

eTable 1. Classifications of different categories of vegetables and fruits according to Food and Nutrient Databases for Dietary Studies 2007–2014

Contents included	
Vegetables categories	
White potatoes and Puerto Rican starchy vegetables	Baked, boiled, scalloped, mashed, and fried potatoes; potato chips; mixtures of potatoes as main ingredient
Tomatoes and tomato mixtures	Cooked and raw tomatoes; tomato juice; chili sauce, salsa, catsup, and other tomato sauces; mixtures having tomatoes as main ingredient
Deep-yellow vegetables	Cooked and raw deep yellow or orange vegetables for example pumpkin, winter, squash, carrots, and sweet potatoes; mixtures of deep yellow vegetables as chief ingredient
Dark-green vegetables	Raw and cooked romaine, broccoli, mustard and turnip greens, collards, kale, and spinach; mixtures of dark green vegetables as main component
Other vegetables	Raw and cooked green beans, corn, lettuce, lima beans, peas, pickles, olives, and relishes; mixtures of "other" vegetables as major ingredient
Fruits categories	
Apples	Raw and cooked apples and applesauce
Bananas	Raw and cooked bananas
Berries	Blueberries, blackberries, strawberries, raspberries, and cranberries
Dried fruits	Dried apricots, apples, dates, raisins, prunes, and other dried fruits
Citrus	Oranges and other citrus fruits
Melons	Honeydew melon, cantaloupe, and watermelon

eTable 2. The classifications of covariates

Covariates	Classifications
Age, years	20–39; 40–59; ≥60
Gender	Male; Female
Race	Mexican American; Other Hispanic; Non-Hispanic Black; Non-Hispanic White; Other race
Marital status	Widowed/divorced/separated/never married; Married/living with partner
Educational level	Above high school; High school; Below high school;
Family income	\$20,000 and over; Under \$20,000
Body mass index (BMI)	≥30 kg/m ² ; 25 to <30 kg/m ² ; <25 kg/m ²
Work physical activity	Vigorous; Moderate; Other
Recreational physical activity	Vigorous; Moderate; Other
Smoked at least 100 cigarettes in a lifetime	No; Yes
Had at least 12 alcohol drinks one year	No; Yes
Diabetes ^a	No; Yes
Hypertension ^b	No; Yes
Heart disease ^c	No; Yes
Stroke ^d	No; Yes
Total energy intake (kcal/d) ^e	Continuous

^a Diabetes was identified as a level of fasting plasma (or 2-hr plasma) glucose arriving at 126 mg/dL (or 200 mg/dL) and over, level of blood glycohemoglobin (HbA1c) ≥6.5%, using anti-diabetic pills or insulin, or self-reported doctor diagnosis.

^b Individuals whose mean diastolic (or systolic) blood pressure ≥80 mm Hg (or ≥130 mm Hg), or currently taking prescribed for high blood pressure were classified as having hypertension.

^c Subjects who had ever been diagnosed by a doctor that they had coronary heart disease, angina pectoris, congestive heart failure or heart attack were classified as having heart disease.

^d Participants were considered as having a stroke if they had ever been told by a doctor that they had a stroke.

^e Total energy intake was the summation of mean daily energy intake and mean dietary energy supplement energy through two 24-hr dietary data.

eTable 3. Correlation coefficients between the first and second 24-hr dietary recalls for vegetables and fruits intakes

	Spearman's correlation coefficient	P value
White potatoes and Puerto Rican starchy vegetables intake (g/d)	0.17	<0.001
Tomatoes and tomato mixtures intake (g/d)	0.28	<0.001
Deep-yellow vegetables intake (g/d)	0.43	<0.001
Dark-green vegetables intake (g/d)	0.29	<0.001
Other vegetables intake (g/d)	0.19	<0.001
Total vegetables intake (g/d)	0.20	<0.001
Apples intake (g/d)	0.39	<0.001
Bananas intake (g/d)	0.51	<0.001
Berries intake (g/d)	0.43	<0.001
Dried fruits intake (g/d)	0.57	<0.001
Citrus intake (g/d)	0.44	<0.001
Melons intake (g/d)	0.41	<0.001
Total fruits intake (g/d)	0.32	<0.001

eTable 4. Weighted odds ratios (95% confidence intervals) for depressive symptoms across vegetables and fruits intakes stratified by gender, National Health and Nutrition Examination Survey 2007–2014

