

Supplementary Materials

Table S1. Changes in meal patterns after COVID-19 pandemic.

Meals	Before COVID-19		During COVID-19		p-value
	n	%	n	%	
Breakfast	264	80.5	257	78.4	0.473
Snacking Before Midday	242	73.8	183	55.8	0.000*
Lunch	298	90.9	299	91.2	0.862
Snacking After Midday	45	13.7	77	23.5	0.000*
Dinner	114	34.8	164	50.0	0.000*
Snacking at Night	69	21.0	128	39.0	0.000*

** $p < 0.05$ Wilcoxon signed rank test*