

Subject organized bibliography of major papers to consider in depression/mental-health and nutrition. Incomplete and not inclusive of all considerations such as additional papers and letters to the editor regarding papers. Compiled 2021-2022 by Dr. Shelly Brandenburger, Assistant Professor, Minnesota State University Mankato in preparation for presentations and a manuscript.

## **I. Diagnostic Considerations and Confounders to Consider – Depression**

- a. Harrison, K., Foster-Brown, C., Kelaiditis, C., Mavrommatis, Y., & Pilic, L. (2020). The associations between phosphatidylethanolamine N-methyltransferase gene, dietary choline intake and anxiety and depression in healthy UK adults. *Proceedings of the Nutrition Society*, 79(OCE3). <https://doi.org/10.1017/S0029665120007703>
- b. Huang, X., Fan, Y., Han, X., Huang, Z., Yu, M., Zhang, Y., Xu, Q., Li, X., Wang, X., Lu, C., & Xia, Y. (2018). Association between Serum Vitamin Levels and Depression in U.S. Adults 20 Years or Older Based on National Health and Nutrition Examination Survey 2005–2006. *International Journal of Environmental Research and Public Health*, 15(6), 1215. <https://doi.org/10.3390/ijerph15061215>
- c. Kamdar, N. P., Horning, M. L., Geraci, J. C., Uzdavines, A. W., Helmer, D. A., & Hundt, N. E. (2021). Risk for depression and suicidal ideation among food insecure US veterans: data from the National Health and Nutrition Examination Study. *Social Psychiatry and Psychiatric Epidemiology*, 56(12), 2175–2184. <https://doi.org/10.1007/s00127-021-02071-3>
- d. Kim, K. M., Hwang, H. R., Kim, Y. J., Lee, J. G., Yi, Y. H., Tak, Y. J., Lee, S. H., & Chung, S. I. (2019). Association between Serum-Ferritin Levels and Sleep Duration, Stress, Depression, and Suicidal Ideation in Older Koreans: Fifth Korea National Health and Nutrition Examination Survey 2010–2012. *Korean Journal of Family Medicine*, 40(6), 380–387. <https://doi.org/10.4082/kjfm.18.0097>
- e. Kim, S., Lee, S., & Cho, S. (2015). The Less the Better? Lipid Effects on Depression in Healthy Population. *Journal of Nutrition Education and Behavior*, 47(4, Supplement), S81. <https://doi.org/10.1016/j.jneb.2015.04.214>
- f. Kimura, Y., Wada, T., Okumiya, K., Ishimoto, Y., Fukutomi, E., Kasahara, Y., Chen, W., Sakamoto, R., Fujisawa, M., Otsuka, K., & Matsubayashi, K. (2012). Eating alone among community-dwelling Japanese elderly: Association with depression and food diversity. *The Journal of Nutrition, Health & Aging*, 16(8), 728–731. <https://doi.org/10.1007/s12603-012-0067-3>
- g. Lee, S. J., Lee, K. W., & Cho, M. S. (2021). Association of Food Insecurity with Nutrient Intake and Depression among Korean and US Adults: Data from the 2014 Korea and the 2013-2014 US National Health and Nutrition Examination Surveys. *International Journal of Environmental Research and Public Health*, 18(2), E506. <https://doi.org/10.3390/ijerph18020506>

