



Is Your Diet Making You Depressed?

Men are more likely to have a mood disorder with the more sugar they consume, according to a 2017 study from University College London.

The study, which surveyed more than 7,000 people and followed them for 22 years, discovered that men who consumed over 67 grams of sugar a day were 23 percent more likely to develop a mental health condition than those who took in less than 39.5 grams.

It is recommended that less than 10 percent of your daily calories should come from added sugars. However, according to the U.S. Department of Agriculture, only 42 percent of Americans meet that guideline.

While there have been numerous studies linking to sugar and mood disorders, this is one of the first to consider “reverse causation.” In other words, this study factored in the possibility that people with mood disorders may simply be more likely to choose foods with more sugar. As a result, the study found this possibility to be untrue, confirming that the extra added sugar in diets tends to lead to mood disorders and not vice-versa.

The study further elaborates on the different effects sugar can have on the brain. For example, high sugar can reduce brain-derived neurotrophic factor (BDNF), which is a protein that helps brain cells to grow and develop. Furthermore, high sugar can cause inflammation, linked to depression. It can also change your insulin response after eating, causing your hormones to drop.

While the study focused on men, it can be extrapolated to women and children as well, emphasizing the need for a well-balanced diet with an overall reduction on processed food.

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Wishing you joy and good health,
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