	Crude	Model 1^a	Model 2^b
Male			
White potatoes and Puerto Rican starchy vegetables intake (g/d)^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<96.97)	0.91 (0.66–1.26)	1.07 (0.75–1.52)	1.07 (0.75–1.51)
Group 3 (≥96.97)	0.79 (0.55–1.15)	0.85 (0.58–1.27)	0.96 (0.62–1.50)
Tomatoes and tomato mixtures intake (g/d)^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<40.00)	0.61 (0.43–0.86)**	0.66 (0.46–0.95)*	0.67 (0.47–0.97)*
Group 3 (≥40.00)	0.48 (0.34–0.68)***	0.62 (0.42–0.92)*	0.67(0.44–1.01)
Deep-yellow vegetables intake (g/d)^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<51.25)	0.58 (0.23–1.50)	0.73 (0.24–2.25)	0.77 (0.25–2.35)
Group 3 (≥51.25)	0.46 (0.25–0.84)*	0.67 (0.36–1.24)	0.74 (0.40–1.38)
Dark-green vegetables intake (g/d)^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<78.00)	0.46 (0.26–0.82)*	0.66 (0.35–1.24)	0.68 (0.36–1.28)
Group 3 (≥78.00)	0.51 (0.26–1.01)	0.62 (0.31–1.26)	0.68 (0.34–1.37)
Other vegetables intake (g/d)^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<89.86)	0.74 (0.53–1.02)	1.02 (0.68–1.51)	1.05 (0.70–1.58)
Group 3 (≥89.86)	0.47 (0.34–0.65)***	0.74 (0.51–1.06)	0.85 (0.56–1.29)
Total vegetables intake (g/d)^d			
Tertile 1 (<106.47)	1.00 (reference)	1.00 (reference)	
Tertile 2 (106.47 to <226.56)	0.57 (0.39–0.82)**	0.67 (0.45–1.01)	
Tertile 3 (≥226.56)	0.47 (0.34–0.65)***	0.61 (0.43–0.87)**	
Apples intake (g/d)^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<182.00)	0.71 (0.40–1.25)	0.65 (0.33–1.27)	0.69 (0.35–1.39)
Group 3 (≥182.00)	0.65 (0.37–1.12)	0.73 (0.38–1.42)	0.82 (0.43–1.59)
Bananas intake (g/d)^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<118.00)	0.54 (0.26–1.13)	0.72 (0.31–1.66)	0.76 (0.33–1.74)
Group 3 (≥118.00)	0.60 (0.39–0.93)*	0.79 (0.48–1.27)	0.85 (0.53–1.39)
Berries intake (g/d)^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<67.00)	0.39 (0.17–0.87)*	0.72 (0.31–1.67)	0.75 (0.32–1.77)
Group 3 (≥67.00)	0.33 (0.12–0.90)*	0.51 (0.18–1.51)	0.57 (0.19–1.67)
Dried fruits intake (g/d)^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<25.50)	0.32 (0.06–1.81)	0.55 (0.10–3.22)	0.56 (0.10–3.27)
Group 3 (≥25.50)	0.43 (0.21–0.89)*	0.78 (0.37–1.65)	0.83 (0.39–1.79)
Citrus intake (g/d)^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)

