

Can You Get Depressed on Low Carb? - Answers to Common Questions

Dr. Eenfeldt: Can you get depressed by eating a low-carb diet?

Dr. Fung: I've never seen that, ever. I don't believe that there is any evidence that low carbohydrate diets can cause depression. On the flipside, I think that there's a lot of anecdotal cases that maybe it may even help it. So, I wouldn't put any stock in that.

Dr. Eenfeldt: Can you get depressed from eating a low-carb diet?

Dr. Brukner: I think is the opposite, you know. I think taking away a lot of those sort of refined processed carbohydrates can have a significant impact on your mental health. A lot of people will describe this clearing of mental fog or the mental clarity and quite a significant number will tell you about the benefits to their mood and their depression and anxiety and so on. So, I think it's exactly the opposite, it's by and large a positive effect on mental health.

Dr. Eenfeldt: Can you get depressed by eating low-carb?

Dr. Hallberg: Can you get depressed by eating low-carb? I would completely argue that the opposite is true. Most people find that their mood really increases by eating a low carbohydrate high-fat diet.

So, this has been studied very superficially. I really hope that someday we have more evidence of this, so it can really only speak to this anecdotally in my clinic. But, I would tell you that when patients come in with depression I will often tell them, "I want you to pay attention to those symptoms as you start in on this new lifestyle."

Because what we see in many of our patients is that they start to feel better, their well-being improves. And a lot of times I think what we have to ask is "Is some of our depression just people not feeling well?"

And when you don't feel well, that's no fun and people can get depressed by chronically feeling tired all the time. And when those symptoms can improve, their mood winds up improving as well.

Dr. Eenfeldt: Can you get depressed from eating a low-carb diet?

Dr. Chatterjee: I personally haven't seen that, in fact, I found the opposite. I found when people removed the refined and processed carbohydrates, I find that a lot of mood problems and mood fluctuations improved and often very, very quickly.
