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Eating fast food linked to depression

PTI Apr 2, 2012, 06.10AM IST

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Recomendar

Tags: University of Granada | Public Health Nutrition | Almudena Sanchez-Villegas

WASHINGTON: Here's yet another reason why you should shun junk meals - eating fast food can raise a person's risk of suffering from depression, according to a new study published in the 'Public Health Nutrition' journal.

Researchers at the University of Las Palmas de Gran Canaria and the University of Granada, have found that eating baked goods like cakes, croissants and doughnuts and fast food like burgers and pizza is linked to depression. The findings revealed that consumers of fast food, compared to those who eat little or none, are 51% more likely to develop depression.

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"The more fast food you consume, the greater the risk of depression," said Almudena Sanchez-Villegas , who led the study. The study demonstrates that those participants who eat the most fast food are more likely to be single, less active and have poor dietary habits. Smoking and working more than 45 hours per week are other prevalent characteristics of this group. For their study, researchers assessed 8,964 people for six months, and 493 were diagnosed with depression or started to take antidepressants.

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