

Supplementary Information

Association between the plant-based diets and depressive symptoms: A cross-sectional study among Chinese middle-older aged adults

Supplementary Table 1. Scores of plant-based dietary indices

Supplementary Table 2. Associations between individual food groups and Deps

Supplementary Table 1. Scores of plant-based dietary indices

	PDI	hPDI	uPDI
Healthy plant foods			
Whole grains	+	+	–
Fresh fruits	+	+	–
Fresh vegetables	+	+	–
Nuts	+	+	–
Legumes	+	+	–
Vegetable oils	+	+	–
Tea	+	+	–
Unhealthy plant foods			
Fruit juices	+	–	+
Refined grains	+	–	+
Sugar sweetened beverages	+	–	+
Sweets and desserts	+	–	+
Salt-preserved vegetable	+	–	+
Animal foods			
Animal fat	–	–	–
Milk or dairy products	–	–	–
Eggs	–	–	–
Fish or seafood	–	–	–
Meat	–	–	–

Notes. +: Positive score; –: Negative score

Supplementary Table 2. Associations between individual food groups and Deps

	Frequency	OR(95%CI)	P-value
Plant-based Food Groups			
Healthy			
Whole-grains	Rarely or never	ref	
	Occasionally	0.99 (0.54, 1.82)	0.974
	≥1 time/ month	0.72 (0.40, 1.31)	0.280
	≥1 time/ week	0.83 (0.56, 1.23)	0.353
	Almost everyday	0.76 (0.48, 1.20)	0.240
Fresh fruits	≤1 time/ day	ref	
	>1 time/ day	0.60 (0.42, 0.85)	0.005
Fresh vegetables	≤1 time/ day	ref	
	>1 time/ day	0.82 (0.10, 6.53)	0.851
Nuts	Rarely or never	ref	
	≥1 time/ month	1.13 (0.66, 1.96)	0.653
	≥1 time/ week	0.98 (0.66, 1.48)	0.938
	Almost everyday	0.83 (0.54, 1.28)	0.407
Legumes	Rarely or never	ref	
	≥1 time/ month	0.80 (0.27, 2.38)	0.693
	≥1 time/ week	0.74 (0.34, 1.61)	0.453
	Almost everyday	0.80 (0.37, 1.75)	0.580
Tea	Rarely or never	ref	
	≥1 time/ month	0.72 (0.49, 1.08)	0.113
	≥1 time/ week	0.42 (0.21, 0.84)	0.015
	Almost everyday	0.89 (0.62, 1.28)	0.543
Less healthy			
Fruit juices	No	ref	
	Yes	1.68 (1.00, 2.82)	0.051
Refined grains	≤1 time/ day	ref	
	>1 time/ day	3.30 (1.03, 10.55)	0.045
Sugar sweetened beverages	Rarely or never	ref	
	≥1 time/ month	1.27 (0.65, 2.49)	0.493
	≥1 time/ week	2.01 (0.87, 4.62)	0.101
	Almost everyday	10.79 (3.43, 33.97)	<0.001
Sweets and desserts	Rarely or never	ref	
	≥1 time/ month	1.33 (0.88, 2.02)	0.176
	≥1 time/ week	1.47 (1.02, 2.10)	0.039
	Almost everyday	1.52 (1.01, 2.28)	0.044
Salt-preserved vegetable	Rarely or never	ref	
	Occasionally	1.19 (0.82, 1.73)	0.351
	≥1 time/ month	1.71 (1.14, 2.57)	0.010
	≥1 time/ week	1.75 (0.90, 3.42)	0.101

	Almost everyday	1.47 (0.87, 2.46)	0.148
Animal-based Food Groups			
Animal fat	No	ref	
	Yes	0.96 (0.65, 1.42)	0.849
Milk or dairy products	Rarely or never	ref	
	≥1 time/ month	1.24 (0.63, 2.44)	0.529
	≥1 time/ week	0.90 (0.59, 1.37)	0.609
	Almost everyday	0.63 (0.42, 0.95)	0.027
Eggs	≤1 time/ day	ref	
	> 1 time/ day	1.36 (1.01, 1.82)	0.042
Fish or seafood	Rarely or never	ref	
	≥1 time/ month	0.92 (0.45, 1.91)	0.831
	≥1 time/ week	0.95 (0.49, 1.84)	0.868
	Almost everyday	0.74 (0.32, 1.72)	0.481
Meat	≤1 time/ day	ref	
	> 1 time/ day	1.10 (0.82, 1.48)	0.538