**Supplementary Table 1** Weighted odds ratios (95% confidence intervals) of depressive symptoms according to Recommended Dietary Allowance (RDA) categories of protein intake in US adults aged 18 and older, NHANES 2007–2014

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | | Cases/particiants | Crude | Model I\* | Model II† |
| **Total protein intake (g/kg·d)** | |  |  |  |  |
| <0.8 | 789/6402 | | 1.00 (Ref.) | 1.00 (Ref.) | 1.00 (Ref.) |
| ≥0.8 | 840/11293 | | 0.49 (0.43-0.57) | 0.53 (0.46-0.61) | 0.57(0.37-0.87) |

NHANES, National Health and Nutrition Examination Survey.

\* Model I: adjusted for age (continuous) and gender.

† Model II: adjusted for age (continuous) and gender, race, marital status, educational level, annual household income, BMI (continuous), diabetes, hypertension, smoking, alcohol, total energy intake (continuous), fruit intake (continuous), vegetable intake (continuous), magnesium intake (continuous), zinc intake (continuous), saturated fatty acids intake (continuous), monounsaturated fatty acids intake (continuous), polyunsaturated fatty acids intake (continuous) and total physical activity.