

**Supplement 1.** Odds ratios and 95% confidence intervals of depressive mood according to energy intake

Variable	Energy intake (kcal/d)				P for trend
	1st quartile (0%–25%)	2nd quartile (25%–50%)	3rd quartile (50%–75%)	4th quartile (75%–100%)	
<b>Male</b>					
No. of participants	1,415	1,415	1,415	1,415	
No. of PHQ-9 ≥5	203	172	194	192	
Model 1	1 (Ref)	0.83 (0.66–1.03)	0.95 (0.77–1.17)	0.94 (0.76–1.16)	0.871
Model 2	1 (Ref)	0.81 (0.65–1.01)	0.92 (0.74–1.14)	0.89 (0.72–1.11)	0.532
Model 3	1 (Ref)	0.87 (0.69–1.08)	1.00 (0.80–1.25)	0.96 (0.76–1.20)	0.967
Model 4	1 (Ref)	0.87 (0.70–1.09)	1.01 (0.81–1.26)	0.98 (0.78–1.23)	0.829
<b>Female</b>					
No. of participants	1,950	1,950	1,950	1,950	
No. of PHQ-9 ≥5	500	397	361	417	
Model 1	1 (Ref)	0.74 (0.64–0.86)	0.66 (0.57–0.77)	0.79 (0.68–0.91)	<0.001
Model 2	1 (Ref)	0.73 (0.63–0.85)	0.64 (0.55–0.75)	0.75 (0.65–0.88)	<0.001
Model 3	1 (Ref)	0.80 (0.69–0.94)	0.71 (0.61–0.83)	0.85 (0.73–0.99)	0.015
Model 4	1 (Ref)	0.81 (0.69–0.94)	0.71 (0.61–0.83)	0.85 (0.73–0.99)	0.016

Statistical differences were tested using logistic regression analysis using following four models: model 1: not adjusted; model 2: adjusted for age; model 3: adjusted with body mass index, educational level, marital status, income level, living status, smoking, and alcohol consumption in addition to model 2; model 4: adjusted with physical activity, cardiovascular and cerebrovascular disease, cancer diagnosis, diabetes mellitus, dyslipidemia, and hypertension medication in addition to model 3.

PHQ-9, Patient Health Questionnaire-9; Ref, reference.

\*P<0.05.