

## References

- Bruinsma, K. A., & Taren, D. L. (2000). Dieting, essential fatty acid intake, and depression. *Nutrition Reviews*, *58*(4), 98-108. <https://doi.org/10.1111/j.1753-4887.2000.tb07539.x>
- Firth, J., Marx, W., Dash, S., Carney, R., Teasdale, S. B., Solmi, M., Stubbs, B., Schuch, F. B., Carvalho, A. F., Jacka, F., & Sarris, J. (2019). The effects of dietary improvement on symptoms of depression and anxiety: A meta-analysis of randomized controlled trials. *Psychosomatic Medicine*, *81*(3), 265-280. <https://doi.org/10.1097/PSY.0000000000000673>
- Jacka, F. N., O'neil, A., Opie, R., Itsiopoulos, C., Cotton, S., Mohebbi, M., Castle, D., Dash, S., Mihalopoulos, C., Chatterton, M. L., Brazionis, L., Dean, O. M., Hodge, A. M., & Berk, M. (2017). A randomised controlled trial of dietary improvement for adults with major depression (the 'SMILES' trial). *BMC Medicine*, *15*(1). <https://doi.org/10.1186/s12916-017-0791-y>
- Klimova, B., Novotny, M., & Valis, M. (2020). The impact of nutrition and intestinal microbiome on elderly depression—a systematic review. *Nutrients*, *12*(3), 710. <https://doi.org/10.3390/nu12030710>
- Lang, U. E., Beglinger, C., Schweinfurth, N., Walter, M., & Borgwardt, S. (2015). Nutritional aspects of depression. *Cellular Physiology and Biochemistry*, *37*(3), 1029-1043. <https://doi.org/10.1159/000430229>
- Leung, B. M.Y., & Kaplan, B. J. (2009). Perinatal depression: Prevalence, risks, and the nutrition link—a review of the literature. *Journal of the American Dietetic Association*, *109*(9), 1566-1575. <https://doi.org/10.1016/j.jada.2009.06.368>

Stevenson, R. J. (2016). Psychological correlates of habitual diet in healthy adults. *Psychological Bulletin*, 143(1), 53-90. <https://doi.org/10.1037/bul0000065>

Wallace, C. J. K., & Milev, R. (2017). The effects of probiotics on depressive symptoms in humans: A systematic review. *Annals of General Psychiatry*, 16(1).  
<https://doi.org/10.1186/s12991-017-0138-2>