Group 2 (<131.00)	0.50 (0.26–0.96)*	0.60 (0.28–1.29)	0.64 (0.29–1.38)
Group 3 (≥131.00)	0.91 (0.55–1.51)	0.98 (0.57–1.71)	1.13 (0.63–2.01)
Melons intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<152.00)	0.96 (0.29–3.26)	1.65 (0.43–6.31)	1.76 (0.46–6.78)
Group 3 (≥152.00)	0.64 (0.24–1.72)	0.84 (0.31–2.25)	1.03 (0.38–2.79)
Total fruits intake (g/d) ^d			
Tertile 1 (<78.08)	1.00 (reference)	1.00 (reference)	
Tertile 2 (78.08 to <249.00)	0.75 (0.51–1.12)	0.94 (0.61–1.46)	
Tertile 3 (≥249.00)	0.48 (0.34–0.67)***	0.64 (0.45–0.91)*	
Female			
White potatoes and Puerto Rican starchy vegetables intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<96.97)	1.07 (0.83–1.38)	1.00 (0.78–1.29)	1.00 (0.77–1.29)
Group 3 (≥96.97)	1.25 (1.00–1.57)	1.01 (0.78–1.32)	1.07 (0.82–1.40)
Tomatoes and tomato mixtures intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<40.00)	0.84 (0.68–1.03)	0.94 (0.75–1.18)	0.94 (0.75–1.18)
Group 3 (≥40.00)	0.68 (0.55–0.84)**	0.86 (0.70–1.05)	0.89 (0.72–1.11)
Deep-yellow vegetables intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<51.25)	0.73 (0.50–1.06)	0.98 (0.64–1.48)	1.00 (0.65–1.52)
Group 3 (≥51.25)	0.52 (0.35–0.76)**	0.70 (0.47–1.05)	0.73 (0.49–1.09)
Dark-green vegetables intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<78.00)	0.55 (0.38–0.78)**	0.67 (0.44–1.03)	0.68 (0.44–1.04)
Group 3 (≥78.00)	0.47 (0.31–0.72)**	0.61 (0.42–0.90)*	0.63 (0.44–0.91)*
Other vegetables intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<89.86)	0.58 (0.46–0.74)***	0.67 (0.51–0.88)**	0.67 (0.51–0.88)**
Group 3 (≥89.86)	0.45 (0.36–0.56)***	0.58 (0.45–0.76)***	0.58 (0.44–0.76)***
Total vegetables intake (g/d) ^d			
Tertile 1 (<106.47)	1.00 (reference)	1.00 (reference)	
Tertile 2 (106.47 to <226.56)	0.70 (0.56–0.87)**	0.76 (0.59–0.99)*	
Tertile 3 (≥226.56)	0.57 (0.45–0.73)***	0.68 (0.51–0.90)**	
Apples intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<182.00)	0.77 (0.55–1.07)	0.89 (0.61–1.29)	0.91 (0.63–1.32)
Group 3 (≥182.00)	0.62 (0.42–0.91)*	0.78 (0.48–1.27)	0.82 (0.49–1.35)
Bananas intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<118.00)	0.50 (0.32–0.76)**	0.56 (0.36–0.87)*	0.58 (0.37–0.90)*
Group 3 (≥118.00)	0.94 (0.71–1.24)	1.21 (0.92–1.59)	1.27 (0.95–1.69)
Berries intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<67.00)	0.38 (0.26–0.56)***	0.71 (0.48–1.06)	0.72 (0.48–1.07)
Group 3 (≥67.00)	0.29 (0.19–0.44)***	0.41 (0.25–0.68)**	0.43 (0.26–0.69)**
Dried fruits intake (g/d) ^c			

Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<25.50)	0.31 (0.16–0.60)**	0.33 (0.14–0.78)*	0.34 (0.15–0.79)*
Group 3 (≥25.50)	0.59 (0.33–1.07)	0.90 (0.49–1.67)	0.92 (0.50–1.70)
Citrus intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<131.00)	0.51 (0.30–0.88)*	0.67 (0.39–1.15)	0.68 (0.39–1.18)
Group 3 (≥131.00)	0.80 (0.53–1.20)	1.00 (0.60–1.67)	1.06 (0.64–1.78)
Melons intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<152.00)	0.58 (0.34–1.02)	0.80 (0.43–1.50)	0.82 (0.43–1.55)
Group 3 (≥152.00)	0.64 (0.41–1.01)	0.71 (0.44–1.16)	0.78 (0.45–1.34)
Total fruits intake (g/d) ^d			
Tertile 1 (<78.08)	1.00 (reference)	1.00 (reference)	
Tertile 2 (78.08 to <249.00)	0.58 (0.45–0.74)***	0.71 (0.53–0.97)*	
Tertile 3 (≥249.00)	0.55 (0.44–0.69)***	0.73 (0.57–0.95)*	

