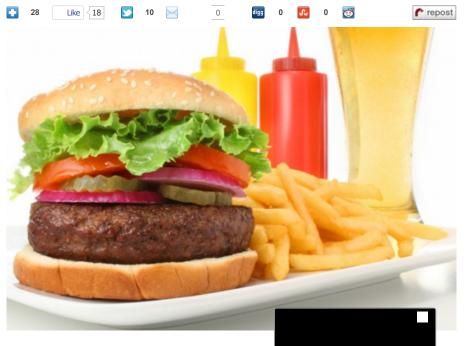
red	l O rb	oit									
Home	Video	News	Image	es ⊦	lealth Ec	ducation	Topics	Mobile			Search
Space	Science	Technology	Health	General	Sci-Fi & Gami	ng Oddities	International	Business	Education	CES 2012	

Does Eating Fast Food Lead To Depression? April 2, 2012



Those who are regular consumers of fast food products are over 50 than those who abstain from burgers, fries, pizza and other related f Palmas de Gran Canaria (ULPGC) and the University of Granada f

 Furthermore, according to lead author Almudena Sánchez-Villegas,
 he

 journal Public Health Nutrition , also demonstrated a dose-response
 hat

 the more fast food or commercial baked foods (doughnuts, croissants, etc.) a person eats, the higher the risk that
 they will become depressed as a result.



The research also discovered that subjects who ate the highest quantities of these types of foods have poor overall dietary habits (i.e. eating fewer servings of fruits and vegetables, fish, and nuts) and poor exercise habits,

the Spanish Foundation for Science and Technology (FECYT) said in a press release on Friday. They are also more likely to be single, the researchers discovered, according to FECYT.

As part of their study, Sánchez-Villegas and colleagues followed a sample of nearly 9,000 individuals affiliated with the SUN Project (University of Navarra Diet and Lifestyle Tracking Program).

None of them had ever been diagnosed or treated for depression before the start of the study, and after an average of six month's worth of assessment, nearly 500 of them had either received such a diagnosis or had started taking antidepressants.

"This new data supports the results of the SUN project in 2011, which were published in the PLoS One journal," the FECYT media advisory said. "The project recorded 657 new cases of depression out of the 12,059 people analyzed over more than six months. A42% increase in the risk associated with fast food was found, which is lower than that found in the current study."

While Sánchez-Villegas admits that "more studies are necessary," the researcher adds that "the intake of this type of food should be controlled because of its implications on both health (obesity, cardiovascular diseases) and mental well-being."

However, in an interview with Dr. Alethea Turner of ABC News, Yale University's Prevention Research Center Director Dr. David Katz suggested that the study may have the cause-effect relationship reversed.

"Higher intake of fast food may very well increase risks of depression by causing poor health in general. But depression may also increase fast food intake," he said. "We use the term 'comfort food' for a reason. It can help alleviate stress, anxiety, and depression. So it may be that people with depression are turning to [fast food] for relief."

Related Articles

- Publication Confirms That EpCAM, the Target for Two of Micromet's Product Candidates, Is Overexpressed on Cancer Stem Cells of Certain Cancers
- MediciNova Announces New Strategic Initiative OraSure and the National Association of People With AIDS Launch Third Annual "Mayors Campaign Against HIV(TM)" for National HIV Testing Day Koronis Pharmaceuticals Begins Phase 2a Proof of
- Concept Study of KP-1461, a Novel, Viral Decay Acceleration Agent for HIV Infection
- Health Canada Approves ADVR's Application for Clinical IND
- Moderate Drinking Associated With Lower Risk Of Stroke In Women
- New Study Compares Diets For Weight Management In Obese Children
- Parents Of Obese Children Encouraged To Begin With Their Own Weight Loss Journey
- How To Best Help Your Child Lose Weight: Lose Weight Yourself
- It's a Family Affair: BeSmartBeWell.com Recognizes National Nutrition Month With Tips to Help Families Eat Healthier

Related Images

Dark Spot/Depression in the Phlegra Region PSP 002568 2090

The first magnetic resonance imaging (MRI) This image shows a portion of a prototype mass

spectrometer developed and constructed

An Emperor penguin dives through a hole into the water below the McMurdo Sound sea ice.

Depression of Floor of Hellas Basin (PSP 007253 1400)

Thermally Distinct Material in Depression Northeast of Hellas Basin (PSP_010311_1500) Possible Chloride Salts in Noachis Terra

(PSP_010460_1415)

Related Videos

Coca-Cola Soda Change Counterfeit Prescription Drugs are Seized... HIV Rates in Black Urban Women

www.redorbit.com/news/health/1112505295/does-eating-fast-food-lead-to-depression/