

Eating walnuts may lower depression

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LOS ANGELES

Consuming walnuts may lower the prevalence and frequency of depression, and improve concentration levels, according to a study carried out in American adults.

Researchers from the University of California, Los Angeles (UCLA) found that depression scores were 26% lower for walnut consumers and 8% lower for consumers of other nuts, compared to those who did not eat nuts at all.

The study, published in *Nutrients*, found that walnut consumption was more closely associated with higher energy levels and better concentration, compared to other nuts.

Researchers examined data from the National Health and Nutrition Examination Survey.