## **Letter to the Editor**

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## Junk food, might be one of the major reasons of your depression

To Editor.

Consumption of junk food has become a threat to the life of an average person who prefers a burger over healthy food. In modern time people have started living a mechanical life in which they do not have time to think about their health and body functioning. Stress, depression and weight problem has overshadowed their lives and little they know that the food they consume is one of the major reasons they have these problems.

The study, published in the Journal of Health Psychology, examined the relationship between trans fats (commonly found in fast food and cakes) and emotional regulation. The study found out that individual with higher intakes of trans fats experienced "difficulties with emotional awareness," and a lower level of emotional "clarity". While the people who had lower trans fats were better able to control their emotions. Consumption of a diet that contains more trans fats increases the cholesterol level in blood which in turn can cause heart attack, strokes and even depression. <sup>1</sup>

Another study that dealt with the same issue, focusing middle aged women found out similar results suggesting a protective effect of an overall diet rich in fruits, vegetables and fish, whereas an overall diet rich in processed meat, chocolates, sweetened desserts, fried food, refined cereals and high-fat dairy products seems to be deleterious for depression. This particular study showed positive linkage between depression and the consumption of junk food.<sup>2</sup>

Consumption of healthier food may also lead to reduced depressive symptoms, anxiety, obesity and other mental/physical problems. Minimal intake of junk food can lead us to a healthier and less stressed life. There is a need to spread awareness in this regard so that people know how their eating habits are affecting their lives.

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