

Fast food, baked goods linked to depression

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Tempted by grease? A new Spanish study suggests fast food and commercial baked goods could lead diners to depression. (SHUTTERSTOCK)

A new Spanish study links eating fast food and commercial baked goods with depression.

For an average of six months, researchers at the University of Las Palmas de Gran Canaria and the University of Granada studied 8,964 people who had never been diagnosed with depression or been prescribed antidepressants.

During the study, 493 developed depression or started to take antidepressants.

The researchers said those who ate fast food, compared to those who did not, were 51% more likely to develop depression.

They also found there was a "dose-response relationship," meaning, "the more fast food you consume, the greater the risk of depression," lead author Almudena Sanchez-Villegas said in a release.

The researchers noted those who ate the most fast food and commercial baked goods were 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.

The study appears in the journal Public Health Nutrition.

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