

**Table S1.** Dietary patterns, by daily nutrient intake (n = 14,798, ELSA-Brasil, 2008–2010).

Dietary Patterns	Nutrients (Unit) <sup>a</sup>					
	Vitamin A (iu)	Vitamin E (mg)	Soluble Fiber (g)	Folate (mcg)	Trans Fats (g)	Saturated Fatty Acids (g)
<b>Traditional (n = 6745)</b>	14,261.31 (8006.81)	13.58 (7.40)	10.21 (5.31)	786.44 (342.14)	3.51 (1.70)	36.51 (16.54)
<b>Low-Sugar/Low-Fat (n = 640)</b>	18,438.62 (8806.94)	16.13 (7.87)	11.69 (5.09)	730.10 (264.03)	2.62 (1.35)	27.91 (12.22)
<b>Fruit and Vegetables (n = 3793)</b>	15,851.26 (9278.85)	12.77 (7.23)	10.07 (5.41)	687.60 (308.88)	2.49 (1.36)	25.99 (13.29)
<b>Bakery Products (n = 3620)</b>	11,089.73 (7901.41)	10.70 (6.83)	8.76 (5.43)	754.26 (354.06)	3.10 (1.80)	31.42 (17.09)

<sup>a</sup> Mean values and standard deviation.

**Table S2.** Distribution of women by dietary pattern and study variables (n = 8044, ELSA-Brasil, 2008–2010).

	Bakery Products		Traditional		Fruit and Vegetables		Low-Sugar / Low-Fat	
	n = 1541	%	n = 3549	%	n = 2489	%	n = 465	%
<b>With Depressive Episode</b>	130	8.44	190	5.35	133	5.34	15	3.23
<b>Age (Years)</b>								
<b>Mean Values</b>	51.55	-	49.88	-	54.98	-	54.65	-
<b>Schooling</b>								
<b>Never Attended School or Incomplete Elementary School (&lt; 5 Years of Schooling)</b>	142	9.21	61	1.72	115	4.62	3	0.65
<b>Complete Elementary School or Incomplete Secondary School (&lt; 12 Years of Schooling)</b>	167	10.84	131	3.69	139	5.58	3	0.65
<b>Complete Secondary School (12 Years of Schooling)</b>	774	50.23	1284	36.18	783	31.46	60	12.90
<b>University Degree (&gt; 12 Years of Schooling)</b>	458	29.72	2073	58.41	1452	58.34	399	85.81
<b>Marital Status</b>								
<b>Married/Cohabiting</b>	775	50.29	2063	58.13	1183	47.53	241	51.83
<b>Separated/Divorced</b>	437	28.36	848	23.89	675	27.12	129	27.74
<b>Single</b>	195	12.65	457	12.88	433	17.40	71	15.27
<b>Widowed</b>	134	8.70	181	5.10	198	7.96	24	5.16
<b>BMI</b>								
<b>Underweight</b>	19	1.23	33	0.93	22	0.88	0	0.00

<b>Normal Weight</b>	520	33.74	1381	38.91	950	38.17	212	45.59
<b>Overweight</b>	532	34.52	1298	36.57	903	36.28	175	37.63
<b>Obese</b>	470	30.50	837	23.58	614	24.67	78	16.77
<b>MET-Minutes – Metabolic Equivalent Minutes</b>								
<b>Mean Values</b>	279.20	-	497.30	-	740.50	-	1069.00	-