

**Table S1:** Questionnaire used in this study:

**Q1) What meals do you eat most often?**

- A. Meals balanced according to the food pyramid
- B. Vegetarian meals
- C. Vegan meals
- D. Meat meals
- E. Gluten-free meals
- F. Dairy-free meals
- G. Carbohydrate-restricted meals
- H. Sodium-reduced meals
- I. Another type of meals with limited carbohydrates
- J. Another type of sodium-restricted meals

**Q2) How often do you eat red meat?**

- A. Never
- B. Once or twice a month
- C. One to three times a week
- D. Everyday

**Q3) For what reason do you often eat meat?**

- A. I have no ideas for preparing meatless meals
- B. Meat meals is better for my health
- C. I like eating meat
- D. I can have enough to eat more while consuming meat than other products
- E. Most meals should contain meat
- F. None of the above

**Q4) Have you ever been on a slimming diet?**

- A. Yes, I am on a slimming diet all the time
- B. Yes, at least once in the last year I was on a slimming diet
- C. Yes, I was on a slimming diet
- D. No, I've never been on a slimming diet

**Q5) How often do you eat junk-food products (hamburgers, fries, hot dogs, etc.)?**

- A. Everyday
- B. Several times a week
- C. Once a week
- D. Several times a month
- E. Once a month
- F. Less often than once a month
- G. Never

**Q6) How often do you drink sweetened, carbonated or non-carbonated beverages?**

- A. Everyday

- B.** Several times a week
- C.** Once a week
- D.** Several times a month
- E.** Once a month
- F.** Less often than once a month
- G.** Never

**Q7)** How often do you drink energy drinks?

- A.** Three or more times per day
- B.** One or two times per day
- C.** Several times a week
- D.** Once a week
- E.** Several times a month
- F.** Once a month
- G.** Less often than once a month
- H.** Never

**Q8)** How often do you eat vegetables?

- A.** Everyday
- B.** Several times a week
- C.** Once a week
- D.** Several times a month
- E.** Once a month
- F.** Less often than once a month
- G.** Never

**Q9)** How often do you eat fruit?

- A.** Everyday
- B.** Several times a week
- C.** Once a week
- D.** Several times a month
- E.** Once a month
- F.** Less often than once a month
- G.** Never

**Q10A)** Have you been taking dietary supplements or other over-the-counter drugs last year?

- A.** Yes, everyday
- B.** Yes, several times a week
- C.** Yes, once a week
- D.** Yes, several times a month
- E.** Yes, once a month
- F.** Yes, less often than once a month
- G.** Yes, only for a limited time
- H.** No

**Q10B)** What kind and for why did you take dietary supplements or other over-the-counter drugs last year?

- A.** Multivitamin preparations
- B.** To improve the condition of hair and/or skin
- C.** To improve memory and concentration
- D.** To improve eyesight and visual comfort
- E.** To reduce body weight
- F.** To improve digestion or reduce ailments
- G.** To improve your mood and well-being
- H.** To alleviate problems with falling asleep
- I.** To improve potency
- J.** Others

**Table S2:** Sociodemographic factors of the respondents (p<0.05).

| Features (variables)                         | 2019-2020<br>N = 376102 | 2021-2022<br>N = 200000 |
|--|-------------------------|-------------------------|
| Gender:                                      |                         |                         |
| Female                                       | 58,3%                   | 59,6%                   |
| Male   | 41,7%                   | 40,4%                   |
| Age (years old)                              |                         |                         |
| M ± SD                                       | 48 ± 15                 | 53 ± 15                 |
| Me [Q1; Q3]                                  | 47 [37; 60]             | 54 [42; 65]             |
| Min – Max                                    | 18 - 99                 | 18 – 99                 |
| Education:                                   |                         |                         |
| Primary                                      | 1,2%                    | 2,0%                    |
| lower secondary                              | 1,1%                    | 0,8%                    |
| basic vocational                             | 8,2%                    | 10,8%                   |
| Secondary                                    | 28,8%                   | 29,7%                   |
| post-secondary                               | 10,4%                   | 10,6%                   |
| bachelor's degree                            | 11,0%                   | 9,5%                    |
| master's degree                              | 39,3%                   | 36,6%                   |
| Place of residence:                          |                         |                         |
| village                                      | 21,3%                   | 22,1%                   |
| town, less than 19,000 inhabitants           | 11,3%                   | 11,9%                   |
| town, between 20,000 to 49,000 inhabitants   | 14,2%                   | 15,4%                   |
| town, between 50,000 to 99,000 inhabitants   | 11,1%                   | 11,6%                   |
| town, between 100,000 to 199,000 inhabitants | 10,4%                   | 11,0%                   |
| town, between 200,000 to 499,000 inhabitants | 10,2%                   | 10,6%                   |
| town, more than 500,000 inhabitants          | 21,6%                   | 17,3%                   |
| Voivodeship:                                 |                         |                         |
| Lower Silesia                                | 8,0%                    | 8,4%                    |
| Kuyavian-Pomeranian                          | 4,5%                    | 5,2%                    |
| Lublin                                       | 4,2%                    | 4,2%                    |
| Lubuskie                                     | 2,5%                    | 2,7%                    |
| Lodz   | 6,5%                    | 6,1%                    |
| Lesser Poland                                | 10,4%                   | 8,7%                    |
| Masovian                                     | 16,5%                   | 15,8%                   |
| Opole  | 2,3%                    | 2,6%                    |
| Subcarpathian                                | 5,0%                    | 4,8%                    |
| Podlaskie                                    | 2,4%                    | 2,4%                    |
| Pomeranian                                   | 5,3%                    | 5,8%                    |
| Silesian                                     | 14,2%                   | 14,1%                   |
| Świętokrzyskie                               | 2,7%                    | 2,8%                    |
| Warmian-Masurian Voivodeship                 | 2,8%                    | 3,0%                    |
| Greater Poland                               | 8,6%                    | 8,8%                    |
| West Pomeranian                              | 4,1%                    | 4,6%                    |
| Body height (cm)                             |                         |                         |
| M ± SD                                       | 170 ± 9                 | 170 ± 9                 |
| Me [Q1; Q3]                                  | 170 [164; 177]          | 169 [164; 176]          |
| Min – Max                                    | 120 - 215               | 120 - 215               |