^a Model 1 adjusted for age, race, marital status, educational level, family income, body mass index, recreational physical activity, work physical activity, smoking status, alcohol consumption, hypertension, diabetes, heart disease, stroke, and total daily energy intake (continuous, kcal/d).

^b Model 2 additionally adjusted for total vegetables intake (continuous, g/d) for subgroups of vegetables, or total fruits intake (continuous, g/d) for subgroups of fruits.

^c Each type of vegetable or fruits intake was segmented into three categories. Participants with no consumption the specific category of vegetable were classified into group 1 (intake =0), and individuals with consumption were divided into group 2 (<median) and group 3 (≥median) based on its median intake (g/d) among the participants with consumption.

^d Total vegetables and total fruits intake were divided into tertiles according to their distributions in the current entire study population.

* $P < 0.05$; ** $P < 0.01$; *** $P < 0.001$.

eTable 5. Weighted odds ratios (95% confidence intervals) for depressive symptoms across vegetables and fruits intakes stratified by age, National Health and Nutrition Examination Survey 2007–2014

	Crude	Model 1 ^a	Model 2 ^b
Age 20–39 years			
White potatoes and Puerto Rican starchy vegetables intake (g/d)^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<96.97)	0.88 (0.63–1.23)	0.81 (0.58–1.14)	0.81 (0.58–1.14)
Group 3 (≥96.97)	0.98 (0.73–1.32)	0.92 (0.66–1.29)	1.06 (0.70–1.60)
Tomatoes and tomato mixtures intake (g/d)^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<40.00)	0.76 (0.54–1.06)	0.77 (0.54–1.10)	0.78 (0.55–1.12)
Group 3 (≥40.00)	0.66 (0.47–0.93)*	0.84 (0.57–1.23)	0.93 (0.63–1.36)
Deep-yellow vegetables intake (g/d)^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<51.25)	0.74 (0.43–1.26)	0.85 (0.48–1.50)	0.88 (0.49–1.59)
Group 3 (≥51.25)	0.39 (0.22–0.69)**	0.45 (0.26–0.78)**	0.49 (0.27–0.89)*
Dark-green vegetables intake (g/d)^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<78.00)	0.55 (0.31–0.96)*	0.60 (0.33–1.09)	0.61 (0.34–1.11)
Group 3 (≥78.00)	0.26 (0.12–0.56)**	0.23 (0.13–0.41)***	0.24 (0.14–0.43)***
Other vegetables intake (g/d)^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<89.86)	0.80 (0.59–1.07)	0.86 (0.60–1.23)	0.88 (0.61–1.28)
Group 3 (≥89.86)	0.55 (0.40–0.76)***	0.71 (0.48–1.04)	0.78 (0.52–1.19)
Total vegetables intake (g/d)^d			
Tertile 1 (<106.47)	1.00 (reference)	1.00 (reference)	
Tertile 2 (106.47 to <226.56)	0.53 (0.37–0.76)**	0.59 (0.39–0.89)*	
Tertile 3 (≥226.56)	0.58 (0.42–0.81)**	0.72 (0.49–1.05)	
Apples intake (g/d)^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<182.00)	1.15 (0.71–1.88)	1.18 (0.62–2.26)	1.20 (0.63–2.32)
Group 3 (≥182.00)	0.80 (0.46–1.38)	1.07 (0.55–2.07)	1.09 (0.56–2.13)
Bananas intake (g/d)^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<118.00)	0.48 (0.22–1.07)	0.48 (0.20–1.16)	0.49 (0.20–1.16)
Group 3 (≥118.00)	0.73 (0.47–1.13)	1.09 (0.68–1.74)	1.11 (0.69–1.77)
Berries intake (g/d)^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<67.00)	0.32 (0.15–0.69)**	0.44 (0.20–0.95)*	0.44 (0.20–0.96)*
Group 3 (≥67.00)	0.70 (0.33–1.47)	0.94 (0.40–2.22)	0.95 (0.40–2.28)
Dried fruits intake (g/d)^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<25.50)	0.02 (0.00–0.14)***	0.02 (0.00–0.22)**	0.02 (0.00–0.22)**
Group 3 (≥25.50)	0.32 (0.14–0.74)**	0.36 (0.14–0.93)*	0.36 (0.14–0.94)*
Citrus intake (g/d)^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<131.00)	0.83 (0.34–2.03)	1.19 (0.51–2.78)	1.20 (0.51–2.81)
Group 3 (≥131.00)	0.91 (0.51–1.63)	1.06 (0.54–2.09)	1.08 (0.55–2.14)