- h. Lee, S. A., Park, E.-C., Ju, Y. J., Nam, J. Y., & Kim, T. H. (2016). Is one's usual dinner companion associated with greater odds of depression? Using data from the 2014 Korean National Health and Nutrition Examination Survey. *The International Journal of Social Psychiatry*, 62(6), 560–568. <https://doi.org/10.1177/0020764016654505>
- i. Minhajuddin, A., Jha, M., Fatt, C. C., Mayes, T., & Trivedi, M. (2021). Sex-Specific Differences in the Association Between Obesity and Depression in Large Epidemiological Studies: Findings From Dallas Heart Study and National Health and Nutrition Examination Survey. *Biological Psychiatry*, 89(9), S340. <https://doi.org/10.1016/j.biopsych.2021.02.849> (Abstract)
- j. Montgomery, J., Lu, J., Ratliff, S., & Mezuk, B. (2017). Food Insecurity and Depression Among Adults With Diabetes: Results From the National Health and Nutrition Examination Survey (NHANES). *The Diabetes Educator*, 43(3), 260–271. <https://doi.org/10.1177/0145721717699890>
- k. Son, Y. H., Oh, S. S., Jang, S.-I., Park, E.-C., & Park, S.-H. (2020). Association between commensality with depression and suicidal ideation of Korean adults: the sixth and seventh Korean National Health and Nutrition Examination Survey, 2013, 2015, 2017. *Nutrition Journal*, 19(1), 1–15. <https://doi.org/10.1186/s12937-020-00650-9>
- l. Wang, J., Zhou, D., & Li, X. (2020). The Association between Neutrophil-to-Lymphocyte Ratio and Diabetic Depression in U.S. Adults with Diabetes: Findings from the 2009-2016 National Health and Nutrition Examination Survey (NHANES). *BioMed Research International*, 2020, 8297628. <https://doi.org/10.1155/2020/8297628>

## II. **Mechanistic Papers – Depression (Gut-Brain, Inflammation, Metabolic & Other considerations)**

- a. Azarmanesh, D., Bertone-Johnson, E. R., Pearlman, J., Liu, Z., & Carbone, E. T. (2022). The dietary inflammatory index is inversely associated with depression, which is minimally mediated by C-reactive protein. *Nutrition Research*, 97, 11–21. <https://doi.org/10.1016/j.nutres.2021.09.002>
- b. Bear, T. L. K., Dalziel, J. E., Coad, J., Roy, N. C., Butts, C. A., & Gopal, P. K. (2020). The Role of the Gut Microbiota in Dietary Interventions for Depression and Anxiety. *Advances in Nutrition*, 11(4), 890–907. <https://doi.org/10.1093/advances/nmaa016>
- c. Eustis, S. J., McCall, M. W., Murphy, E. A., & Wirth, M. D. (2021). Association Between Gastrointestinal Symptoms and Depression in a Representative Sample of Adults in the United States: Findings From National Health and Nutrition Examination Survey (2005-2016). *Journal of the Academy of Consultation-Liaison Psychiatry*, S2667-2960(21)00148-8. <https://doi.org/10.1016/j.jaclp.2021.08.008>
- d. Ferri, F., Deschênes, S. S., Power, N., & Schmitz, N. (2021). Associations between cognitive function, metabolic factors and depression: A prospective study in Quebec, Canada. *Journal of affective disorders*, 283, 77–83. <https://doi.org/10.1016/j.jad.2021.01.039>

