**Supplemental Table 1** Comparison of included and excluded participants, NutriNet-Santé study

(Numbers and percentages; mean values and standard deviations)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Baseline characteristics** | **Included participants**  (n=26,225) | | **Excluded participants**  (n=9,557)† | |  |
|  | **n** | **%** | **n** | **%** | **P** ‡ |
| **mPNNS-GS** |  | |  |  |  |
| Mean | 8.3 | |  |  |  |
| SD | 1.5 | |  |  |  |
| **AHEI-2010** |  | |  |  |  |
| Mean | 49.4 | |  |  |  |
| SD | 12.3 | |  |  |  |
| **PANDiet** |  | |  |  |  |
| Mean | 65.3 | |  |  |  |
| SD | 8.2 | |  |  |  |
| **DQI-I** |  | |  |  |  |
| Mean | 61.1 | |  |  |  |
| SD | 6.7 | |  |  |  |
| **Age (years)** |  | |  |  | 0.0001 |
| Mean | 47.3 | | 47.9 | |  |
| SD | 14.1 | | 13.9 | |  |
| **Sex (%)** |  |  |  |  | 0.001 |
| Female | 19,985 | 76.2 | 7,445 | 77.9 |  |
| Male | 6,240 | 23.8 | 212 | 22.1 |  |
| **Marital status (%)** |  |  |  |  | <0.0001 |
| Living alone | 3,563 | 13.6 | 1,473 | 15.4 |  |
| Cohabiting | 19,971 | 76.1 | 6,924 | 72.5 |  |
| Separated/Divorced/Widowed | 2,691 | 10.3 | 1,160 | 12.1 |  |
| **Educational level (%)** |  |  |  |  | <0.0001 |
| < High school diploma | 5,093 | 19.4 | 2,094 | 21.9 |  |
| High school diploma | 4,055 | 15.5 | 1,505 | 15.8 |  |
| University level | 17,077 | 65.1 | 5,958 | 62.3 |  |
| **Socio-professional categories (%)** |  |  |  |  | <0.0001 |
| Never-employed/other activity | 843 | 3.2 | 309 | 3.2 |  |
| Self-employed | 1,320 | 5.0 | 505 | 5.3 |  |
| Employee | 6,413 | 24.5 | 2,564 | 26.8 |  |
| Intermediate profession | 7,617 | 29.0 | 2,767 | 29.0 |  |
| Managerial staff | 10,032 | 38.3 | 3,412 | 35.7 |  |
| **Household income per consumption unit (%)** |  |  |  |  | 0.001 |
| Not answered | 2,599 | 9.9 | 970 | 10.2 |  |
| < 1200 euros | 3,166 | 12.1 | 1,274 | 13.3 |  |
| 1200-1800 euros | 6,083 | 23.2 | 2,289 | 23.9 |  |
| 1800-2700 euros | 6,695 | 25.5 | 2,400 | 25.1 |  |
| ≥ 2700 euros | 7,682 | 29.3 | 2,624 | 27.5 |  |
| **Residential area (%)** |  |  |  |  | 0.05 |
| Rural | 5,780 | 22.0 | 2,013 | 21.1 |  |
| Urban | 20,445 | 78.0 | 7,544 | 78.9 |  |
| **Smoking status (%)** |  |  |  |  | <0.0001 |
| Never-smoker | 13,550 | 51.7 | 4,716 | 49.3 |  |
| Former smoker | 9,556 | 36.4 | 3,515 | 36.8 |  |
| Current smoker | 3,119 | 11.9 | 1,326 | 13.9 |  |
| **Physical activity (%)** |  |  |  |  | 0.02 |
| Low | 6,255 | 23.8 | 2,407 | 25.2 |  |
| Moderate | 6,240 | 23.8 | 2,282 | 23.9 |  |
| High | 13,730 | 52.4 | 4,868 | 50.9 |  |
| **Body mass index (%)** |  |  |  |  | <0.0001 |
| Underweight | 1,175 | 4.5 | 448 | 4.7 |  |
| Normal weight | 17,376 | 66.3 | 5,978 | 62.6 |  |
| Overweight | 5,755 | 21.9 | 2,218 | 23.2 |  |
| Obesity | 1,919 | 7.3 | 913 | 9.5 |  |
| **Prevalence of cancer (%)** | 2,301 | 8.8 | 900 | 9.4 | 0.06 |
| **Prevalence of cardiovascular diseases or type 2 diabetes (%)** | 9,416 | 35.9 | 3,787 | 39.6 | <0.0001 |

*AHEI-2010* Alternative Healthy Eating Index-2010; *CES-D* Center for Epidemiologic Studies Depression Scale; *DQI-I*Diet Quality Index International; *mPNNS-GS* modified Programme National Nutrition Santé Guideline Score; *PANDiet* Probability of Adequate Nutrient intake Dietary score

† The eligible population consists of all participants with at least 2 completed CES-D questionnaires during the follow-up and without depressive symptoms at the first CES-D measurement.

‡P-values are based on T-test or chi-square test