

Supplementary Table S1. Results from Cox models that evaluated the association between adherence to the Mediterranean Diet both as continuous variable and as tertiles (independent variables) with depression incidence (dependent variable) in participants without depression at baseline.

Adherence to the Mediterranean Diet as a Continuous Variable		Adherence to the Mediterranean Diet as Tertiles			
HR (95% CI)	P		HR (95% CI)	P	p for trend
		1 st (reference)			
0.949 (0.918-0.986)	0.004	2 nd	0.554 (0.358-0.857)	0.008	0.005
		3 rd	0.552 (0.361-0.845)	0.003	

The models were adjusted for age, sex, years of education, if the participant lived alone, number of co-morbidities, smoking status, physical activity and Body Mass Index; Bold letters indicate statistical significance ($p < 0.05$). HR: Hazard Ratio, CI: Confidence Interval.

Supplementary Table S2. Results from Cox models that evaluated the association between adherence to the Mediterranean diet (independent variables) with the individual components of depression variable (dependent variables) in participants without depression, and with normal cognitive function at baseline.

Consumption of Specific Food Groups	HR (95% CI)	p
Use of anti-depressant medication (N = 705)	0.877 (0.801-0.961)	0.005
Score of Geriatric Depression Scale ≥ 6 (N = 750)	0.933 (0.885-0.983)	0.010
Clinical Depression (N = 744)	0.901 (0.848-0.958)	0.001

The models are adjusted for age, sex, years of education and Baseline Global Cognition Score Bold letters indicate statistical significance ($p < 0.05$). HR: Hazard Ratio, CI: Confidence Interval.