

Special Issue

New Perspectives on Diet and Depression

Message from the Guest Editor

Evidence has suggested that depressive disorder is significantly associated with dietary habits and nutritional status. Dietary factors such as an excessive intake of energy, skipping breakfast, unhealthy diet styles including the Western diet, a high consumption of ultra-processed food increase individuals' risk of developing depressive disorder and worsen the course of the illness. Nutritional imbalances such as an inadequate intake of protein, vitamins, minerals, and n-3 polyunsaturated fatty acids also increase the risk of illness. These nutritional imbalances are profoundly related to the biological mechanisms of depressive disorder, i.e., an altered stress response, monoamine deficiency, and chronic low-grade inflammation. It has therefore been found that the supplementation of these nutrients is effective in the protection and treatment of depressive disorder. The gut microbiota and probiotics have also emerged as a novel strategy in the management of depression. Furthermore, many dietary supplements have been shown to ameliorate depressive disorder. As such, this Special Issue aims to provide an overview of recent advances in the field.

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Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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