|                           |             |             |
|---------------------------|-------------|-------------|
| Body mass (kg)            |             |             |
| M ± SD                    | 79 ± 18     | 79 ± 18     |
| Me [Q1; Q3[               | 77 [65; 90] | 77 [66; 90] |
| Min - Max                 | 30 - 230    | 31 - 210    |
| BMI (kg/m <sup>2</sup> ): |             |             |
| M ± SD                    | 26,9 ± 5,1  | 27,2 ± 5,1  |
| Me [Q1; Q3[               | 26 [23; 30] | 27 [24; 30] |
| Min - Max                 | 12 - 60     | 12 - 60     |

**Table S3.** Percentage of observed diseases among our study population divided into groups depending on when the data were self-reported: before the COVID-19 pandemic – 2019-2020, and during the COVID-19 pandemic (2021-2022;  $p < 0.05$  acts as significant different)

| Observed diseases                               | 2019-2020<br>N=376,102 | 2021-2022<br>N=200,000 | p-value |
|---|------------------------|------------------------|---------|
| 1. Hypertension                                 | 29,6%                  | 38,2%                  | <0,001  |
| 2. Diabetes                                     | 7,7%                   | 11,4%                  | <0,001  |
| 3. Heart disease                                | 10,2%                  | 15,2%                  | <0,001  |
| 4. Chronic obstructive pulmonary disease (COPD) | 2,1%                   | 3,4%                   | <0,001  |
| 5. Allergy or asthma                            | 18,2%                  | 21,5%                  | <0,001  |
| 6. Depression                                   | 10,1%                  | 15,1%                  | <0,001  |
| 7. Cancer disease                               | 4,3%                   | 7,0%                   | <0,001  |
| 8. Joint disease                                | 17,9%                  | 24,0%                  | <0,001  |
| 9. Neurological disease                         | 9,2%                   | 13,0%                  | <0,001  |
| 10. COVID-19                                    | -                      | 31,2%                  | -       |
| None of the above                               | 38,4%*                 | 19,2%                  | <0,001  |

\* - no COVID-19 disease occurred

**Table S4:** Number (percentage) of respondents in groups differing in the frequency of different types of consumed food (in 2021-2022).

