



Question: What is the relationship between dietary patterns and risk of depression?

Table 1. Indices and scores used to assess the relationship between dietary patterns and depression

Index/Score	Alternative Healthy Eating Index (AHEI)	Mediterranean Diet Score (MDS)	Canadian Healthy Eating Index (C-HEI)	Mediterranean-based Diet Score (MedDietScore)
Article(s)	Akbaraly, 2013	Psaltopoulou, 2008; Sanchez-Villegas, 2009	Shatenstein, 2012	Skarupski, 2013
Total Score	2.5 to 87.5	0 to 9	0 to 100	0 to 55
Cereals and/or Whole Grains	Cereal Fiber ⁽⁺⁾ 0-10pts ≥15g/day=10pts	Cereals ⁽⁺⁾ ≥Median=1pt <Median=0	Grains ⁽⁺⁾ 0-10pts	Whole Grains ⁽⁺⁾ 0-5pts >32 servings/week=5pts
Dairy		Dairy Products ⁽⁻⁾ ≥Median=0 <Median=1pt	Dairy ⁽⁺⁾ 0-10pts	Full fat dairy ⁽⁻⁾ 0-5pts ≤10 servings/week=5pts
Vegetables	Vegetables (not potatoes, French fries) ⁽⁺⁾ 0-10pts ≥5 serv/d=10pts	Vegetables ⁽⁺⁾ ≥Median=1pt <Median=0	Fruits & Vegetables ⁽⁺⁾ 0-20pts	Potatoes ⁽⁺⁾ : 0-5pts >18 servings/week=5pts Vegetables ⁽⁺⁾ : 0-5pts >33 servings/week=5pts
Fruit	Fruits ⁽⁺⁾ 0-10pts ≥4 serv/d=10pts	Fruits & Nuts ⁽⁺⁾ ≥Median=1pt <Median=0	Fruits & Vegetables ⁽⁺⁾ 0-20pts	Fruits ⁽⁺⁾ 0-5pts >22 servings/week=5pts
Nuts and/or Seeds	Nuts & Soy Protein ⁽⁺⁾ 0-10pts ≥1 serv/d=0pts	Fruits & Nuts ⁽⁺⁾ ≥Median=1pt <Median=0	Protein (fish, lean meats, nuts, legumes, eggs) ⁽⁺⁾ 0-10pts	
Legumes		Legumes ⁽⁺⁾ ≥Median=1pt <Median=0	Protein (fish, lean meats, nuts, legumes, eggs) ⁽⁺⁾ 0-10pts	Legumes ⁽⁺⁾ 0-5pts >6 servings/week=5pts
Fish/Seafood		Fish ⁽⁺⁾ ≥Median=1pt <Median=0	Protein (fish, lean meats, nuts, legumes, eggs) ⁽⁺⁾ 0-10pts	Fish ⁽⁺⁾ 0-5pts >6 servings/week=5pts
Meat	White:Red meat ⁽⁺⁾ 0-10pts ≥4=10pts	Red & Processed Meat ⁽⁻⁾ ≥Median=0 <Median=1pt	Protein (fish, lean meats, nuts, legumes, eggs) ⁽⁺⁾ 0-10pts	Red & Processed Meat ⁽⁻⁾ : 0-5pts ≤1 servings/week=5pts Poultry ⁽⁻⁾ : 0-5pts ≤3 servings/week=5pts
Alcohol	0.5-1.5 servings/day ♀, 1.5-2.5 servings/day ♂=10pts ^(+m)	5-25♀, 10-50♂ g/d=1pt ^(+m)		Alcohol ⁽⁻⁾ 0-5pts <300ml/week=5pts
Fat	Trans-UFA ⁽⁻⁾ (% energy): 0-10pts ≤0.5%=10pts PUFA:SFA ⁽⁺⁾ : 0-10pts ≥1=10pts	MUFA:SFA ⁽⁺⁾ ≥Median=1pt <Median=0	% energy from fat ⁽⁻⁾ : 0-10pts % energy from SFA ⁽⁻⁾ : 0-10pts	Olive Oil ⁽⁺⁾ 0-5pts Daily use=5pts
Sodium			Sodium ⁽⁻⁾ 0-10pts	
Other	Multivitamin use ⁽⁺⁾ Less than 5 yrs=2.5pts		Dietary Variety (consume each of positive groups) ⁽⁺⁾ :	



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Article(s)	Akbaraly, 2013	Psaltopoulou, 2008; Sanchez-Villegas, 2009	Shatenstein, 2012	Skarupski, 2013
	≥5yrs=7.5pts		0-10pts	
			Cholesterol ⁽⁻⁾ : 0-10pts	
⁽⁺⁾ Positive components	⁽⁻⁾ Negative components	^(+m) Positive in moderation		