**Table S1:** Mean intake in cups (SE) of 2013-2014 FPED food groups among low-income adults from the 2013-2014 National Health and Nutrition Examination Survey using 2-day means, by Depression Status

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Overall  Population  (n=2,636) | | Non-Depressed  (Patient Health Questionnaire  PHQ-9  Score <10)  (88.2 %) | | Depressed  (Patient Health Questionnaire  PHQ-9  Score ≥10)  (11.8%) | | Differences |
|  | 2-day mean estimate (cups) | SE. | 2-day mean estimate (cups) | SE. | 2-day mean estimate (cups) | SE. | p-values |
| Whole Grains | 0.42 | 0.019 | 0.42 | 0.022 | 0.37 | 0.021 | 0.129 |
| Refined Grains | 2.84 | 0.042 | 2.88 | 0.055 | 2.54 | 0.134 | **0.042** |
| Dark Green Vegetables | 0.15 | 0.012 | 0.16 | 0.014 | 0.10 | 0.025 | 0.062 |
| Other Red Orange Vegetables | 0.09 | 0.007 | 0.09 | 0.008 | 0.08 | 0.010 | 0.674 |
| Tomato | 0.26 | 0.006 | 0.27 | 0.007 | 0.26 | 0.016 | 0.416 |
| Potato | 0.37 | 0.024 | 0.38 | 0.025 | 0.31 | 0.030 | 0.063 |
| Starchy Vegetables | 0.07 | 0.006 | 0.07 | 0.007 | 0.06 | 0.010 | 0.805 |
| Other Vegetables | 0.47 | 0.014 | 0.48 | 0.013 | 0.45 | 0.034 | 0.371 |
| Legumes | 0.12 | 0.005 | 0.13 | 0.006 | 0.11 | 0.019 | 0.309 |
| Citrus Fruit, Melon, and Berries | 0.17 | 0.017 | 0.17 | 0.019 | 0.18 | 0.028 | 0.750 |
| Other Fruit | 0.45 | 0.034 | 0.45 | 0.043 | 0.39 | 0.052 | 0.391 |
| Milk | 0.70 | 0.024 | 0.70 | 0.029 | 0.59 | 0.034 | 0.930 |
| Yogurt | 0.06 | 0.010 | 0.06 | 0.008 | 0.06 | 0.020 | 0.930 |
| Cheese | 0.81 | 0.026 | 0.83 | 0.026 | 0.68 | 0.057 | **0.025** |
| Nuts | 0.14 | 0.017 | 0.15 | 0.020 | 0.11 | 0.014 | 0.145 |
| Soy | 0.02 | 0.003 | 0.02 | 0.004 | 0.02 | 0.010 | 0.917 |
| Lean Meat | 0.41 | 0.012 | 0.43 | 0.014 | 0.35 | 0.034 | **0.035** |
| Cured meat | 0.24 | 0.013 | 0.25 | 0.012 | 0.20 | 0.020 | **0.005** |
| Organ Meat | 0.004 | 0.001 | 0.004 | 0.002 | 0.005 | 0.003 | 0.742 |
| Poultry | 0.40 | 0.017 | 0.40 | 0.018 | 0.37 | 0.028 | 0.229 |
| High Omega-3 Fish | 0.03 | 0.004 | 0.04 | 0.005 | 0.01 | 0.002 | **<0.001** |
| Low Omega-3 Fish | 0.11 | 0.016 | 0.12 | 0.016 | 0.10 | 0.031 | 0.574 |
| Eggs | 0.14 | 0.005 | 0.14 | 0.005 | 0.15 | 0.017 | 0.542 |
| Oils | 0.10 | 0.003 | 0.10 | 0.003 | 0.10 | 0.005 | 0.272 |
| Added Sugars | 0.39 | 0.014 | 0.39 | 0.015 | 0.40 | 0.025 | 0.784 |
| Discretionary Solid Fats | 0.15 | 0.003 | 0.15 | 0.004 | 0.13 | 0.006 | 0.085 |
| Total Intake | 9.36 | 0.136 | 9.51 | 0.146 | 8.39 | 0.203 | **<0.001** |

***Sources***: Centers for Disease Control and Prevention (CDC). National Center for Health Statistics (NCHS). 2013-2014-National Health and Nutrition Examination Survey Data. Hyattsville, MD: US Department of Health and Human Services, Centers for Disease Control and Prevention

FPED: 2013-2014 Food Patterns Equivalents Database. US Department of Agriculture

***Notes:*** We followed Vadiveloo et al. (2014) [21] to convert ounces (oz.) to cup equivalents for the following food groups:

For grains 1/2 cup=1 oz.

To convert fat in grams to cups. Fat contains 38 J/g (9 kcal/g) and 188 J/tsp (45 kcal/tsp) (16 g x 9=144 kcal; 144 kcal/45 kcal per tsp = 3.2 tsp); 1 cup=48 tsp.

For meat, cured meat, organ meat, poultry, fish, and eggs: 1/4 cup=1 oz.

Sugar contains 4.2 g/tsp; 1 cup=48 tsp.

Fruits included in the FPED are citrus fruits, melon and berries, and other fruits and include 100 % fruit juices.