4 Types of Food to Avoid to Decrease Your Risk of Depression

Good food is essential to good health. A healthy diet is dense in nutrients, providing the building blocks for every metabolic process in the body, including the chemical processes involving neurotransmitters in the brain.

There are 4 types of foods that increase your risk of depression or worsen depression:

- Fast Foods—particularly fried foods
- Commercial baked goods
- Soda and other sweetened drinks
- Alcohol

Fast Foods and Trans Fats

It comes as no surprise that multiple studies have concluded there is a definite link between fast food and depression. We have known for some time that physical health suffers from the typical junk food or fast food diet. Is it any wonder that brain function would suffer as well?

Fast foods are full of trans fats that pollute the body and are known to alter the normal electrical activity in the brain.

Commercial Baked Goods

Donuts, cakes, cookies, and breads often contain trans fats. But trans fats aren’t the only culprit with a strong correlation to depression in the typical junk food/processed food diet. High fructose corn syrup should be avoided as well.

High fructose corn syrup is a common ingredient in processed foods found on nearly every label. Studies are finding that there is a significant percentage of the population that suffers from carbohydrate malabsorption. For women, a combination of fructose malabsorption and lactose malabsorption results in a high correlation of depression due to decreased levels of tryptophan.

Sodas

Sodas and other sweetened drinks (check out the label on that cranberry or ruby red grapefruit bottle, and Gatorade) contain fructose corn syrup. (see above).

Alcohol

Alcohol is a depressant. Obviously, if you are depressed, ingesting a depressant is not a great idea. Enough said.

To decrease your risk of depression, avoid all trans fats and high fructose corn syrup and limit your alcohol intake. Remember, what you eat directly affects how you feel, both physically and emotionally. Eat a healthy diet of 80% raw, organic vegetables and fruits.Your body and your brain will thank you.

Sources for this Article:

- http://www.procarespine.com/junk-food-may-increase-the-risk-of-depression/
- http://www.naturalnews.com/035772_fast_food_depression_nutrition.html
- http://www.psychologytoday.com/blog/evolutionary-psychiatry/201105/could-soda-and-sugar-be-causing-your-depression