

Online Articles on Nutrition and Depression:



<http://www.realage.com/tips/get-happy-with-this-feel-good-snack> (on Real Age website, 5/7/10)

Get Happy With This Feel-Good Snack (by Real Age)

Which nosh makes you happier -- carrot sticks or potato chips? If you want to feel happy for more than a minute, go for the sticks. Why? Because research shows that the potato chips could be bringing you down. It seems that certain foods may bump up the risk of clinical blues. And junk food and sweets are high on that list, according to a recent study...



ORIGINAL SOURCE: <http://www.ncbi.nlm.nih.gov/pubmed/19880930>

Dietary pattern and depressive symptoms in middle age.

[Akbaraly TN](#), [Brunner EJ](#), [Ferrie JE](#), [Marmot MG](#), [Kivimaki M](#), [Singh-Manoux A](#).

Department of Epidemiology and Public Health, University College London

[British Journal of Psychiatry](#). 2009 Nov; 195(5):408-13.

CONCLUSIONS: In middle-aged participants, a processed food dietary pattern is a risk factor for depression 5 years later, whereas a whole food pattern is protective.



<http://www.webmd.com/depression/guide/diet-recovery>

Diet for Depression (*Web MD article*)

(Diet affects mood and brain health, as it affects all other aspects of physical health. Obesity is highly correlated with depression. Specific foods to help alleviate depression are identified, contrasted with foods that should be avoided.)



http://www.jaredstory.com/depression_food_therapy.html

Food Therapy for Depression

By Christine Pedersen - Nutritional Consultant/Blood Analyst

(A nutritional consultant compares the impact of the no-food or junk-food diet, in affecting brain chemistry and general wellness, with a whole-food natural diet, and makes recommendations. This is on a site dedicated to the memory of a young boy whose life was taken by depression and bullying.)



<http://www.healingwell.com/library/depression/beardsley1.asp>

Depression and Nutrition, by Bonnie Beardsley, MPH, LDN, RD, *NutritionResource.com*

(Most people are aware of the correlation between diet and physical health – but few have made the connection between diet and nutrition. Eating quality food at least 3 times daily, and eliminating sugars and other junk, is an important component in managing depression effectively.)



<http://www.reuters.com/article/idUSTRE6234RF20100304>



<http://depression.about.com/b/2010/03/03/obesity-and-depression-are-linked-say-researchers.htm>

Obesity and Depression Are a Two-Way Street

(Dutch researchers, comparing 15 different studies, found that depression triggers obesity, and that obesity triggers depression. This is especially true in the United States, where people are heavier than in Europe, and where body image is closely tied to self-esteem. Researchers found that 55% of obese persons become depressed, and 58% of depressed persons become obese. Both conditions represent serious health risks, and need careful attention. SOURCE: Archives of General Psychiatry, March 2010.)



<http://www.psychologytoday.com/articles/200305/the-obesity-depression-link>

The Obesity-Depression Link (*Psychology Today* article)

Are you overweight? Depressed? The two problems may be linked.

(Originally published in 2003 and reviewed in 2010, This is thought to be related to the release of the stress hormone cortisol, which triggers the storage of dangerous visceral fat. The article particularly focuses on the dangers for obese children, especially boys, who remain obese for a long period of time.)



<http://www.rush.edu/webapps/MEDREL/servlet/NewsRelease?id=1203>

Depressive Symptoms and Increased Visceral Fat in Middle-Aged Women

(Study from **Rush University Medical Center**, published April 29, 2009, indicated a high correlation between depressive symptoms and visceral fat, especially in overweight and obese women.)



<http://women.webmd.com/fight-fatigue-bloat-stress-9/belly-fat?page=1>

The Truth About Belly Fat: What's the best way to trim your tummy?

(Visceral fat is more dangerous than subcutaneous fat – but is easier to lose. Exercise and whole-foods diet are key to losing visceral fat.



<http://www.webmd.com/diet/news/20050613/drink-more-diet-soda-gain-more-weight>

Drink More Diet Soda, Gain More Weight?

Overweight Risk Soars 41% With Each Daily Can of Diet Soft Drink

(Diet soda causes weight gain even faster than regular soda – partly because it leaves the body unsatisfied and waiting for promised nourishment - which promotes appetite.)



Compiler's Note: *Many additional articles and books are available on this topic – articles represented here are just a small percentage of resources available. These were found by searching in Google with the search terms “Diet and Depression” “Nutrition and Depression” and “Obesity and Depression.”*

*Much more information may be found by searching these or similar phrases. New articles on these topics are appearing all the time. **The common themes, appearing over and over, seem to be:***



- ***A poor diet (no food or junk food) contributes to depression, while a nutrient-rich, whole-food, natural diet helps fight depression by providing essential nutrients to the brain.***



- ***Obesity and depression are closely linked – each condition making the other more likely. This seems to be related to hypothalamus function, and the action of cortisol (the stress hormone) in causing the body to store visceral fat around essential organs, impeding proper function.***



- ***Pure water, fresh fruits and vegetables, legumes and low-fat proteins are the substances most commonly recommended to help fight depression. (These are the same substances commonly recommended to fight or prevent diabetes, heart disease, obesity, and other maladies.)***



- ***Sugar, caffeine, and processed food and beverages are the substances most commonly mentioned that should be avoided to fight depression. (These are the same substances found to contribute to diabetes, heart disease, cancer, hypertension, and other disorders which, like depression, have become ever more common in the last 50 years since the popularization of processed food and fast food.)***



- ***So – the dietary changes that can help prevent or reverse depression are the same changes that can improve general health and wellness. This can be a powerful component in a depression-fighting regime.***