Melons intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<152.00)	0.42 (0.18–0.95)*	0.39 (0.16–0.96)*	0.39 (0.16–0.99)*
Group 3 (≥152.00)	0.80 (0.40–1.60)	0.84 (0.38–1.83)	0.86 (0.36–2.02)
Total fruits intake (g/d) ^d			
Tertile 1 (<78.08)	1.00 (reference)	1.00 (reference)	
Tertile 2 (78.08 to <249.00)	0.76 (0.48–1.20)	0.89 (0.53–1.51)	
Tertile 3 (≥249.00)	0.69 (0.50–0.95)*	0.89 (0.63–1.26)	
40–59 years			
White potatoes and Puerto Rican starchy vegetables intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<96.97)	1.10 (0.81–1.49)	1.19 (0.84–1.69)	1.19 (0.84–1.69)
Group 3 (≥96.97)	0.94 (0.70–1.26)	0.99 (0.69–1.43)	1.01 (0.70–1.45)
Tomatoes and tomato mixtures intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<40.00)	0.62 (0.49–0.77)***	0.73 (0.59–0.92)**	0.74 (0.59–0.92)**
Group 3 (≥40.00)	0.58 (0.45–0.75)***	0.86 (0.63–1.16)	0.87 (0.65–1.16)
Deep-yellow vegetables intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<51.25)	0.70 (0.40–1.22)	0.78 (0.41–1.49)	0.79 (0.42–1.50)
Group 3 (≥51.25)	0.64 (0.42–0.98)*	0.97 (0.60–1.56)	0.98 (0.60–1.61)
Dark-green vegetables intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<78.00)	0.67 (0.43–1.04)	0.85 (0.48–1.48)	0.85 (0.48–1.48)
Group 3 (≥78.00)	0.58 (0.35–0.95)*	0.72 (0.45–1.14)	0.72 (0.46–1.14)
Other vegetables intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<89.86)	0.60 (0.44–0.83)**	0.72 (0.50–1.03)	0.71 (0.49–1.02)
Group 3 (≥89.86)	0.42 (0.31–0.57)***	0.60 (0.43–0.85)**	0.56 (0.39–0.81)**
Total vegetables intake (g/d) ^d			
Tertile 1 (<106.47)	1.00 (reference)	1.00 (reference)	
Tertile 2 (106.47 to <226.56)	0.71 (0.55–0.93)*	0.84 (0.60–1.18)	
Tertile 3 (≥226.56)	0.50 (0.38–0.66)***	0.72 (0.53–0.99)*	
Apples intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<182.00)	0.84 (0.51–1.37)	0.75 (0.45–1.25)	0.79 (0.48–1.32)
Group 3 (≥182.00)	0.49 (0.32–0.76)**	0.53 (0.31–0.92)*	0.59 (0.33–1.06)
Bananas intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<118.00)	0.69 (0.40–1.20)	0.69 (0.34–1.37)	0.76 (0.37–1.56)
Group 3 (≥118.00)	0.85 (0.60–1.20)	1.13 (0.74–1.73)	1.27 (0.83–1.95)
Berries intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<67.00)	0.42 (0.21–0.86)*	0.82 (0.38–1.77)	0.84 (0.39–1.81)
Group 3 (≥67.00)	0.24 (0.11–0.50)***	0.38 (0.17–0.86)*	0.42 (0.19–0.93)*
Dried fruits intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<25.50)	0.32 (0.12–0.86)*	0.44 (0.14–1.39)	0.45 (0.14–1.43)

