## CONTENTS

**CHAPTER 1**  General introduction 9

**Part I – Nutrient status and depressive symptoms**

**CHAPTER 2**  Vitamin B<sub>12</sub>, homocysteine and depressive symptoms: a longitudinal study among older adults 27

**CHAPTER 3**  Vitamin D status and depressive symptoms in older adults: a role for physical functioning? 49

**CHAPTER 4**  Change in serum 25-hydroxyvitamin D and parallel change in depressive symptoms in Dutch older adults 69

**Part II – Food groups and depressive symptoms**

**CHAPTER 5**  Bidirectional associations between food groups and depressive symptoms: longitudinal findings from the InCHIANTI study 89

**Part III – Depressive symptoms and dietary patterns**

**CHAPTER 6**  Associations of depressive symptoms and history with three *a priori* diet quality indices in middle-aged and older adults 117

**CHAPTER 7**  General discussion 141

Summary 168
Nederlandse samenvatting 172
Dankwoord | Acknowledgements 178
List of publications 184
About the author 186