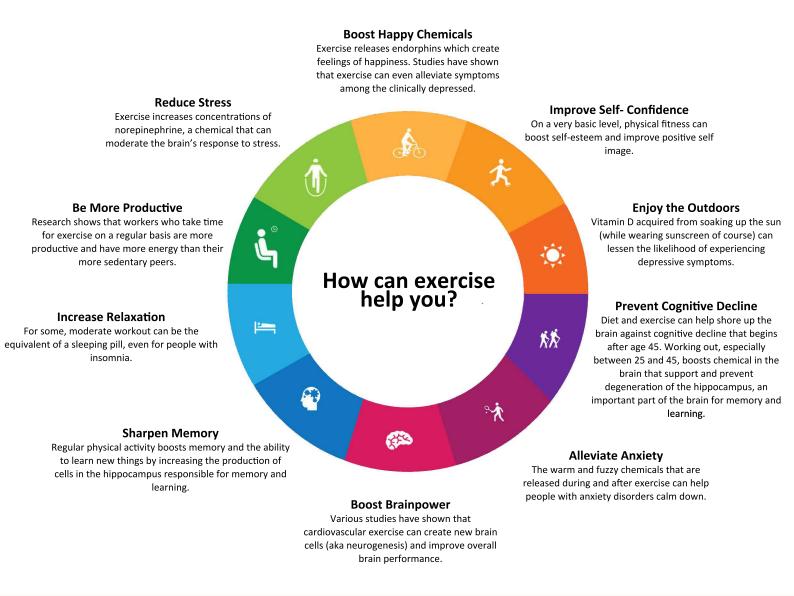


Exercise and Mental Health



Brains and Gut Link



increased likelihood of **depression** in women who regularly consumed a diet high in **refined** or **processed foods** and saturated fats.

reduction in the risk for major depression, dysthymia, and anxiety disorders by women who regularly consumed a whole diet consisting of vegetables, fruit, whole grains and meat and fish.





higher likelihood of **good functional health** by eating **two more servings** of fruit and vegetables a day.