- e. Gomes, A. P., Gonçalves, H., dos Santos Vaz, J., Kieling, C., Rohde, L. A., Oliveira, I. O., & Gonçalves Soares, A. (2021). Do inflammation and adiposity mediate the association of diet quality with depression and anxiety in young adults? *Clinical Nutrition*, 40(5), 2800–2808. <https://doi.org/10.1016/j.clnu.2021.03.028>
- f. Hickman, R. J., Khambaty, T., & Stewart, J. C. (2014). C-reactive protein is elevated in atypical but not nonatypical depression: data from the National Health and Nutrition Examination survey (NHANES) 1999-2004. *Journal of Behavioral Medicine*, 37(4), 621–629. <https://doi.org/10.1007/s10865-013-9510-0>
- g. Hisajima, T., Waki, H., Miyazaki, S., Yoshida, N., Tamai, H., Minakawa, Y., Okuma, Y., & Uebaba, K. (2015). SUN-LB039: Effect of Active Hexose Correlated Compound on Natural Killer Cells With Slight Depression Randomized, Double-Blind, Placebo-Controlled, Cross-Over Trial. *Clinical Nutrition*, 34. (Abstract)
- h. Hood, K. K., Lawrence, J. M., Anderson, A., Bell, R., Dabelea, D., Daniels, S., Rodriguez, B., Dolan, L. M., & for the SEARCH for Diabetes in Youth Study Group. (2012). Metabolic and Inflammatory Links to Depression in Youth With Diabetes. *Diabetes Care*, 35(12), 2443–2446. <https://doi.org/10.2337/dc11-2329>
- i. Jung, Y.-E., & Kang, K. Y. (2019). Elevated hs-CRP level is associated with depression in younger adults: Results from the Korean National Health and Nutrition Examination Survey (KNHANES 2016). *Psychoneuroendocrinology*, 109, 104397. <https://doi.org/10.1016/j.psyneuen.2019.104397>
- j. Ko, J. K., Han, K. M., Shin, C., Lee, S. H., Han, C., Kim, Y. K., Yoon, H. K., & Ko, Y. H. (2019). Association of metabolic syndrome and its components with suicidal ideation and depression in adults: A nationally representative sample of the Korean population. *Journal of affective disorders*, 249, 319–326. <https://doi.org/10.1016/j.jad.2019.02.049>
- k. Lee, S., Oh, S. S., Jang, S.-I., & Park, E.-C. (2019). Sex Difference in the Association between High-sensitivity C-reactive Protein and Depression: The 2016 Korea National Health and Nutrition Examination Survey. *Scientific Reports*, 9(1), 1918. <https://doi.org/10.1038/s41598-018-36402-3>
- l. Liu, Y., Ozodiegwu, I. D., Yu, Y., Hess, R., & Bie, R. (2017). An association of health behaviors with depression and metabolic risks: Data from 2007 to 2014 U.S. National Health and Nutrition Examination Survey. *Journal of affective disorders*, 217, 190–196. <https://doi.org/10.1016/j.jad.2017.04.009>
- m. Madison, A., & Kiecolt-Glaser, J. K. (2019). Stress, depression, diet, and the gut microbiota: human-bacteria interactions at the core of psychoneuroimmunology and nutrition. *Current Opinion in Behavioral Sciences*, 28, 105–110. <https://doi.org/10.1016/j.cobeha.2019.01.011>
- n. Miller, A., Raison, C. The role of inflammation in depression: from evolutionary imperative to modern treatment target. *Nat Rev Immunol* 16, 22–34 (2016). <https://doi.org/10.1038/nri.2015.5>
- o. Moran, L. J., Wilson, C. J., Buckley, J. D., Noakes, M., Clifton, P. M., & Brinkworth, G. D. (2013). Changes in endothelial function and depression scores are associated following long-term dietary intervention: a secondary

- analysis. *Nutrition (Burbank, Los Angeles County, Calif.)*, 29(10), 1271–1274.  
<https://doi.org/10.1016/j.nut.2013.03.023>
- p. Numakawa, T., Richards, M., Nakajima, S., Adachi, N., Furuta, M., Odaka, H., & Kunugi, H. (2014). The Role of Brain-Derived Neurotrophic Factor in Comorbid Depression: Possible Linkage with Steroid Hormones, Cytokines, and Nutrition. *Frontiers in Psychiatry*, 5, 136. <https://doi.org/10.3389/fpsy.2014.00136>
  - q. Park, S. J., Roh, S., Hwang, J., Kim, H. A., Kim, S., Lee, T. K., Kang, S. H., Ha, Y. J., Jang, J. W., & Park, S. (2016). Association between depression and metabolic syndrome in Korean women: Results from the Korean National Health and Nutrition Examination Survey (2007–2013). *Journal of Affective Disorders*, 205, 393–399.  
<https://doi.org/10.1016/j.jad.2016.08.022>
  - r. Pasinetti, G. (2021). Sensitization to Chronic Stress-Induced Depression and Anxiety Modulated by Gut-Brain-Axis Immunity. *Current Developments in Nutrition*, 5(Supplement\_2), 1174. [https://doi.org/10.1093/cdn/nzab054\\_029](https://doi.org/10.1093/cdn/nzab054_029)
  - s. Rethorst, C. D., Bernstein, I., & Trivedi, M. H. (2014). Inflammation, obesity and metabolic syndrome in depression: Analysis of the 2009–2010 National Health and Nutrition Survey (NHANES). *The Journal of Clinical Psychiatry*, 75(12), e1428–e1432. <https://doi.org/10.4088/JCP.14m09009>
  - t. Tillmann, S., Awwad, H. M., Eskelund, A. R., Treccani, G., Geisel, J., Wegener, G., & Obeid, R. (2018). Probiotics Affect One-Carbon Metabolites and Catecholamines in a Genetic Rat Model of Depression. *Molecular Nutrition & Food Research*, 62(7), 1701070. <https://doi.org/10.1002/mnfr.201701070>
  - u. Wirth, M. D., Shivappa, N., Burch, J. B., Hurley, T. G., & Hébert, J. R. (2017). The Dietary Inflammatory Index, shift work, and depression: Results from NHANES. *Health Psychology: Official Journal of the Division of Health Psychology, American Psychological Association*, 36(8), 760–769. <https://doi.org/10.1037/hea0000514>

