18.4	<0.0001	0.20
Legumes	2.2	88.2	9.6	<0.0001	2.6	88.7	8.7	<0.0001	0.29
Cereals	3.3	90.7	6.0	0.0001	2.9	91.2	5.9	0.0001	0.48
Fish	3.3	87.1	9.7	<0.0001	3.4	87.7	8.8	<0.0001	0.50
Olive oil	0.6	91.8	7.6	<0.0001	0.6	92.6	6.7	<0.0001	0.62
Dairy products	2.3	90.9	6.8	<0.0001	1.9	91.9	6.2	<0.0001	0.71
Meat and meat products	6.7	88.8	4.5	0.0063	5.5	90.6	3.9	0.015	0.76
Alcohol intake*	7.5	91.1	1.4	<0.0001	4.1	94.5	1.4	<0.0001	0.027
Diet-related behaviours									
Local food	3.6	88.4	8.0	<0.0001	3.7	89.5	6.9	<0.0001	0.42
Organic food	3.0	90.5	6.5	<0.0001	3.0	91.8	5.2	0.0001	0.33
Delivery food	6.5	82.2	11.3	<0.0001	7.0	84.3	8.7	0.016	0.043
Precooked food	6.2	87.3	6.5	0.67	6.9	88.5	4.6	0.0007	0.010
Exercise	29.7	63.7	6.6	<0.0001	32.5	61.1	6.4	<0.0001	0.30

* For alcohol, we subtracted the reported number of alcoholic units/week consumed during the pandemic from the number of alcoholic units/week consumed in the year before (2019). ** One-way chi-square test of improved vs reduced consumption.

Supplementary Table 3. Sensitivity analysis after removal of participants with extreme values of the Mediterranean COVID-19 Pandemic Score (MedCovid-19 Score) (n=4321)

	MedCovid-19 Score			
	Worsened (n=770) vs stable (n=1543)		Improved (n=2008) vs stable (n=1543)	
	OR	95% CI	OR	95% CI
Men	Ref		Ref	
Women	1.85	1.56-2.19	0.83	0.73-0.95
Aged ≤75 y	Ref	Ref	Ref	
Aged >75 y	0.94	0.79-1.11	0.93	0.82-1.07
Living area (inhabitants)				
≤10,000	Ref		Ref	
>10,000-50,000	1.08	0.90-1.30	1.09	0.94-1.26
>50,000	1.23	1.01-1.51	1.14	0.96-1.34
Educational level				
Up to lower secondary	Ref		Ref	
Upper secondary	0.95	0.78-1.15	1.24	1.06-1.45
Postgraduate	0.89	0.65-1.20	1.45	1.13-1.87
Wealth index				
Low	Ref		Ref	
Average	1.19	0.88-1.60	0.92	0.73-1.17
High	0.92	0.63-1.32	1.52	1.14-2.03
Occupation-based social class				
White-collars	Ref		Ref	
Petty bourgeoisie	0.84	0.60-1.19	1.09	0.83-1.43
Farm workers	0.57	0.24-1.33	1.67	0.92-3.06
Skilled workers	0.62	0.48-0.81	1.56	1.27-1.90
Non-skilled workers	0.73	0.57-0.93	1.00	0.82-1.21
Unclassified	-	-	0.53	0.09-3.27
Marital status				
Married/in couple	Ref		Ref	
Divorced/separated	1.16	0.74-1.82	1.40	0.94 -2.09
Widower	1.09	0.88-1.33	0.92	0.78-1.09
Unmarried	1.30	0.95-1.77	0.92	0.71-1.20
Number of chronic conditions				
≤2	Ref		Ref	
>2	1.11	0.90-1.37	0.85	0.72-1.01

OR: odds ratio; 95% CI: 95% confidence interval.

Multinomial logistic regression including all the variables listed in the Table.

Supplementary Table 4. Associations between changes in the Mediterranean lifestyle (MedCovid-19 Score) (worsened and improved vs stable) according to sociodemographic factors in men and women during the COVID-19 pandemic as compared to the year before (2019) in the "LOST in Lombardia".

	Men (n=1863)				Women (n=2537)			
	MedCovid-19 Score				MedCovid-19 Score			
	Worsened (n=241) vs stable (n=593)		Improved (n=1029) vs stable (n=593)		Worsened (n=566) vs stable (n=950)		Improved (n=1021) vs stable (n=950)	
	OR	95% CI	OR	95% CI	OR	95% CI	OR	95% CI
Aged ≤75 y	Ref		Ref		Ref		Ref	
Aged >75 y	0.91	0.68-1.23	0.83	0.67-1.02	0.98	0.80-1.20	1.01	0.85-1.20
Living area (inhabitants)								
≤10,000	Ref		Ref		Ref		Ref	
>10,000-50,000	0.99	0.73-1.34	1.04	0.83-1.30	1.17	0.93-1.47	1.12	0.92-1.35
>50,000	0.95	0.67-1.37	1.13	0.87-1.47	1.35	1.06-1.71	1.14	0.93-1.41
Educational level								
Up to lower secondary	Ref		Ref		Ref		Ref	
Upper secondary	0.83	0.59-1.16	1.18	0.92-1.50	1.09	0.87-1.38	1.35	1.10-1.65
Postgraduate	0.97	0.59-1.59	1.60	1.09-2.33	0.96	0.67-1.38	1.46	1.05-2.03
Wealth index								
Low	Ref		Ref		Ref		Ref	
Average	0.86	0.57-1.31	0.85	0.62-1.18	1.59	1.04-2.42	0.99	0.70-1.38
High	0.66	0.37-1.19	1.90	1.22-2.97	1.24	0.76-2.01	1.42	0.96-2.10
Occupation-based social class								
White-collars	Ref		Ref		Ref		Ref	
Petty bourgeoisie	0.90	0.53-1.54	1.25	0.85-1.84	0.74	0.47-1.17	0.93	0.63-1.35
Farm workers	0.75	0.22-2.52	3.23	1.11-9.43	0.53	0.18-1.53	1.07	0.50-2.31
Skilled workers	0.69	0.45-1.05	1.57	1.17-2.11	0.60	0.43-0.85	1.58	1.19-2.09
Non-skilled workers	1.03	0.65-1.64	1.06	0.76-1.48	0.67	0.50-0.89	0.94	0.75-1.19
Unclassified	-	-	0.76	0.05-12.12	-	-	0.35	0.03-4.28
Marital status								
Married/in couple	Ref		Ref		Ref		Ref	
Divorced/separated	0.76	0.30-1.93	1.47	0.76-2.82	1.48	0.90-2.43	1.41	0.85-2.33
Widower	1.30	0.87-1.94	0.97	0.72-1.31	1.11	0.88-1.39	0.91	0.74-1.11
Unmarried	1.32	0.80-2.17	1.15	0.77-1.72	1.12	0.75-1.67	0.76	0.54-1.08
Number of chronic conditions								

≤2	Ref		Ref		Ref		Ref	
>2	0.80	0.51-1.24	1.02	0.75-1.38	1.24	0.98-1.57	0.80	0.65-0.99

OR: odds ratio; 95% CI: 95% confidence interval.

Multinomial logistic regression including all variables listed in the Table.