



Combat Disease & Maintain Your Health Through The Right Diet!

Vital information on preventing disease through the consumption of powerful antioxidants!

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Connecting Food and Your Mood



You may not expect a mental health practitioner to prescribe a healthy eating plan, but that approach may not be far off. In recent years, scientists have been studying the link between food and mood more closely. They've found that there may be a relationship between the risk of common mental health issues - including depression and anxiety - and our diet quality.

"The role of diet in mental health may be particularly important for populations who are vulnerable to nutritional shortfalls, such as infants and the elderly, and those consuming a less-than-optimal diet," says Robin Kanarek, PhD, a Tufts psychology professor studying the interaction of nutrition and behavior at the Friedman School. Far too many people fall into the latter category. But with a little effort, people generally can improve their eating habits.

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TUFTS HEALTH & NUTRITION RECIPES

Divine Fish Stew



The red wine gives this sophisticated stew a deep red color and a warm, complex flavor.

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