**Supplementary table 2a: Crude Odds-Ratios (95% confidence interval) for the association of diet type with depressive symptoms in logistic regressions according to legumes intake**

|  |  |
| --- | --- |
| **Legumes: low intake** | OR (95% CI) |
| Omnivorous diet (74890; 85.0% of this group) | 1 |
| Pesco-vegetarian diet† (520; 63.0% of this group) | 2.00 (1.63-2.43) |
| Lacto-ovo-vegetarian / vegan diet‡ (332; 51.6% of this group) | 2.84 (2.27-3.57) |
| **Legumes: medium intake** |  |
| Omnivorous diet (12220; 13.9% of this group) | 1 |
| Pesco-vegetarian diet† (259; 31.4% of this group) | 1.51 (1.12-2.03) |
| Lacto-ovo-vegetarian / vegan diet‡ (258; 40.1% of this group) | 1.38 (1.02-1.87) |
| **Legumes: high intake** |  |
| Omnivorous diet (1032; 1.2% of this group) | 1 |
| Pesco-vegetarian diet† (46; 5.6% of this group) | 0.60 (0.26-1.37) |
| Lacto-ovo-vegetarian / vegan dietb (50; 7.8% of this group) | 0.64 (0.29-1.38) |

† 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)