### III. **Geriatric focused papers – Depression**

- a. Alavi, N. M., Khademalhosseini, S., Vakili, Z., & Assarian, F. (2019). Effect of vitamin D supplementation on depression in elderly patients: A randomized clinical trial. *Clinical Nutrition*, 38(5), 2065–2070.  
<https://doi.org/10.1016/j.clnu.2018.09.011>
- b. Anding, C., Robbins, R., Ranjit, N., Sweitzer, S., & Briley, M. (2019). Depression Significantly Impacted by Serum 25-Hydroxyvitamin D [25(OH)D] Levels in Older Adults Living in Long-Term Care Communities. *Journal of the Academy of Nutrition and Dietetics*, 119(9, Supplement 1), A26. <https://doi.org/10.1016/j.jand.2019.06.099>
- c. Gopinath, B., Flood, V. M., Burlutksy, G., Louie, J. C. Y., & Mitchell, P. (2016). Association between carbohydrate nutrition and prevalence of depressive symptoms in older adults. *British Journal of Nutrition*, 116(12), 2109–2114.  
<https://doi.org/10.1017/S0007114516004311>

- d. Gougeon, L. (2016). Dietary Patterns and Depression in Community-Dwelling Older Adults: State of the Evidence. *Current Nutrition Reports*, 5(2). <https://doi.org/10.1007/s13668-016-0158-6>
- e. Lanuza, F., Petermann-Rocha, F., Celis-Morales, C., Concha-Cisternas, Y., Nazar, G., Troncoso-Pantoja, C., Lassere-Laso, N., Martínez-Sanguinetti, M. A., Parra-Soto, S., Zamora-Ros, R., Andrés-Lacueva, C., & Meroño, T. (2021). A healthy eating score is inversely associated with depression in older adults: results from the Chilean National Health Survey 2016–2017. *Public Health Nutrition*, 1–12. <https://doi.org/10.1017/S1368980021004869>
- f. Matison, A. P., Mather, K. A., Flood, V. M., & Reppermund, S. (2021). Associations between nutrition and the incidence of depression in middle-aged and older adults: A systematic review and meta-analysis of prospective observational population-based studies. *Ageing research reviews*, 70, 101403. <https://doi.org/10.1016/j.arr.2021.101403>
- g. Payne, M. E., Steck, S. E., George, R. R., & Steffens, D. C. (2012). Fruit, Vegetable, and Antioxidant Intakes Are Lower in Older Adults with Depression. *Journal of the Academy of Nutrition and Dietetics*, 112(12), 2022–2027. <https://doi.org/10.1016/j.jand.2012.08.026>
- h. Tsai, A. C., Chang, T.-L., & Chi, S.-H. (2012). Frequent consumption of vegetables predicts lower risk of depression in older Taiwanese – results of a prospective population-based study. *Public Health Nutrition*, 15(6), 1087–1092. <https://doi.org/10.1017/S1368980011002977>
- i. Velázquez-Alva, M. C., Irigoyen-Camacho, M. E., Cabrer-Rosales, M. F., Lazarevich, I., Arrieta-Cruz, I., Gutiérrez-Juárez, R., & Zepeda-Zepeda, M. A. (2020). Prevalence of Malnutrition and Depression in Older Adults Living in Nursing Homes in Mexico City. *Nutrients*, 12(8), 2429. <https://doi.org/10.3390/nu12082429>
- j. Wei, J., Fan, L., Zhang, Y., Li, S., Partridge, J., Claytor, L., & Sulo, S. (2018). Association Between Malnutrition and Depression Among Community-Dwelling Older Chinese Adults. *Asia Pacific Journal of Public Health*, 30(2), 107–117. <https://doi.org/10.1177/1010539518760632>
- k. Yoshimura, K., Yamada, M., Kajiwara, Y., Nishiguchi, S., & Aoyama, T. (2013). Relationship between depression and risk of malnutrition among community-dwelling young-old and old-old elderly people. *Ageing & Mental Health*, 17(4), 456–460. <https://doi.org/10.1080/13607863.2012.743961>