Group 3 (≥ 25.50)	0.54 (0.26–1.12)	1.08 (0.50–2.32)	1.12 (0.51–2.45)
Citrus intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<131.00)	0.40 (0.25–0.64) ^{***}	0.44 (0.25–0.78) ^{**}	0.46 (0.26–0.83) [*]
Group 3 (≥ 131.00)	0.84 (0.51–1.38)	1.04 (0.53–2.05)	1.20 (0.62–2.33)
Melons intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<152.00)	0.53 (0.25–1.15)	0.87 (0.40–1.91)	0.91 (0.42–2.00)
Group 3 (≥ 152.00)	0.54 (0.26–1.15)	0.68 (0.31–1.51)	0.82 (0.37–1.82)
Total fruits intake (g/d) ^d			
Tertile 1 (<78.08)	1.00 (reference)	1.00 (reference)	
Tertile 2 (78.08 to <249.00)	0.66 (0.50–0.87) ^{**}	0.78 (0.55–1.11)	
Tertile 3 (≥ 249.00)	0.48 (0.36–0.66) ^{***}	0.66 (0.44–0.98) [*]	
Age ≥ 60 years			
White potatoes and Puerto Rican starchy vegetables intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<96.97)	1.05 (0.72–1.52)	1.04 (0.68–1.60)	1.03 (0.67–1.58)
Group 3 (≥ 96.97)	1.05 (0.67–1.65)	0.96 (0.59–1.57)	1.10 (0.61–1.98)
Tomatoes and tomato mixtures intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<40.00)	1.00 (0.66–1.53)	1.11 (0.74–1.65)	1.11 (0.75–1.65)
Group 3 (≥ 40.00)	0.52 (0.36–0.74) ^{**}	0.55 (0.36–0.84) ^{**}	0.59 (0.36–0.95) [*]
Deep-yellow vegetables intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<51.25)	0.81 (0.37–1.77)	1.19 (0.50–2.82)	1.24 (0.53–2.91)
Group 3 (≥ 51.25)	0.43 (0.27–0.68) ^{**}	0.52 (0.31–0.86) [*]	0.57 (0.35–0.92) [*]
Dark-green vegetables intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<78.00)	0.43 (0.26–0.70) ^{**}	0.48 (0.27–0.84) [*]	0.48 (0.27–0.85) [*]
Group 3 (≥ 78.00)	0.70 (0.41–1.20)	0.90 (0.51–1.60)	1.00 (0.58–1.71)
Other vegetables intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<89.86)	0.56 (0.37–0.83) ^{**}	0.69 (0.47–0.99) [*]	0.70 (0.49–1.02)
Group 3 (≥ 89.86)	0.47 (0.31–0.71) ^{**}	0.59 (0.37–0.94) [*]	0.68 (0.45–1.03)
Total vegetables intake (g/d) ^d			
Tertile 1 (<106.47)	1.00 (reference)	1.00 (reference)	
Tertile 2 (106.47 to <226.56)	0.75 (0.52–1.10)	0.76 (0.53–1.07)	
Tertile 3 (≥ 226.56)	0.53 (0.35–0.78) ^{**}	0.56 (0.36–0.87) [*]	
Apples intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<182.00)	0.60 (0.37–0.97) [*]	0.59 (0.36–0.98) [*]	0.63 (0.39–1.03)
Group 3 (≥ 182.00)	0.66 (0.40–1.08)	0.71 (0.39–1.29)	0.82 (0.45–1.49)
Bananas intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<118.00)	0.52 (0.31–0.88) [*]	0.58 (0.34–0.98) [*]	0.63 (0.38–1.04)
Group 3 (≥ 118.00)	0.66 (0.45–0.97) [*]	0.80 (0.54–1.18)	0.89 (0.62–1.29)
Berries intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)

