

## Letter to the Editor

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We thank Dr. Yijia Zhang for her interest in our recent paper [1] published in *European Journal of Nutrition*. In our previous study in this population, meat intake was not related to depressive symptoms during pregnancy, while saturated fatty acids were significantly positively associated with depressive symptoms during pregnancy [2]. Additional adjustment for meat intake did not materially change the results: additional adjusted prevalence ratio between extreme quartiles for total soy products was 0.63 (95% CI 0.47–0.86;  $P$  for trend=0.002). Excluding Zen monks, Japanese people are not likely to consume soy products as the alternative sources of animal products [3]. Again, we express our appreciation for her comment.

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