#### **IV. Specific Dietary Components & Depression (Including 8 on beverages)**

- a. Ba, D. M., Gao, X., Al-Shaar, L., Muscat, J. E., Chinchilli, V. M., Beelman, R. B., & Richie, J. P. (2021). Mushroom intake and depression: A population-based study using data from the US National Health and Nutrition Examination Survey (NHANES), 2005–2016. *Journal of Affective Disorders*, 294, 686–692. <https://doi.org/10.1016/j.jad.2021.07.080>

- b. Beydoun, M. A., Beydoun, H. A., Boueiz, A., Shroff, M. R., & Zonderman, A. B. (2013). Antioxidant status and its association with elevated depressive symptoms among US adults: National Health and Nutrition Examination Surveys 2005–6. *British Journal of Nutrition*, *109*(9), 1714–1729. <https://doi.org/10.1017/S0007114512003467>
- c. Brandley, E., Kirkland, A., & Holton, K. (2020). Gulf War Veterans with Psychiatric Symptoms (Anxiety, Depression, and PTSD) Significantly Improve on a Low Glutamate Diet. *Current Developments in Nutrition*, *4*(Supplement\_2), 1192. [https://doi.org/10.1093/cdn/nzaa057\\_008](https://doi.org/10.1093/cdn/nzaa057_008)
- d. Chang, S.-C., Cassidy, A., Willett, W. C., Rimm, E. B., O'Reilly, E. J., & Okereke, O. I. (2016). Dietary flavonoid intake and risk of incident depression in midlife and older women. *The American Journal of Clinical Nutrition*, *104*(3), 704–714. <https://doi.org/10.3945/ajcn.115.124545>
- e. Dobersek, U., Teel, K., Altmeyer, S., Adkins, J., Wy, G., & Peak, J. (2021). Meat and mental health: A meta-analysis of meat consumption, depression, and anxiety. *Critical Reviews in Food Science and Nutrition*, *0*(0), 1–18. <https://doi.org/10.1080/10408398.2021.1974336>
- f. Dobersek, U., Wy, G., Adkins, J., Altmeyer, S., Krout, K., Lavie, C. J., & Archer, E. (2021). Meat and mental health: a systematic review of meat abstinence and depression, anxiety, and related phenomena. *Critical Reviews in Food Science and Nutrition*, *61*(4), 622–635. <https://doi.org/10.1080/10408398.2020.1741505>
- g. Elstgeest, L. E. M., Visser, M., Penninx, B. W. J. H., Colpo, M., Bandinelli, S., & Brouwer, I. A. (2019). Bidirectional associations between food groups and depressive symptoms: longitudinal findings from the Invecchiare in Chianti (InCHIANTI) study. *British Journal of Nutrition*, *121*(4), 439–450. <https://doi.org/10.1017/S0007114518003203>
- h. Farhadnejad, H., Neshatbini Tehrani, A., Salehpour, A., & Hekmatdoost, A. (2020). Antioxidant vitamin intakes and risk of depression, anxiety and stress among female adolescents. *Clinical Nutrition ESPEN*, *40*, 257–262. <https://doi.org/10.1016/j.clnesp.2020.09.010>
- i. Ferriani, L., Silva, D., & Viana, M. (2020). Antioxidants Consumption and Depression: A Cross-Sectional Analysis of the ELSA-Brasil Study. *Current Developments in Nutrition*, *4*(Supplement\_2), 1801. [https://doi.org/10.1093/cdn/nzaa067\\_028](https://doi.org/10.1093/cdn/nzaa067_028) (Abstract)
- j. Frolinger, T., & Pasinetti, G. (2019). Polyphenolic Compounds Ameliorate Stress-induced Depression by Preventing NLRP3 Inflammasome Priming (P19-011-19). *Current Developments in Nutrition*, *3*(Supplement\_1), nzz049.P19-011-19. <https://doi.org/10.1093/cdn/nzz049.P19-011-19>
- k. Grosso, G., Micek, A., Castellano, S., Pajak, A., & Galvano, F. (2016). Coffee, tea, caffeine and risk of depression: A systematic review and dose-response meta-analysis of observational studies. *Molecular nutrition & food research*, *60*(1), 223–234. <https://doi.org/10.1002/mnfr.201500620>

