



Food to be Avoided during Depression

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Depression which is also known as the silent killer can affect the nutritional status as well as the food preferences of an individual. Certain foods and beverages can work to worsen the symptoms of this potentially deadly disorder. It is a well – known fact that diet plays a

1. Refined foods

Fast food and junk food, can be are high in calories and low in nutrients. People who eat lots of fast food are more likely to have severe depression than those who eat mostly fresh produce. Processed foods which are high in

substantial role in the functioning of the body, brain and mind. So, here is a list of foods and beverages, one can leave out of the menu if he want to minimize blood sugar fluctuations, mood swings and severe depressive symptoms.

sugar and refined carbohydrate may contribute to a higher risk of depression. A chocolate may give an instant boost, but a rapid low can follow.

2. Processed oils

Saturated and refined fats can rise inflammation and may also impair brain functions as well as worsen the symptoms of depression.

For that following fats should be avoided:

- processed foods higher in trans fat
- processed and red meats
- oils which are high in omega-6 fatty acids like corn and safflower oils

3. Processed Foods

Processed foods contains higher level of additives, sugar, salt and calories. Regular intake may increase inflammation throughout the body, including the brain. These prolonged

inflammatory responses can increase the risk of depression, appetite changes, fatigue, cognitive impairment, sleep disturbances, negative mood as well as social withdrawal.

4. Vegetable Oils

Vegetable oils like canola, corn, safflower, soy, they have higher levels of omega-6 fatty acids, which have been associated with inflammation,

depressive disorder, memory issues and a decline in cognitive function, including Alzheimer's.

5. Caffeine

Small amounts of caffeine may reduce anxiety and boost mood whereas it can increase feelings of anxiety, stress and depression in children of high school age.

Caffeine is present in:

- Coffee
- Tea
- Chocolate
- Sodas

- Energy drinks

If a person's body does not tolerate it well, he may experience nervousness, irritability and an increased heart rate. At that time, try replacing your cup of coffee or tea with other beverages like organic herbal tea because its natural properties can benefit your nervous system, improve your mood and help you sleep better.

6. Alcohol

People who struggle with low mood and energy take alcohol as a form of self-medication to make them feel better as it suppresses the central nervous system. It also affects sleep quality, so if a person is already sleeping

poorly, refrain from alcohol consumption as much as possible.

A person may take alcohol as a way to cope with depression, but it can trigger new bouts of anxiety and depression.

7. Energy Drinks and Sodas

Caffeine, sugar and artificial sweeteners may cause cardiac rhythm and sleep disruptions. Regular intake of fizzy drinks can also be problematic because they have no nutritional

benefits. Diet sodas are also not better option as their caffeine content is also likely to increase anxiety and more depression.

8. Fruit Juice

Fruit juice can drop the blood sugar fast, feeling of hunger increases and more irritation occurs than before. Drinking normal water is a far better practice. Eating the whole fruit can be a

good choice as the fiber content keeps ending the hunger, balancing the blood sugar and refresh the mood also.

9. Trans Fats

Trans fats found in the products like packaged baked goods, processed foods and frying oil used for cooking fast food. These trans fats can latch onto the arterial walls and cause atherosclerosis and an increased risk of heart disease, higher risk of depression as well as

feelings of aggression, irritability and raise the level of bad cholesterol also. Prolonged eating of food items containing trans-fat compounds can reduce serotonin (the happy hormone) production in the brain which can lead to

depressive symptoms and negative mental

well-being also.

10. Artificial Sweeteners

Regular intake of sugar substitutes can cause depression, anxiety, irritable moods, insomnia, and other neurophysiological issues also.

If a person is already dealing with depressive symptoms and low motivation could prevent himself by adopting better eating habits. It is important to remember that even small changes can have positive long-term effects. Excluding harmful foods from the diet is the first step

towards a healthier brain and mind. Adopting a healthy lifestyle can prove a real challenge when a person struggles with profound sadness, lack of energy, irritability and insomnia. Following a various lifestyle changes for better life including a more nutritious diet can be a crucial step for depression recovery and prevention.