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Junk food linked to depression

Study: Fast food can increase chance for depression by 51 percent

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According to a new study, in addition to being bad for your body, junk food may now be bad for your mind too.

The study comes from the University of Las Palmas de Gran Canaria and the University of Granada. They found that eating fast food, and commercial baked goods such as doughnuts can increase the chance of depression by 51 percent.

Researchers say that people who regularly eat these foods are also more likely to be more sedentary, smoke, eat other not-so-nutritious foods and work 45 or more hours a week.

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The study was published in the Journal of Public Health Nutrition.

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