



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

**Table 2.** Summary of dietary patterns identified using factor, cluster, principal component analysis

Study	Dietary Patterns
<b>Akbaraly, 2009</b>	<ul style="list-style-type: none"> <li>• <b>“Whole Food”</b>: Vegetables, fruits and fish</li> <li>• <b>“Processed foods”</b>: Sweetened desserts, chocolates, fried food, processed meat, pies, refined grains, high-fat dairy products and condiments</li> </ul>
<b>Chan, 2014</b>	<ul style="list-style-type: none"> <li>• <b>“Vegetables-Fruits”</b>: Vegetables, fruits, soy and soy products, legumes</li> <li>• <b>“Snacks-Drinks-Milk”</b>: Condiments, drinks, fast food, French fries, potato chips, sweets and desserts, nuts, milk products, whole grains</li> <li>• <b>“Meat-Fish”</b>: Dim sum, red and processed meats poultry, fish and seafood, wine</li> </ul>
<b>Chocano-Bedoya, 2013</b>	<ul style="list-style-type: none"> <li>• <b>“Prudent”</b>: Fruit, vegetables, poultry, water, fish, whole grains, low-fat dairy, legumes</li> <li>• <b>“Western”</b>: Red meat, processed meat, French fries, desserts, high-fat dairy, refined grains, eggs, sugar-sweetened beverages (SSB), potatoes, snacks, pizza, margarine, cream soup</li> </ul>
<b>Jacka, 2014</b>	<ul style="list-style-type: none"> <li>• <b>“Prudent”</b>: Fresh vegetables (carrots, broccoli), salad (lettuce, cucumber) and fruit (peach, melon, nectarines), and grilled fish</li> <li>• <b>“Western”</b>: Roast meat, sausages, hamburgers, steak, chips, crisps and soft drinks</li> </ul>
<b>Le Port, 2012</b>	<p><i>Men:</i></p> <ul style="list-style-type: none"> <li>• <b>“Low-fat”</b>: Fat-free dairy, fat-free cheese, margarine, fat-free dishes, sugar-free candy</li> <li>• <b>“Healthy diet”</b>: Cooked vegetables, raw vegetables, fruits, oil</li> <li>• <b>“Western diet”</b>: Meat, processed meat, fried food, starchy food, coffee, irregular breakfast, low fruit intake</li> <li>• <b>“Fat-sweet”</b>: Desserts, pastries, SSB, low intake of diet soda</li> <li>• <b>“High snacking pattern”</b>: Frequent snacking throughout the day</li> </ul> <p><i>Women:</i></p> <ul style="list-style-type: none"> <li>• <b>“Low-fat”</b>: Same as men, plus diet soda and use of sweeteners</li> <li>• <b>“Healthy diet”</b>: (Same as men)</li> <li>• <b>“Traditional diet”</b>: Fish, fruits, low processed meat, low SSB, low coffee, regular meal schedule</li> <li>• <b>“Animal protein pattern”</b>: Meat, poultry, processed meat, eggs, regular lunch schedule</li> <li>• <b>“High dessert”</b>: Processed meat, dairy/cheese, dessert, pastries, use of sweetener</li> <li>• <b>“High snacking pattern”</b>: (Same as men)</li> </ul>
<b>Rienks, 2013</b>	<ul style="list-style-type: none"> <li>• <b>“Cooked vegetables”</b>: High loading for many vegetable types</li> <li>• <b>“Fruit”</b>: High loading for various fruits and fish</li> <li>• <b>“Mediterranean style”</b>: Garlic, vegetables, beans, pasta, rice, red wine</li> <li>• <b>“Meat and processed meat”</b>: Various high loading meats, poultry, and fish</li> <li>• <b>“Dairy”</b>: Cream cheese, low fat cheese, yogurt, skim milk, whole milk</li> <li>• <b>“High fat and sugar”</b>: Sweet biscuits, cakes, jam, meat pies, chocolate, ice cream, peanut butter, cheese, crackers</li> </ul>
<b>Ruusunen, 2014</b>	<ul style="list-style-type: none"> <li>• <b>“Prudent”</b>: Vegetables, fruit, fish, poultry, fatty cheese, low-fat cheese, alcohol, whole grain bread, French roll, low intake of coffee</li> <li>• <b>“Western”</b>: French fries/potatoes, egg, fatty cheese, sausage, coffee, tea, alcohol, SSB, candy/sweets, processed food, French roll, low intake of porridge and berries</li> <li>• <b>“Mixed”</b>: Berries, boiled potatoes, SSB, candy/sweets, coffee cake, rye bread, porridge, low intake of alcohol</li> </ul>