

Supplemental Table 2. HR (95% CI) for the association between baseline intake of added sugars, sweetened drinks, CQI and depression

	Median	Cases	Person- years	Model 1	Model 2
Energy –adjusted added sugars (g/d)					
Q1	29.3	169	36,978	1 (ref.)	1 (ref.)
Q2	45.8	185	38,098	1.08 (0.87-	1.09 (0.88-1.35)
Q3	60.0	202	38,593	1.33)	1.19 (0.96-1.47)
Q4	83.2	213	39,263	1.19 (0.97-	1.22 (0.98-1.50)
P for trend				1.46)	0.057
z-score				1.26 (1.02-	1.08 (1.01-1.17)
				1.55)	
				0.019	
				1.10 (1.02-	
				1.18)	
Energy-adjusted sweetened drinks (g/d)					
Q1	1.3	213	37,281	1 (ref.)	1 (ref.)
Q2	15.5	205	37,853	1.09 (0.89-1.32)	1.09 (0.89-1.33)
Q3	30.3	163	38,525	0.97 (0.78-1.20)	0.95 (0.76-1.20)
Q4	95.7	188	39,272	1.05 (0.85-1.30)	0.98 (0.79-1.23)
P for trend				0.744	0.688
z-score				1.02 (0.95-1.10)	1.00 (0.93-1.08)

Carbohydrates Quality Index (4-18)					
Q1	8	262	54,993	1 (ref.)	1 (ref.)
Q2	10	208	40,419	1.04 (0.86-1.25)	1.11 (0.91-1.34)
Q3	12	177	34,216	1.02 (0.84-1.24)	1.14 (0.92-1.41)
Q4	15	121	23,301	1.03 (0.82-1.28)	1.20 (0.95-1.52)
P for trend				0.831	0.111
z-score				0.98 (0.91-1.06)	1.03 (0.95-1.13)
Glycemic index					
Q4	57.1	184	39,512	1 (ref.)	1 (ref.)
Q3	53.6	193	38,383	1.05 (0.85-1.28)	1.05 (0.86-1.28)
Q2	50.9	198	37,891	1.07 (0.87-1.31)	1.08 (0.88-1.33)
Q1	47.2	193	37,143	1.05 (0.85-1.28)	1.05 (0.85-1.30)
P for trend				0.645	0.840
z-score				0.97 (0.91-1.04)	0.96 (0.90-1.03)
Fibre intake					
Q1	15.9	200	38,625	1 (ref.)	1 (ref.)
Q2	22.7	192	38,622	0.93 (0.76-1.13)	0.97 (0.79-1.20)
Q3	29.2	184	38,310	0.88 (0.72-1.07)	0.96 (0.75-1.22)
Q4	40.6	192	37,372	0.94 (0.76-1.14)	1.07 (0.82-1.41)
P for trend				0.535	0.528
z-score				0.98 (0.91-1.05)	1.03 (0.94-1.13)

z-score					
Ratio Solid/total CH					
Q1	0.79	212	38,206	1 (ref.)	1 (ref.)
Q2	0.86	173	38,367	0.83 (0.68-1.01)	0.85 (0.70-1.05)
Q3	0.90	212	38,410	1.01 (0.84-1.22)	1.06 (0.87-1.29)
Q4	0.95	172	37,948	0.84 (0.68-1.02)	0.90 (0.73-1.11)
P for trend				0.232	0.640
z-score				0.94 (0.87-1.02)	0.96 (0.89-1.04)
Ratio whole-grains/total CH					
CH	0	491	99,617	1 (ref.)	1 (ref.)
T1	0.01	20	4,414	0.92 (0.59-1.44)	0.93(0.59-1.46)
T2	0.15	258	48,901	1.03 (0.89-1.20)	1.09 (0.93-1.27)
T3				0.639	0.279
P for trend				1.05 (0.98-1.12)	1.07 (1.00-1.14)
z-score					

HR: Hazard Ratio; CI: Confidence Interval; Q1-Q4: Quartile 1-Quartile 4; CH: Carbohydrates;

T1-T3: Tertile 1-Tertile 3.

Participants with a diagnosis of diabetes during the follow-up and before the 10-y assessment of diet were included for baseline analyses (n=32).

Model 1: Adjusted for sex. The analyses were stratified by age groups.

Model 2: Adjusted for sex, smoking, body mass index, physical activity, energy intake, adherence to the Mediterranean diet, prevalence of cardiovascular disease, hypertension or dyslipidemia, and recruitment period. The analyses were stratified by age groups.