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Strawberry as a health promoter: an evidence based review

F Giampieri, TY Forbes-Hernandez, M Gasparri... - Food & function, 2015 - pubs.rsc.org

... Breeding and Biotechnology (AGR03) and Director of the Department of Agricultural, Food and Environmental ... 1 A diet rich in fruits and vegetables is indeed associated with a lower ... Recently, strawberry extracts have also been used as ingredients in functional foods and dietary ...

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Name of Journal: *World Journal of Psychiatry*

Manuscript NO: 39584

Manuscript Type: Systematic Review

Antidepressant foods: An evidence-based nutrient profiling system for depression

LaChance LR *et al.* Antidepressant foods

Laura R LaChance, Drew Ramsey

Abstract

AIM

To investigate which foods are the most nutrient dense sources of nutrients demonstrated by the scientific literature to play a role in the prevention and promotion of recovery from depressive disorders.

METHODS

A systematic literature review was conducted to derive a list of Antidepressant Nutrients from the

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... Breeding and Biotechnology (AGR03) and Director of the Department of Agricultural, **Food** and Environmental ... 1 A **diet** rich in fruits and vegetables is indeed associated with a lower ... Recently, strawberry extracts have also been used as ingredients in functional **foods** and dietary ...

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Dietary pattern and depressive symptoms in middle ... - Akbaraly - 被引用次数 : 414

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Eating disorders - Fairburn - 被引用次数 : 5205

NRC 2017 Forum - SHOULD WE MIND?: The Anti-depressant Food Sco...

<https://nrc2017forum.sched.com/.../the-anti-depressant-food-score-evidence-...> ▼ 翻译此页

2017年11月9日 - Thursday, November 9 • 13:30 - 13:55. The Anti-depressant Food Score: Evidence-Based Nutrient Profiling System for Depression ...

New 'Brain Food' Scale Flags Best Nutrients for Depression - Medscape

<https://www.medscape.com/viewarticle/863887> ▼ 翻译此页

2016年5月26日 - To develop this nutrient profiling system, he and his colleagues ... that have evidence that they are very, very involved in depression," said Dr ...

Understanding nutrition, depression and mental illnesses - NCBI - NIH

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2738337/> ▼ 翻译此页

作者 : TSS Rao - 2008 - 被引用次数 : 141 - 相关文章

Few people are aware of the connection between nutrition and depression while ... nutrients, psychiatrists can recommend doses of dietary supplements based on ... Recent evidence suggests a link between low levels of serotonin and suicide. ... For instance, antidepressant effects may be due to bioconversion of EPA to ...

Lifestyle medicine for depression - NCBI - NIH

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3998225/> ▼ 翻译此页

作者 : J Sarris - 2014 - 被引用次数 : 85 - 相关文章

2014年4月10日 - While the evidence base remains patchy, many lifestyle or environmental factors ... In fact, nutrient-insufficient and energy-dense foods now contribute ... disorders, including brain plasticity and function, the stress response system, of differing antidepressant strategies by those with clinical depression.

[PDF] Brain Food: Evidence and Clinical Application - Integrative and ...

<https://www.ifnacademy.com/.../Drew-Ramsey-Updated-PPT-version-9.28.1...> ▼ 翻译此页

2017年10月4日 - He is the co-creator of The Brain Food Scale, co-founder of National Kale Day 501(c)3.