- Oils and fats / Anxiety



High fat intake can increase anxiety

New research suggests that eating high-fat junk foods when stressed can increase anxiety. The study found that a high-fat diet disrupted gut bacteria in rats, altered behaviour, and affected brain chemicals through a gut-brain pathway, fuelling anxiety. In the study, half the rats were fed a standard diet with 11 per cent fat, while the other half received a high-fat diet with 45 per cent fat, mainly from saturated animal fats. Compared to the control group, the high-fat diet group gained weight and had less diverse gut bacteria. According to lead author Christopher Lowry, an unhealthy microbiome weakens the gut lining, allowing bacteria to enter the bloodstream and affect the brain in a way that can promote anxiety. Not all fats are harmful. Healthy fats from fish, olive oil, nuts, and seeds are anti-inflammatory and benefit the brain. Eat a variety of fruits, vegetables, and fermented foods to support gut health, and avoid fatty takeaway foods.

Source: Biological Research