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Mediterranean Diet and its Benefits on Health and Mental Health: A Literature Review

Antonio Ventriglio^{1*}, Federica Sancassiani², Maria Paola Contu³, Mariateresa Latorre¹, Melanie Di Salvatore¹, Michele Fornaro⁴ and Dinesh Bhugra⁵

¹Department of Clinical and Experimental Medicine, University of Foggia, Foggia, Italy

²Dipartimento di Scienze Mediche e Sanità Pubblica, Università degli Studi di Cagliari, Cagliari, Italy

³Dipartimento di Scienze Chirurgiche, Università degli Studi di Cagliari, Cagliari, Italy

⁴Department of Neuroscience, Reproductive Science and Odontostomatology, School of Medicine 'Federico II' Naples, Naples, Italy.

⁵Institute of Psychiatry, King's College, London, UK

Abstract:

Mediterranean Diet (MD) is currently considered one of the most healthy dietary models worldwide. It is generally based on the daily intake of fruit and vegetables, whole grains, legumes, nuts, fish, white meats, and olive oil. It may also include moderate consumption of fermented dairy products, a low intake of red meat, and red/white wine during the main course. Even if the effect of MD on cancer prevention as well as on human metabolic and cardiovascular balance has been discussed, including the quality of life of the exposed population, the putative effects on mental health are still not properly investigated. This narrative review reports on some emerging pieces of evidence on the possible impact of MD on general health and the outcome of psychiatric disorders (e.g., major depression, anxiety) and encourages further studies to test the benefits of healthy food selection on the health of the general population.

Keywords: Mediterranean Diet, Health, Mental Health, Depression, Anxiety, Cancer.

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Correction

The corrections are provided and replaced online which is

mentioned as under:

Original:

The name of coauthor was Melanie Di Slavatore

Corrected:

The name of coauthor has been revised as Melanie Di Salvatore

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