

Diet and depression: A better plan for mental health?



Could the food we consume impact our risk for mood disorders and depression?

It's a fascinating question, and one we should absolutely be exploring further. Today, I want to look at a study from the journal *Psychiatry Research*, which looks at the relationship between dietary patterns and depression.

For more on how lifestyle choices affect your mental health, visit our [Focus page](#).

This article originally appeared on Dr. Perlmutter's website.