Foods that Can Aid in the Treatment of Depression

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Editorial

Depression is the leading cause of disability in the world, impacting more than 300 million people each year. While depression treatment can be complex, there are a number of natural ways to enhance your mood, including consuming foods that are good for depression. Diet and nutrition are critical in maintaining your health and increasing your energy levels. The best foods for depression are those that are readily available and produce that you may already have on hand.

Leafy greens

Spinach and sadness may seem like an odd pairing, but leafy greens like spinach, lettuce, swiss chard, and watercress have a slew of health advantages for both physical and emotional well-being. Folate, a key component in fostering healthy digestion and cardiovascular health, is included in leafy greens for depression. To reduce the risk of birth abnormalities, most doctors advise pregnant women to take folate throughout their pregnancy. Leafy greens also aid to protect your body from toxins, feed your intestines, and create enzymes. Leafy greens are also an important feature of the Mediterranean diet. According to studies, people who follow this diet live happier and healthier lives. They are also less prone to suffer from depression than those who do not follow this diet.

Blueberries

Blueberries are tasty, and it turns out that they're also packed with antioxidants. Antioxidants protect your body from free radicals, which can cause cell damage. They can also lower cholesterol, blood pressure, and heart disease risk, as well as boost cognitive brain function. Furthermore, eating blueberries for depression may have mood-enhancing properties. Berries appear to have effects similar to valproic acid, a mood-stabilizing medicine that aids in emotion regulation. The antioxidant flavonoid anthocyanin found in blueberries has been linked to lower inflammation and the risk of depression. Finally, they contain vitamin C, which may help to alleviate the detrimental effects of stress.

Salmon

Salmon also has a number of health benefits and is considered one of the world's most nutritious foods. Salmon, for example, is high in omega-3 fatty acids, which are good for decreasing blood pressure and reducing cancer risk. Salmon also has a high protein content (22-25 grammes per serving), making it a satisfying and low-fat diet. Salmon also includes astaxanthin, an antioxidant that protects the brain and nervous system. Astaxanthin might also help you seem younger by preventing skin damage. Finally, salmon is a powerful anti-inflammatory agent. The link between inflammation and depression is still being discovered through studies. Scientific research continues to show a link between greater inflammation and a higher risk of depression. This may be due to the fact that inflammation is linked to a number of major ailments, including heart disease, cancer, and diabetes. Any of these illnesses can put you at risk for depression.

Oysters

Oysters and depression have a strong connection. Oysters are high in important nutrients and minerals that have numerous health benefits. Oysters are abundant in protein, vitamin B12, vitamin D, copper, manganese, and selenium, among other macro and micronutrients. They're also high in antioxidants and omega-3 fatty acids, both of which are linked to overall health and happiness. Oysters also have a lot of zinc in them. Zinc has been linked to improved immunity and faster wound healing. This strengthens the body and can be a useful tool for optimal development and growth.

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