

Supplementary data related to the article

Vázquez-Aguilar, A. – Huerta-Oros, J. – Villarreal-Arce, M. E. – Escalante-Aburto, A.

A retrospective study about dietary patterns, physical activity, and nutritional challenges among Mexican adults during the COVID-19 pandemic

published in Journal of Food and Nutrition Research, Vol. 64, 2025, No. 4, pp. 309–318.

DOI: <https://doi.org/10.64122/RAXD7917>

ISSN: 1336-8672 (print), 1338-4260 (online). <<https://www.vup.sk/download.php?bullID=2288>>

Supplement 1.

Questionnaire to evaluate food consumption.

In the last six months, how often have you usually consumed the specified food? Select only one answer.

Semi-quantitative responses options:

- Never or rarely
- 1 time per month
- 2 to 3 times a month
- 1 time per week
- 2 to 3 times a week
- 4 to 6 times a week
- Once a day
- 1 to 2 times a day

Access to the complete original survey can be found at:

<https://drive.google.com/file/d/1jKJfuA2MESEc350XL90o-pZ6PPfotS3p/view?usp=sharing>

Supplement 2.

Questionnaire to evaluate physical activity.

1. During the last 7 days, how many days did you do intense physical activities such as lifting heavy weights, doing aerobic exercises, or riding a bike fast?
2. During the last 7 days, how much total time did you spend doing intense physical activity?
3. During the last 7 days, how many days did you do moderate physical activities such as carrying light weights, or riding a bicycle at a regular speed? (Do not include a walk.)
4. During the last 7 days, how much total time did you spend doing moderate physical activity?
5. During the last 7 days, how many days did you walk for at least 10 minutes straight?
6. During the last 7 days, how much total time did you spend walking on one of those days?
7. During the last 7 days, how much time did you spend sitting during a business day?

Supplement 3.

Food groups included in the analysis of the dietary patterns.

Food groups	Food included in each group
Fruits	Orange, grapefruit, tangerine, lime, lemon, banana, apple, strawberries, cherries, plums, peach, apricot, nectarine, watermelon, melon, kiwi, grapes, fruits in syrup, dried dates, prunes, mango, guava, prickly pear, tamarind, papaya, pineapple
Vegetables	Swiss chard, spinach, purslane, cabbage, cauliflower, broccoli, lettuce, endive, red and green tomato or tomato sauce, carrot, squash and squash flower, green beans, eggplant, zucchini or cucumbers, peppers, asparagus, artichoke, leek, celery, cardon, onion, mushrooms, hot peppers, jalapeño, serrano, habanero, cooked nopales, chayote, jicama, poblano pepper, garlic, parsley, thyme, bay leaf, oregano, coriander, salt
Legumes	Lentils, kidney beans, chickpeas, peas, and broad beans
Natural dairy products	Nonfat milk, nonfat yogurt, semi-skimmed milk, whole milk, and whole yogurt, mature cured cheeses, Manchego, Gouda, Oaxaca, fresh cheeses, jocoque cottage cheese, cottage cheese
White meats	Fat-free chicken, chicken with skin, white fish, blue fish, salted fish, oysters, clams, mussels, squid, octopus, crustaceans, shrimp, canned tuna in water and oil, canned tuna in tomato or pickle, egg
Nuts	Almonds, peanuts, hazelnuts, pecans, other nuts
Natural water, tea and coffee	Lightly carbonated drinks, decaffeinated coffee, espresso coffee, tea, soluble coffee, water
Processed dairy products with added sugar	Milkshakes, petit suisse type cheese, custard, yogurt with sugar, ice cream, fermented milk drink, condensed milk, atole
Red and processed meats	Beef, pork, liver, hamburger meat, meatballs, other organ meats, carnitas, ham, processed meats (salami, chorizo, sausage).
Alcoholic beverages	Beer, whiskey, vodka, gin, cognac, tequila
Beverages with added sugar	Carbonated beverages with sugar, plain orange juice, grapefruit juice, plain tangerine juice, bottled fruit juice, fruit water, flavoured water
Confectionery, sweets, snacks and fried foods	Sweet baked or fried goods (sweet breads, doughnuts, cakes, chocolate cookies, cinnamon rolls, choco-rolls, shells, palms, bows, semas, muffins, churros with added sugar). Cocoa powder for milkshakes, “ate” fruit jelly, dulce de leche, jam, cajeta, sweets, gummies, jellies, ice cream, chocolates, candy, sugar, piloncillo, honey

Note: Cereal-based staples (e.g., maize, rice, tortillas, bread, pasta) were excluded from the survey, as they are considered basic components of the Mexican diet and are neutral regarding the industrialized–healthy food dichotomy.

Supplement 4.

Rotated component matrix of dietary patterns evaluated in the study population.

Food groups	Factorial loads	
	Dietary pattern industrialised	Dietary pattern healthy
Fruits	−0.11	0.75
Vegetables	−0.09	0.74
Legumes	−0.47	0.40
Natural dairy products	0.61	0.34
White meats	0.47	0.35
Nuts	0.08	0.64
Natural water, tea and coffee	0.03	0.22
Processed dairy products with added sugar	0.70	0.16
Red and processed meats	0.62	−0.00
Alcoholic beverages	0.73	−0.16
Beverages with added sugar	0.68	−0.14
Confectionery, sweets, snacks and fried foods	0.60	−0.01
Total variance explained	43.3 %	

Supplement 5.

Factor-loading matrix of dietary patterns.

Kaiser-Meyer-Olkin measure of sampling adequacy		0.759
Bartlett's test of sphericity	Approximate chi-square	2406.7
	Degrees of freedom	66
	Significance	0.000