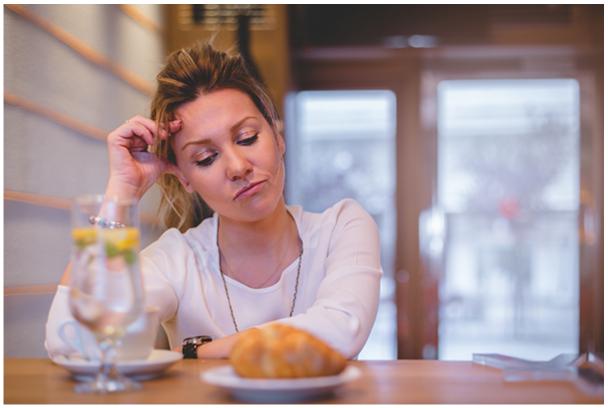
## Diet and depression: A better plan for mental health?





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.