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HEALTH & FITNESS BLOG

Depressing news about fast food

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April 6, 2012 1:00 am

By Tom Meade

Fast food burgers and fries have been linked to depression, according to a recent study headed by scientists from the University of Las Palmas de Gran Canaria in Spain and the University of Granada. Commercial baked goods, also appear to have a link to depression.

Published in the Public Health Nutrition journal, the results reveal that consumers of fast food, compared to those who eat little or none, are 51 percent more likely to develop depression.

Furthermore, a dose-response relationship was observed. In other words, "The more fast food you consume, the greater the risk of depression," explains Almudena Sánchez-Villegas, lead author of the study.

Participants who eat the most fast food and commercial baked goods are more likely to be single, less active and have poor dietary habits, which include eating less fruit, nuts, fish, vegetables and olive oil. Smoking and working more than 45 hours per week are other prevalent characteristics of this group.

People who eat commercial baked goods also showed a greater chance of experiencing depression.

The study had 8,964 participants who had never been diagnosed with depression or taken antidepressants. They were assessed for an average of six months, and 493 were diagnosed with depression or started to take antidepressants.

Depression affects 121 million people worldwide.

Andrew Dickerman photo



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