

Forbes

[Log in](#) | [Sign up](#) | [Connect](#) | [Help](#)


[How To Spot A Liar At Work](#)

[Best Cities For Raising A Family](#)

[How To Quit Without Burning Bridges](#)

[AdVoice: Let The Walls Fall Down](#)
[Subscribe >](#)

Michelle Maisto, Contributor

Answers, thoughts and inquiries into raising a smart vegetarian.

[+ Follow on Forbes](#)

FOOD & DRINK | 4/12/2012 @ 1:44PM | 211 views

Fast Food, Commercial Baked Goods Tied To Depression

[+ Comment now](#)

Eating fresh foods, most people intuitively understood, makes the body feel good. A new study, however, actually offers proof of the opposite, finding a link between depression and diets that include processed baked goods and fast food.



Fast Food (Photo credit: SteFou!)

Performed by researchers at Spain's University of Las Palmas de Gran Canaria and the University of Granada, and published in the March issue of the [Public Health Nutrition](#) journal, the study found that people who regularly consumed fast foods such as hamburgers, sausages and pizza, and processed pastries such as muffins, doughnuts and croissants were 37% more likely to become depressed over a six-year period than those who consumed these foods the least often.

Moreover, the researchers found a dose-response relationship between such diets and moods.

"The more fast food you consume, the greater the risk of depression," said Almudena Sánchez-Villegas, the lead author of the study, according to a report from [Food Navigator](#).

Among the study's nearly 9,000 participants, those who consumed the largest amounts of these foods tended to be young, single and less active than those with opposite diets.

The United Kingdom's NHS Choices Service raised an eyebrow at the findings, according to Food Navigator, saying that it's "just as plausible that diet and depression are both the result of a common factor."

No need to rebrand a certain boxed treat the "unhappy meal," it added.

Still, those nearly 9,000 folks had never taken antidepressants or been diagnosed with depression, but after a follow-up of 6.2 years, Sánchez-

Most Popular

[NEWS](#) | [People](#) | [Places](#) | [Companies](#)
Madonna's 'MDNA' is 'DOA' at 5 Bucks: Many Versions, But Few Are Selling

+89,786 views

Fox News Employee Commits Career Suicide, Leaves Behind Object Lesson For The Rest Of Us

+72,953 views

\$9.99 Ebook Price To Cost Apple \$252 Million

+47,763 views

How Fox News Outed Its Gawker Mole In Less Than 24 Hours

+43,450 views

12 Ways To Spot A Liar At Work

+37,252 views

[+ show more](#)

Michelle Maisto

Contributor

[+ Follow on Forbes](#)

Feeding a little one seems like a more complex landscape than it used to be, given questions about how necessary it is to buy organic, the safety of some meats and genetically modified foods, the affects of our diets on the

[+ show more](#)

The author is a Forbes contributor. The opinions expressed are those of the writer.

MICHELLE MAISTO'S POPULAR POSTS

BPA In Food Packaging: FDA To Decide By March 31 11,425 views

Sugar, Honey, Agave. Which Sweetener Is Best for Baby? 11,214 views

Cheese Makes You Fat, Says New Ad Campaign 9,658 views

Stem Cell Burgers Coming This Fall. Are You Ready For Lab-To-Table Eating? 9,010 views

American Meat Consumption Down 12.2% Since 2007 8,654 views

Villegas and her team found 493 reported cases of depression.

MORE FROM MICHELLE MAISTO

“The results did not change after adjustment for the consumption of other food items,” states the report.

Very Unscientific Addendum: The next time you’re craving packaged muffins or conveyor-belt boxed cakes, bliss, instead, can surely be found in Anna Stockwell’s (via Alice Medrich) [Almond Cake with Almond Crust](#) ; [Chocolate Marble Cake](#) , à la Clotilde at Chocolate & Zucchini; Terry Walters’ [Pumpkin Spice Muffins](#); or Winnie Abramson’s [Meyer Lemon Olive Oil Cake](#) .

+ [Comment now](#)

[Email](#)

[Print](#)

[Report Corrections](#)

[Request Reprint](#)

More on Forbes Right Now

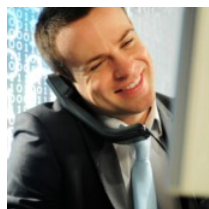
FEATURES



**Instagram and \$1 Billion:
Facebook's Answer To Mobile**



Seven Election Year Chinese Stocks



Special Report: Data Driven

Forbes Video

Instagram: CEO Kevin Systrom On App's Future

[Share](#)

[Prev](#)

[Next](#)



[powered by](#)

Post Your Comment

Please [log in](#) or [sign up](#) to comment.

Michelle's News Stream

Show all activity (20)

New Post 15 hours ago



[Fast Food, Commercial Baked Goods Tied To Depression](#)

New Post 1 week ago



[Easter Ricotta Pie: A Quick Recipe For A New Tradition](#)

New Post 1 week ago



[Do Shoppers Want an iPhone App or Simpler Grocery Labels?](#)

New Post 2 weeks ago



[French Kids Eat Everything. Take Notes.](#)

• • • • •

Subscribe to Forbes Just \$1 an Issue



Your Name

Address

City

State

Zip

E-mail

[Subscribe](#)

FORBES SUBSCRIPTIONS

[Subscribe To Newsletter](#)

[Subscribe To Magazine](#)

[Subscriber Customer Service](#)

Expat Insurance in Spain

Expats Insurance Specialists! 100k international clients in Spain

www.libertyexpatriates.es

New Business Opportunity

Run Your Own Energy Saving Business

Complete Start-Up Pack from \$14k

www.Eniqin.net/BusinessOpportunity

Spiral Conveyors

A reliable Jonge Poerink Conveyors solution for your application.

www.jpconveyors.com

AdChoices