

Nutrition and Mental Health: Global Perspectives on Dietary Interventions

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Abstract. This paper examines the link between nutrition and mental health, providing a global perspective on dietary interventions that promote mental well-being. It reviews current research on how dietary patterns affect mental health, highlighting specific nutrients that play crucial roles. The study emphasizes the importance of incorporating nutritional strategies into public health policies to enhance mental well-being globally. Its findings are intended to guide health professionals and policymakers in the development of integrated mental health strategies.

Keywords: nutrition, mental, health, diet, intervention

Introduction: The relationship between nutrition and mental health is a burgeoning area of research with significant implications for public health. Nutritional interventions have the potential to improve mental well-being and reduce the burden of mental disorders globally. This study provides an in-depth analysis of current research linking dietary habits with mental health outcomes, focusing on specific nutrients and dietary patterns that have been shown to influence mood and cognitive function. The objectives of the study are to synthesize existing evidence, identify effective dietary interventions, and propose recommendations for integrating these strategies into public health frameworks. By offering a comprehensive overview of the intersection between diet and mental health, the paper aims to inform policies that prioritize nutritional approaches to mental health care.

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References

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