- l. Javad, A.-S., Omid, S., Hassanzadeh, K. A., Hamid, A., Ahmad, E., & Peyman, A. (2020). Legume and nut consumption in relation to depression, anxiety and psychological distress in Iranian adults. *European Journal of Nutrition*, 59(8), 3635–3645. <https://doi.org/http://dx.doi.org.ezproxy.mnsu.edu/10.1007/s00394-020-02197-1>
- m. Kang, D., Kim, Y., & Je, Y. (2018). Non-alcoholic beverage consumption and risk of depression: epidemiological evidence from observational studies. *European Journal of Clinical Nutrition*, 72(11), 1506–1516. <https://doi.org/10.1038/s41430-018-0121-2>
- n. Kawada, T. (2019). Non-alcoholic beverage and depression. *European Journal of Clinical Nutrition*, 73(1), 157–157. <https://doi.org/http://dx.doi.org/10.1038/s41430-018-0315-7>
- o. Kim, K. N., Choi, Y. H., Lim, Y. H., & Hong, Y. C. (2016). Urinary phthalate metabolites and depression in an elderly population: National Health and Nutrition Examination Survey 2005-2012. *Environmental research*, 145, 61–67. <https://doi.org/10.1016/j.envres.2015.11.021>
- p. Kim, K. W., Sreeja, S. R., Kwon, M., Yu, Y. L., & Kim, M. K. (2020). Association of Blood Mercury Level with the Risk of Depression According to Fish Intake Level in the General Korean Population: Findings from the Korean National Health and Nutrition Examination Survey (KNHANES) 2008-2013. *Nutrients*, 12(1), 189. <https://doi.org/10.3390/nu12010189>
- q. Koochakpoor, G., Salari-Moghaddam, A., Keshteli, A. H., Afshar, H., Esmailzadeh, A., & Adibi, P. (2021). Dietary intake of branched-chain amino acids in relation to depression, anxiety and psychological distress. *Nutrition Journal*, 20(1), 1–9. <https://doi.org/10.1186/s12937-021-00670-z>
- r. Ng, T. P., Gao, Q., Gwee, X., & Chua, D. Q. L. (2021). Tea Consumption and Depression from Follow Up in the Singapore Longitudinal Ageing Study. *The Journal of Nutrition, Health & Aging*, 25(3), 295–301. <https://doi.org/10.1007/s12603-020-1526-x>
- s. Ng, T.H., Mossey, J. & Lee, B. (2013). Total blood mercury levels and depression among adults in the United States: National Health and Nutrition Examination Survey: 2005-2008. *PLoS One*, 8(11), e79339. <https://doi.org/10.1371/journal.pone.0079339>
- t. Park, R., Moon, J. Coffee and depression in Korea: the fifth Korean National Health and Nutrition Examination Survey. *Eur J Clin Nutr* 69, 501–504 (2015). <https://doi.org/10.1038/ejcn.2014.247>
- u. Pasinetti, G. (2020). Flavonoids Ameliorate Stress-Induced Depression by Preventing NLRP3 Inflammasome Priming. *Current Developments in Nutrition*, 4(Supplement\_2), 1231. [https://doi.org/10.1093/cdn/nzaa057\\_047](https://doi.org/10.1093/cdn/nzaa057_047)
- v. Reeves, J. L., Otahal, P., Magnussen, C. G., Dwyer, T., Kangas, A. J., Soyninen, P., Ala-Korpela, M., Venn, A. J., & Smith, K. J. (2017). DHA mediates the protective effect of fish consumption on new episodes of depression among women. *British Journal of Nutrition*, 118(9), 743–749. <https://doi.org/10.1017/S0007114517002768>