| <b>What meals do you eat most often?</b>  | <b><i>n</i></b> | <b>(%)</b> |
|---|-----------------|------------|
| Meals balanced according to the food pyramid  | 40922           | 20.5       |
| Vegetarian meals  | 9154            | 4.6        |
| Vegan meals   | 956             | 0.5        |
| Meat meals  | 44254           | 22.1       |
| Gluten-free meals   | 1899            | 0.9        |
| Dairy-free meals  | 1451            | 0.7        |
| Carbohydrate-restricted meals   | 9992            | 5.0        |
| Sodium-reduced meals  | 14266           | 7.1        |
| Another type of meals with limited carbohydrates                                    | 4770            | 2.4        |
| Another type of sodium-restricted meals   | 72336           | 36.2       |
| <b>How often do you eat red meat?</b>   | <b><i>n</i></b> | <b>(%)</b> |
| Never   | 24369           | 12,2%      |
| Once or twice a month   | 82333           | 41,2%      |
| One to three times a week   | 73613           | 36,8%      |
| Everyday  | 9561            | 4,8%       |
| <b>For what reasons do you often eat meat?</b>                                      | <b><i>n</i></b> | <b>(%)</b> |
| I have no ideas for preparing meatless meals  | 7433            | 3,7%       |
| Meat meals is better for mu health  | 1869            | 0,9%       |
| I like eating meat  | 26404           | 13,2%      |
| I can have enough to eat more while consuming meat than other products              | 9146            | 4,6%       |
| Most meals should contain meat  | 6972            | 3,5%       |
| Non of the above  |                 | 78,1%      |
| <b>Have you ever been on a slimming diet?</b>                                       |                 |            |
| Yes, I am on a slimming diet all the time   | 9156            | 4,6%       |
| Yes, at least once in the last year I was on a slimming diet                        | 21362           | 10,7%      |
| Yes, I was on a slimming diet   | 56919           | 28,5%      |
| No, I've never been on a slimming diet  | 112563          | 56,3%      |
| <b>How often do you eat junk-food products (hamburgers, fries, hot dogs, etc.)?</b> |                 |            |
| Everyday  | 245             | 0,12%      |
| Several times a week  | 2884            | 1,44%      |
| Once a week   | 7232            | 3,62%      |
| Several times a month   | 26513           | 13,26%     |
| Once a month  | 28685           | 14,34%     |
| Less often than once a month  | 86395           | 43,20%     |
| Never   | 48046           | 24,02%     |
| <b>How often do you drink sweetened, carbonated or non-carbonated beverages?</b>    |                 |            |
| Everyday  | 20014           | 10,0%      |
| Several times a week  | 19143           | 9,6%       |
| Once a week   | 10548           | 5,3%       |
| Several times a month   | 27567           | 13,8%      |
| Once a month  | 14151           | 7,1%       |
| Less often than once a month  | 53135           | 26,6%      |
| Never   | 55442           | 27,7%      |
| <b>How often do you drink energy drinks?</b>  |                 |            |

|                              |        |       |
|------------------------------|--------|-------|
| Three or more times per day  | 443    | 0,2%  |
| One or two times per day     | 1246   | 0,6%  |
| Several times per week       | 3490   | 1,7%  |
| Once a week                  | 2289   | 1,1%  |
| Several Times per month      | 6093   | 3,0%  |
| Once a month                 | 4836   | 2,4%  |
| Less often than once a month | 24649  | 12,3% |
| Never                        | 156954 | 78,5% |

#### **How often do you eat vegetables?**

|                              |       |       |
|------------------------------|-------|-------|
| Everyday                     | 70600 | 35,3% |
| Several times a week         | 84200 | 42,1% |
| Once a week                  | 16400 | 8,2%  |
| Several times a month        | 20400 | 10,2% |
| Once a month                 | 3200  | 1,6%  |
| Less often than once a month | 4200  | 2,1%  |
| Never                        | 800   | 0,4%  |

#### **How often do you eat fruits?**

|                              |       |       |
|------------------------------|-------|-------|
| Everyday                     | 84400 | 42,2% |
| Several times a week         | 72400 | 36,2% |
| Once a week                  | 15200 | 7,6%  |
| Several times a month        | 18400 | 9,2%  |
| Once a month                 | 3600  | 1,8%  |
| Less often than once a month | 4800  | 2,4%  |
| Never                        | 1000  | 0,5%  |

#### **Have you been taking dietary supplements or other over-the-counter drugs last year?**

|                                   |       |       |
|-----------------------------------|-------|-------|
| Yes, everyday                     | 50000 | 25,0% |
| Yes, several times a week         | 26600 | 13,3% |
| Yes, once a week                  | 4000  | 2,0%  |
| Yes, several times a month        | 10000 | 5,0%  |
| Yes, once a month                 | 2600  | 1,3%  |
| Yes, less often than once a month | 6000  | 3,0%  |
| Yes, only for a limited time      | 20600 | 10,3% |
| No                                | 80200 | 40,1% |

#### **What kind and for why did you take dietary supplements or other over-the-counter drugs last year?**

|  |       |       |
|--|-------|-------|
| Multivitamin preparations                    | 70400 | 35,2% |
| To improve the condition of hair and/or skin | 28000 | 14,0% |
| To improve memory and concentration          | 13200 | 6,6%  |
| To improve eyesight and visual comfort       | 9400  | 4,7%  |
| To reduce body weight                        | 10000 | 5,0%  |
| To improve digestion or reduce ailments      | 24800 | 12,4% |
| To improve your mood and well-being          | 12400 | 6,2%  |
| To alleviate problems with falling asleep    | 15400 | 7,7%  |
| To improve potency                           | 2800  | 1,4%  |
| Others                                       | 16600 | 8,3%  |