

## Low Fibre Intake Linked to Depressive Symptoms in Adults

Recognition of the connection between the gut and the brain from satiety to stress, is not new. It has now become evident that microbiota, especially microbiota within the gut, can greatly influence all aspects of physiology, including gut–brain communication, brain function, mood and even behaviour.

- The link between the brain, gut, and microbiome (the millions of organisms in the large intestine) has come to the forefront of the medical research community in the past few years. A growing amount of evidence demonstrates the importance of dietary fibre as a crucial component of a healthy diet, not the least those suffering from anxiety and depression.
- In a study published in the October 2018 edition of *Nutrition*, data from the National Health and Nutrition Examination Survey 2007 to 2014 were obtained through two 24-hour dietary recall interviews. Depressive symptoms were assessed using a Patient Health Questionnaire. Logistic regression models were applied to evaluate the associations among dietary intakes of all types of food fiber and depressive symptoms.
- A total of 16,807 adults aged 20 years or older, included in this study, illustrated a dose dependent response showing **adults with the lowest intakes of total cereal, vegetable, and fruit fiber were associated with the greatest risk of depressive symptoms when compared with adults with the highest fibre intake.**
- In his book 'The Clever Gut Diet' Dr Mosley said, “One of the big health mistakes we have made over the past few decades is that, in our ignorance, we have laid waste to our microbiome. A healthy microbiome should be very diverse. The Western microbiome is not, and the implications are huge”.
- The take-home message is to increase the plant based proportion of your food intake, especially whole grain cereals, vegetables and fruit.

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