nutrients

Table S1. Example of traditional menus.

Average daily consumption of >500 g of fruit and vegetables and >10 g of nuts Have not contracted COVID-19			Failure to meet any of the conditions Have contracted COVID-19		
Meal	**Product / dish**	**Amount [g/ml]**	**Meal**	**Product / dish**	**Amount [g/ml]**
I breakfast	Oat flakes	46	I breakfast	Plain bread	100
	Skimmed milk powder	7		Tomato	100
	White chocolate	5		Smoked mackerel	50
	Strawberry yogurt 1.5% fat	350		Sandwich ham	50
	Tea, sugar-free	200		Tea, sugar-free	250
II breakfast	Graham rolls	50		Yeast cakes with strawberries	150
	Tuna in water	30		Coffee, sugar-free	500
	Canned corn	30		Food milk, 2% fat	100
	Carrot	30	II breakfast	Tea, sugar-free	1200
	Green peas, cooked	30			
	Pickled green olives	30		Broth	200
	Orange juice	500		Cooked pasta	100
Lunch	Pork goulash	150	Lunch	Breaded chicken breast cutlet	100
	Buckwheat groats	60		Potatoes	70
	Tomato soup made from fresh tomatoes	250		Lettuce	20
				Cream 12% fat	10
	Carbonated sugar sweetened drinks	250		Banana	20
Dinner	Vegetables for the pan (broccoli 120 g, corn 120g, Carrot 120 g, sugar peas 90 g)	450			
	Tran Moller's Lemon Flavored - (Peter Moller)	5	Dinner	Plain bread	150
				Sandwich ham	50
	Tea, sugar-free	250		Beer full	500
	Orange juice	250			

Table S2. Examples of vegetarian menus.

Average daily consumption of >500 g of fruit and vegetables and >10 g of nuts Have not contracted COVID-19			Failure to meet any of the conditions Have contracted COVID-19		
Meal	**Product / dish**	**Amount [g/ml]**	**Meal**	**Product / dish**	**Amount [g/ml]**
I breakfast	Water	500	I breakfast	Graham bread	70
	Oat flakes	50		Cheese, full fat emmental	30
	Soy milk	250		Tomato	30
	Peanuts	30		Tea, sugar-free	200
	Linseed	10	II breakfast	Mineral water „Muszyna”	1000
	Honey	10		Cheesecake with raisins	150
	Water	200		Yeast buns with poppy seed filling	100
	Coffee, sugar-free	200	Lunch	Coffee, sugar-free	100
	Soy milk	50		Bean cutlet (no eggs added)	50
II breakfast	Apple	150		Village bread	30
	Plums	100		Beets	30
	Apple juice	200		Cheese, full fat emmentaler	30
Lunch	Cauliflower	100	Dinner	Tea, sugar-free	200
	Boiled beans	150		Plain wheat rolls	60
	Tomato sauce	100		Butter	5
	Boiled chickpeas	100		Beets	30
	Graham bread	120		Water	200
Snack	Water	200			
	Blueberry yogurt 1.5% fat	140			
Dinner	Graham bread	80			
	"Feta" type cheese	20			
	Fried eggs	120			
	Butter lettuce	20			
	Olive oil	10			
	Cucumber	100			