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Fating commercial baked goods and fast food is linked to depression. These might include croissants, donuts, loaf bread, store bought cookies, hamburger buns and similar hyper processed foods.

This is according to a new study from scientists at the University of Las Palmas de Gran Canaria and the University of Granada. With 121 million people worldwide experiencing depression, a key dietary component of that may help alleviate the symptoms which cause concern for doctors, employers and governments globally.

Results of their study reveal that consumers of fast food are 51% more likely to develop

depression. This is when compared to people who eat little or no fast food. And the occurrence of depression appeared to be proportionate. The more junk you ate, the more depression you experience.

Participants of the study who ate the most fast food and commercial baked goods are also more likely to be single, less active and have poor dietary habits. They eat less fruit, nuts, fish vegetables and olive oil. Poor lifestyle choices like smoking and working in excess of 45 hours a week were also noted in the fast food eaters and commercial baked goods eaters alike.

"Even eating small quantities is linked to a significantly higher chance of developing depression," said Almudena Sanchez-Villegas, lead author.

She continues:

"Although more studies are necessary, the intake of this type of food should be controlled because of its implications on both health (obesity, cardiovascular diseases) and mental well-

Source: MedicalNewsToday, Public Health Nutrition

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yourself?

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