

**Table S1.** Comparison of study about children weight and nutritional habits  
(SUPPLEMENTARY MATERIAL)

Authors, country	Sample size	Age (years)	Impact of lockdown on children's weight	Impact of lockdown on children's life style and eating habits
Pietrobelli et al. [12], Italy	41 participants	13.0 ± 3.1	NA	↑ meals eaten per day ↑ fruit intake ↑ potato chip, red meat, and sugary drink intakes ↓ time spent in sports activities ↑ sleep time ↑ screen time
Kim et al. [30], China	90 participants	12.2 ± 3.4	↑ Body weight Z- score (2.0 ± 0.8 vs. 2.2 ± 0.7) ↑ BMI Z- score (1.9 ± 0.5 vs. 2.0 ± 0.4)	NA
Androutsos et al. [27], Greek	397 participants	7.8 ± 4.1	NA	↑ sleep time ↑ screen time ↓ time spent in sports activities ↑ fruits and fresh fruit juices, vegetables, dairy products, pasta, sweets, total snacks, and breakfast intake ↓ fast food consumption
Yang et al. [31], China	10 082 participants	19.8 ± 2.3	↑ BMI (21.8- 22.6)  ↑ Prevalence of overweight (21.3%- 25.1%)	↑ sedentary time ↑ sleeping time ↑ screen time = physical activity levels

Censi et al. [26], Italy	1027 participants	2-5 years (40%), 6-11 years (60%)	NA	↓ time spent in sports activities ↓ adherence to Mediterranean diet ↑ screen time
Philippe et al. [29], France	498 participants	7.3 ± 2.2	NA	= snack frequency ↑ candy/chocolate, fruit juices, sodas, chips/ salty biscuits, ice creams, pastries/cake/sweet cookies, cream dessert, milks, yoghurt/cheese/quark, fresh and dried fruits, and nuts ↓ fruits
Ruiz-Roso et al. [28], Brasil	820 participants	15 mean aged	NA	↑ Legumes, vegetables, and fruit intakes ↓ fast food intake ↑ fried and sweet food average intakes = sugar-sweetened beverage intakes
Woo et al. [32], Korea	97 participants	11.09 mean aged	↑ BMI (27.3-28.4) ↑ Prevalence of severe obesity (23.7%-33%)	↑ screen time ↓ time spent in sports activities

BMI: body mass index; NA: not available