

# Consumption of Fruits and Vegetables can cut Risk of Depression: Study

Submitted by *Prakash Sharma* on Thu, 09/19/2013 - 08:24 **Health TNM Research United Kingdom**

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According to a new study, middle-aged men can be at a higher risk of depression if they consume processed meat and sugary drinks. On the other hand, those eating plenty of fruit and vegetables are at a reduced risk of developing the mental illness, said the study. Almost a fifth of British adults suffer from depression.

The study found that more than 2,000 men sought a decline in the risk of developing the mental illness by following a healthy diet. Also, they were found to lose pounds by following a healthy diet and involving themselves in regular exercises.

Anu Ruusunen is a nutritionist and is from the University of Eastern Finland. Anu said, "The study reinforces the hypothesis a healthy diet has potential not only in the warding off of depression, but also in its prevention".

Usually, patient with depression do not follow a healthy diet and consume fewer nutrients, but it has not been made clear yet if diet is also linked to the risk in healthy people.

The findings revealed that consumption of most vegetables, fruits, berries, whole grains, poultry, fish and low fat cheese led people to suffer less symptoms and put them at a lower risk of the condition during 13 years of follow up.