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Author: Wolfgang Marx, Melissa Lane, Meghan H...

Publish Year: 2021

### Understanding nutrition, depression and mental illnesses

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2738337>

A high **quality** protein diet contains all essential amino acids. Foods rich in high **quality** protein include meats, milk and other dairy products, and eggs. Plant proteins such as beans, peas, and grains may be low in one or two essential amino acids.

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Author: T S Sathyanarayana Rao, M R Asha, B N...

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Almudena Sánchez-Villegas, Elena H. Martínez-Lapiscina. "...  
Healthy Diet for Your Heart and Your Brain", Elsevier BV, 201

**Name of Journal:** *World Journal of Psychiatry*

**Manuscript NO:** 65089

**Manuscript Type:** REVIEW

**Healthy Diet, Depression and Quality of Life: A narrative review of biological mechanisms and primary prevention opportunities.**

Octavio Pano, Elena H Martinez-Lapiscina, Carmen Sayón-Orea, Miguel Angel Martinez-Gonzalez, J. Alfredo Martinez, Almudena Sanchez-Villegas

### Abstract

Unipolar depressive disorder (UDD) affects more than 264 million people worldwide

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