**Elstgeest et al. – *Bidirectional associations between food groups and depressive symptoms: longitudinal findings from the InCHIANTI study***

**Supplementary material**

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| **Supplemental table 1. Food items of the food groups** | |
| **Food group** | **Included FFQ items** |
| Fruit | fruits |
| Vegetables (excluding potatoes and legumes | leafy+fruiting+root vegetables, cabbage, mushrooms, union, garlic, tomatoes, tomato sauce, mixed salad |
| Nuts and legumes | legumes, nuts, nut spread, seeds |
| Potatoes | potatoes |
| Whole grain bread | whole grain bread |
| Dairy products | milk, yogurt, cheese |
| Red and processed meat | beef, veal, pork, lamb, horse, game, offals, processed meat |
| Fish and shellfish | fish, crustaceans, molluscs |
| Olive oil | olive oil |
| Savoury snacks | pizza slice, salty biscuits, breadsticks |
| Sweet foods | biscuits, cakes, pies, pastries, puddings, ice cream, confections, chocolate, jam, sugar, honey |
| Sugar-sweetened beverages + fruit juices | soft drinks, fruit juices |
| Coffee and tea | coffee, tea |

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| **Supplemental table 2. Spearman correlation coefficients between the food groups** | | | | | | | | |  |  |  |  |  |  |
|  |  |  | **Intake in standardised intake residualsa** | | | | | | |  |  | **Intake in percentage consumers** | | |
|  |  | Fruit | Vege-tables | Nuts and legumes | Potatoes | Dairy products | Red and processed meat | Fish and shellfish | Olive oil | Sweet foods | Coffee and tea | Whole grain bread | Savoury snacks | Sugar-sweetened beverages + fruit juices |
| **Intake in standardised intake residualsa** | Fruit | 1 |  |  |  |  |  |  |  |  |  |  |  |  |
| Vegetables | 0.192\*\* | 1 |  |  |  |  |  |  |  |  |  |  |  |
| Nuts and legumes | 0.048 | 0.68\*\* | 1 |  |  |  |  |  |  |  |  |  |  |
| Potatoes | -0.006 | 0.112\*\* | 0.088\*\* | 1 |  |  |  |  |  |  |  |  |  |
| Dairy products | 0.086\*\* | -0.012 | 0.018 | -0.032 | 1 |  |  |  |  |  |  |  |  |
| Red and processed meat | -0.058 | -0.001 | -0.041 | -0.045 | -0.118\*\* | 1 |  |  |  |  |  |  |  |
| Fish and shellfish | 0.006 | 0.185\*\* | 0.149\*\* | -0.024 | 0.020 | -0.007 | 1 |  |  |  |  |  |  |
|  | Olive oil | 0.157\*\* | 0.776\*\* | 0.191\*\* | 0.207\*\* | -0.009 | -0.017 | 0.170\*\* | 1 |  |  |  |  |  |
|  | Sweet foods | -0.128\*\* | -0.284\*\* | -0.057 | -0.024 | 0.053 | -0.107\*\* | -0.042 | -0.333 | 1 |  |  |  |  |
|  | Coffee and tea | 0.004 | 0.035 | -0.011 | -0.043 | 0.162\*\* | -0.012 | 0.067\* | 0.011 | 0.184\*\* | 1 |  |  |  |
| **Intake in percentage consumers** | Whole grain bread | 0.064\* | 0.159\*\* | 0.023 | -0.032 | 0.092\*\* | -0.073 | 0.108\*\* | 0.121\*\* | 0.032 | 0.148\*\* | 1 |  |  |
| Savoury snacks | -0.051 | -0.052 | -0.004 | -0.057 | 0.070\* | 0.028 | 0.021 | -0.069 | 0.177\*\* | 0.057 | 0.056 | 1 |  |
| Sugar-sweetened beverages + fruit juices | -0.026 | -0.081 | -0.036 | -0.013 | 0.029 | -0.016 | 0.030 | -0.122 | 0.186\*\* | 0.039 | 0.051 | 0.084\*\* | 1 |
|  | a Intake residuals are energy-adjusted by regressing food group intakes on total energy intake (the residual method). | | | | | | | | | | |  |  |  |
|  | \*\* *P* <0.01. |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | \* *P* <0.05. |  |  |  |  |  |  |  |  |  |  |  |  |  |