- w. Sanchez-Villegas, A., Zazpe, I., Santiago, S., Perez-Cornago, A., Martinez-Gonzalez, M. A., & Lahortiga-Ramos, F. (2018). Added sugars and sugar-sweetened beverage consumption, dietary carbohydrate index and depression risk in the Seguimiento Universidad de Navarra (SUN) Project. *British Journal of Nutrition*, 119(2), 211–221. <https://doi.org/10.1017/S0007114517003361>
- x. Swann, O., Kilpatrick, M., Breslin, M., & Oddy, W. (2020) Dietary fiber and its associations with depression and inflammation, *Nutrition Reviews*, 78(5), 394-411. <https://doi.org/10.1093/nutrit/nuz072>
- y. Yang, Y., & Je, Y. (2018). Fish consumption and depression in Korean adults: the Korea National Health and Nutrition Examination Survey, 2013–2015. *European Journal of Clinical Nutrition*, 72(8), 1142–1149. <https://doi.org/http://dx.doi.org/10.1038/s41430-017-0083-9>
- z. Zhang, X., Huang, X., Xiao, Y., Jing, D., Huang, Y., Chen, L., Luo, D., Chen, X., & Shen, M. (2019). Daily intake of soft drinks is associated with symptoms of anxiety and depression in Chinese adolescents. *Public health nutrition*, 22(14), 2553–2560. <https://doi.org/10.1017/S1368980019001009>

## V. **Specific Nutrients & Depression (Omega-3 FA's, Vitamin D, others)**

- a. Anbari-Nogyni, Z., Bidaki, R., Madadzadeh, F., Sangsefidi, Z. S., Fallahzadeh, H., Karimi-Nazari, E., & Nadjarzadeh, A. (2020). Relationship of zinc status with depression and anxiety among elderly population. *Clinical nutrition ESPEN*, 37, 233–239. <https://doi.org/10.1016/j.clnesp.2020.02.008>
- b. Bae, Y.-J., & Kim, S.-K. (2012). Low dietary calcium is associated with self-rated depression in middle-aged Korean women. *Nutrition Research and Practice*, 6(6), 527–533. <https://doi.org/10.4162/nrp.2012.6.6.527>
- c. Banikazemi, Z., Mokhber, N., Safarian, M., Mazidi, M., Mirzaei, H., Esmaily, H., Azarpazhooh, M. R., Ghafouri-Taleghani, F., Ghayour-Mobarhan, M., & Ferns, G. A. (2015). Dietary vitamin E and fat intake are related to Beck's depression score. *Clinical Nutrition ESPEN*, 10(2), e61–e65. <https://doi.org/10.1016/j.clnesp.2014.12.001>
- d. Bigman, G. (2020). Vitamins D3 and D2 and Their Association with Symptoms of Depression in Adults in the United States. *Current Developments in Nutrition*, 4(Supplement\_2), 1780. [https://doi.org/10.1093/cdn/nzaa067\\_007](https://doi.org/10.1093/cdn/nzaa067_007)
- e. Brouwer-brolsma, E. M., Feskens, E. J., M, Steegenga, W. T., de Groot, L. C., P, G, & M. (2013). Associations of 25-hydroxyvitamin D with fasting glucose, fasting insulin, dementia and depression in European elderly: the SENECA study. *European Journal of Nutrition*, 52(3), 917–925. <https://doi.org/http://dx.doi.org.ezproxy.mnsu.edu/10.1007/s00394-012-0399-0>
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## VI. Dietary Patterns & Depression (F&V, Glycemic Index, Inflammatory Diet, Mediterranean Diet and Others)

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