**Supplementary table 2b: Crude Odds-Ratios (95% confidence interval) for the association of diet type with depressive symptoms in logistic regressions according to the variable ‘eating to stay healthy’ (yes *versus* no)**

|  |  |
| --- | --- |
| **Eating to stay healthy (YES)** | OR (95% CI) |
| Omnivorous diet (44594; 47.4% of this group) | 1 |
| Pesco-vegetarian diet† (499; 55.5% of this group) | 1.79 (1.44-2.23) |
| Lacto-ovo-vegetarian / vegan diet‡ (369; 54.3% of this group) | 1.40 (1.07-1.82) |
| **Eating to stay healthy (NO)** |  |
| Omnivorous diet (49490; 52.6% of this group) | 1 |
| Pesco-vegetarian diet† (400; 44.5% of this group) | 1.83 (1.45-2.30) |
| Lacto-ovo-vegetarian / vegan diet‡ (311; 45.7% of this group) | 3.00 (2.36-3.80) |

† not eating meat or poultry

‡ not eating meat, poultry or fish (lacto-ovo-vegetarian and vegan diets were combined because of the low number of participants with vegan diet in the stratification analyses)