Group 2 (<67.00)	0.51 (0.29–0.90)*	0.93 (0.50–1.72)	0.98 (0.52–1.82)
Group 3 (≥67.00)	0.19 (0.11–0.36)***	0.24 (0.12–0.48)***	0.27 (0.13–0.53)***
Dried fruits intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<25.50)	0.65 (0.27–1.56)	0.62 (0.20–1.92)	0.65 (0.21–2.01)
Group 3 (≥25.50)	0.85 (0.40–1.83)	1.18 (0.53–2.65)	1.25 (0.56–2.76)
Citrus intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<131.00)	0.55 (0.27–1.12)	0.55 (0.25–1.20)	0.57 (0.26–1.27)
Group 3 (≥131.00)	0.90 (0.53–1.54)	0.84 (0.46–1.50)	0.97 (0.53–1.77)
Melons intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<152.00)	1.48 (0.56–3.92)	2.23 (0.69–7.26)	2.43 (0.74–7.93)
Group 3 (≥152.00)	0.83 (0.46–1.49)	0.82 (0.45–1.51)	1.09 (0.61–1.97)
Total fruits intake (g/d) ^d			
Tertile 1 (<78.08)	1.00 (reference)	1.00 (reference)	
Tertile 2 (78.08 to <249.00)	0.60 (0.37–0.96)*	0.71 (0.44–1.13)	
Tertile 3 (≥249.00)	0.46 (0.29–0.73)**	0.57 (0.36–0.92)*	

^a Model 1 adjusted for gender, race, marital status, educational level, family income, body mass index, recreational physical activity, work physical activity, smoking status, alcohol consumption, hypertension, diabetes, heart disease, stroke, and total daily energy intake (continuous, kcal/d).

^b Model 2 additionally adjusted for total vegetables intake (continuous, g/d) for subgroups of vegetables, or total fruits intake (continuous, g/d) for subgroups of fruits.

^c Each type of vegetable or fruits intake was segmented into three categories. Participants with no consumption the specific category of vegetable were classified into group 1 (intake =0), and individuals with consumption were divided into group 2 (<median) and group 3 (≥median) based on its median intake (g/d) among the participants with consumption.

^d Total vegetables and total fruits intake were divided into tertiles according to their distributions in the current entire study population.

* $P < 0.05$; ** $P < 0.01$; *** $P < 0.001$.

eTable 6. Weighted odds ratios (95% confidence intervals) for depressive symptoms across vegetables and fruits intakes after removing subjects with co-morbid health conditions (diabetes/heart disease/stroke), National Health and Nutrition Examination Survey 2007–2014

