



The Risk of Suffering from Depression is Between 25% and 35% Higher in those Who Follow a Western Diet

Patricia Jiménez Fontanals*

Student of Human Nutrition and Dietetics, Spain

***Corresponding Author:** Patricia Jiménez Fontanals, Student of Human Nutrition and Dietetics, Spain.

Received: October 27, 2022

Published: December 05, 2022

© All rights are reserved by **Patricia Jiménez Fontanals.**

Your brain works 24/7, even while you sleep. This means it requires a constant supply of energy. That "fuel" comes from the food you eat, and the quality of that food makes all the difference. Simply put, what you eat directly affects brain structure and function and, consequently, mood.

Today, the burgeoning field of nutritional psychiatry is discovering that there are many consequences and correlations not only between what you eat, how you feel and how you behave, but also the types of bacteria that live in your gut - which directly influence neural functions.

How does the food you eat affect your mental health?

Different studies have compared "traditional" diets, such as the Mediterranean diet, with a typical "Western" diet. The former is characterized by being rich in vegetables, fruits, unprocessed grains and fish, as well as moderate amounts of lean meats and dairy products. In contrast, a typical "Western" diet tends to contain sugars and refined, processed foods. Researchers have shown that the risk of depression is 25-35% higher in those who follow a Western diet.

Serotonin is a neurotransmitter that helps regulate sleep and appetite, mediates mood and inhibits pain. Approximately 95% of serotonin is produced in your gastrointestinal tract. This is lined with a hundred million nerve cells which are directly influenced by the gut microbiota.

Source: Eva Selhub (2022). Nutritional psychiatry: Your brain on food. Harvard Health Publishing.