

## Special Issue

# The Role of Different Dietary Patterns on Anxiety and Depression

### Message from the Guest Editor

Evidence regarding the association between diet patterns and depressive and anxiety symptoms is limited. Nevertheless, diet is increasingly recognized as an important risk factor for mental health. A diet rich in ultra-processed foods has been associated with depressive and anxiety symptoms. By improving diet quality, the depressive symptoms were reduced. Healthy dietary patterns can reduce the risk of depressive symptoms. A Mediterranean diet with a balanced intake of fruits, nuts, legumes, olive oil, and fish is associated with a lower risk of depression. A diverse gut microbiome, which is involved in the gut-brain axis and tryptophan-serotonin metabolism, seems to regulate depression and anxiety. Eating a healthy diet is a major factor that positively influences the gut microbiome, which reduces depression through the production of  $\gamma$ -aminobutyric acid and serotonin. The relationships between diet quality and clinical depression and anxiety have not been established. Therefore, in this study, we aimed to investigate the associations of dietary patterns characterized by a set of nutrients of interest with depressive and anxiety symptoms.

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## Nutrients

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*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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