	Crude	Model 1 ^a	Model 2 ^b
White potatoes and Puerto Rican starchy vegetables intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<96.97)	0.95 (0.75–1.19)	0.96 (0.76–1.22)	0.96 (0.76–1.21)
Group 3 (≥96.97)	0.96 (0.75–1.22)	0.94 (0.72–1.24)	1.01 (0.76–1.34)
Tomatoes and tomato mixtures intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<40.00)	0.68 (0.55–0.85)**	0.71 (0.57–0.89)**	0.72 (0.57–0.89)**
Group 3 (≥40.00)	0.61 (0.49–0.76)***	0.76 (0.60–0.98)*	0.80(0.62–1.03)
Deep-yellow vegetables intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<51.25)	0.79 (0.54–1.17)	0.96 (0.62–1.50)	0.99 (0.63–1.54)
Group 3 (≥51.25)	0.62 (0.43–0.88)**	0.82 (0.58–1.16)	0.86 (0.60–1.23)
Dark-green vegetables intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<78.00)	0.52 (0.37–0.71)***	0.65 (0.45–0.95)*	0.66 (0.45–0.96)*
Group 3 (≥78.00)	0.39 (0.28–0.56)***	0.47 (0.33–0.67)***	0.48 (0.34–0.69)***
Other vegetables intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<89.86)	0.66 (0.53–0.82)***	0.81 (0.63–1.04)	0.81 (0.63–1.05)
Group 3 (≥89.86)	0.50 (0.40–0.63)***	0.70 (0.54–0.90)**	0.71 (0.53–0.96)*
Total vegetables intake (g/d) ^d			
Tertile 1 (<106.47)	1.00 (reference)	1.00 (reference)	
Tertile 2 (106.47 to <226.56)	0.63 (0.51–0.79)***	0.71 (0.56–0.90)**	
Tertile 3 (≥226.56)	0.55 (0.45–0.67)***	0.74 (0.59–0.92)**	
Apples intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<182.00)	0.80 (0.54–1.17)	0.90 (0.58–1.40)	0.94 (0.60–1.45)
Group 3 (≥182.00)	0.68 (0.47–0.98)*	0.86 (0.56–1.33)	0.92 (0.60–1.41)
Bananas intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<118.00)	0.49 (0.31–0.76)**	0.66 (0.40–1.10)	0.69 (0.41–1.14)
Group 3 (≥118.00)	0.81 (0.62–1.05)	1.10 (0.82–1.47)	1.16 (0.86–1.56)
Berries intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<67.00)	0.46 (0.30–0.69)***	0.78 (0.51–1.20)	0.80 (0.52–1.22)
Group 3 (≥67.00)	0.36 (0.21–0.60)***	0.49 (0.28–0.86)*	0.51 (0.29–0.90)*
Dried fruits intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<25.50)	0.34 (0.17–0.68)**	0.47 (0.22–0.97)*	0.48 (0.23–0.99)*
Group 3 (≥25.50)	0.50 (0.30–0.83)**	0.85 (0.50–1.45)	0.87 (0.51–1.49)
Citrus intake (g/d) ^c			
Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<131.00)	0.55 (0.33–0.90)*	0.75 (0.47–1.21)	0.77 (0.48–1.24)
Group 3 (≥131.00)	0.84 (0.57–1.24)	0.99 (0.62–1.58)	1.06 (0.66–1.70)

Melons intake (g/d) ^c

Group 1 (=0)	1.00 (reference)	1.00 (reference)	1.00 (reference)
Group 2 (<152.00)	0.71 (0.36–1.41)	0.95 (0.43–2.09)	0.98 (0.44–2.17)
Group 3 (≥152.00)	0.71 (0.42–1.19)	0.85 (0.50–1.46)	0.95 (0.53–1.70)

Total fruits intake (g/d) ^d

Tertile 1 (<78.08)	1.00 (reference)	1.00 (reference)	
Tertile 2 (78.08 to <249.00)	0.67 (0.50–0.89)**	0.83 (0.60–1.14)	
Tertile 3 (≥249.00)	0.55 (0.45–0.68)***	0.79 (0.64–0.97)*	

^a Model 1 adjusted for gender, age, race, marital status, educational level, family income, body mass index, recreational physical activity, work physical activity, smoking status, alcohol consumption, hypertension, and total daily energy intake (continuous, kcal/d).

^b Model 2 additionally adjusted for total vegetables intake (continuous, g/d) for subgroups of vegetables, or total fruits intake (continuous, g/d) for subgroups of fruits.

^c Each type of vegetable or fruits intake was segmented into three categories. Participants with no consumption the specific category of vegetable were classified into group 1 (intake =0), and individuals with consumption were divided into group 2 (<median) and group 3 (≥median) based on its median intake (g/d) among the participants with consumption.

^d Total vegetables and total fruits intake were divided into tertiles according to their distributions in the current entire study population.

* $P < 0.05$; ** $P < 0.01$; *** $P < 0.001$.