**Supplementary Materials**

**Table S1. OLS Adjusted Coefficients (Standard Errors) for the Conditional Change Model of Eating Proteins at the Follow-up adjusted for health-related characteristics (Robustness Check 1).**

|  |  |
| --- | --- |
|   | All proteins |
|   | OLS, (PCA) - ROB1  |
|  Variables | Women  | Men |
|   |   |
|   | Beta (S.E) | Beta (S.E) |
| REF. From in couple to in couple |   |   |
| From never married to never married | -0.124\*\*\* | -0.0709\*\*\* |
|   | (0.0172) | (0.0193) |
| From divorced to divorced | -0.106\*\*\* | -0.0967\*\*\* |
|   | (0.0120) | (0.0156) |
| From widowed to widowed | -0.0804\*\*\* | -0.0622\*\*\* |
|   | (0.00926) | (0.0163) |
| From in couple to divorced | -0.166\* | -0.0363 |
|   | (0.0854) | (0.0638) |
| From in couple to widowed | -0.129\*\*\* | -0.118\*\*\* |
|   | (0.0197) | (0.0296) |
| Y at the baseline (t-1) | 0.585\*\*\* | 0.579\*\*\* |
|   | (0.00395) | (0.00449) |

Note: Robust standard errors in parentheses; \*\*\* p<0.01, \*\* p<0.05, \* p<0.1

The model controls for: age, age^2, number of children, number of grandchildren, rural vs urban area of residence, country dummy variables, education, working status, financial vulnerability and individuals’ health related variables. Own calculations. Results stratified by gender. Controls are measured at the baseline (t-1). Standardized outcome variable.

Source: SHARE 2011 (Wave 4), 2013 (Wave 5), 2015 (Wave 6), 2017 (Wave 7) and 2019 (Wave 8). Note: N = 134,313; SHARE = Survey of Health, Ageing and Retirement in Europe.

**Table S2. Average Marginal Effects (Standard Errors) and for the Conditional Change Model of Eating Proteins at the Follow-up by protein types (Robustness Check 2).**

|  |  |  |  |
| --- | --- | --- | --- |
|   | Meat, fish, chicken | Legumes & eggs | Diary |
|   | Logit, M1 (at least 3-6 times per week) | Logit, M1 (at least 3-6 times per week) | Logit, M1 (at least 3-6 times per week) |
|  Variables | Women  | Men | Women  | Men | Women  | Men |
| AMEs (S.E) | AMEs (S.E) | AMEs (S.E) | AMEs (S.E) | AMEs (S.E) | AMEs (S.E) |
| REF. From in couple to in couple |   |   |   |   |   |   |
| From never married to never married | -0.140\* | -0.387\*\*\* | -0.156\*\*\* | -0.199\*\*\* | -0.0940 | -0.166\*\* |
|   | (0.0717) | (0.0563) | (0.0547) | (0.0484) | (0.0750) | (0.0710) |
| From divorced to divorced | -0.336\*\*\* | -0.471\*\*\* | -0.0386 | -0.0733\*\* | -0.291\*\*\* | -0.120\*\* |
|   | (0.0547) | (0.0395) | (0.0422) | (0.0334) | (0.0571) | (0.0487) |
| From widowed to widowed | -0.146\*\* | -0.351\*\*\* | -0.0675 | -0.126\*\*\* | -0.179\*\*\* | -0.0543 |
|   | (0.0614) | (0.0322) | (0.0472) | (0.0272) | (0.0670) | (0.0391) |
| From in couple to divorced | -0.392\* | -0.565\*\* | 0.214 | 0.206 | -0.0933 | -0.817\*\*\* |
|   | (0.235) | (0.238) | (0.185) | (0.186) | (0.253) | (0.261) |
| From in couple to widowed | -0.142 | -0.479\*\*\* | -0.161\* | -0.0940\* | -0.299\*\*\* | -0.122 |
|   | (0.113) | (0.0643) | (0.0854) | (0.0523) | (0.111) | (0.0808) |
| Y at the baseline (n-1) | 2.732\*\*\* | 2.716\*\*\* | 2.223\*\*\* | 2.232\*\*\* | 2.985\*\*\* | 3.090\*\*\* |
|   | (0.0294) | (0.0235) | (0.0203) | (0.0178) | (0.0303) | (0.0285) |

Note: Robust standard errors in parentheses; \*\*\* p<0.01, \*\* p<0.05, \* p<0.1 The model controls for: age, age^2, number of children, number of grandchildren, rural vs urban area of residence, country dummy variables, education, working status, financial vulnerability. Own calculations. Results stratified by gender. Controls are measured at the baseline (t-1). Standardized outcome variable.

Source: SHARE 2011 (Wave 4), 2013 (Wave 5), 2015 (Wave 6), 2017 (Wave 7) and 2019 (Wave 8). Note: N = 134,313; SHARE = Survey of Health, Ageing and Retirement in Europe.