

Mental well-being and dietary behaviour

Tulika Borah and Binapani Deka

Mental health has become a major public health issue worldwide. Physical, mental and social parameters are vital for all human beings and these are closely interwoven. Good diet has always been associated with physical health, but recent research shows that mental well-being is related to dietary behaviours. The way an individual eats is a complex mixture of thoughts, beliefs and moods.

Key Words : Mental well-being, Dietary behaviour

How to cite this article : Borah, Tulika and Deka, Binapani (2020). Mental well-being and dietary behaviour. *Food Sci. Res. J.*, **11**(2): 234-237, DOI : 10.15740/HAS/FSRJ/11.2/234-237. Copyright@ 2020: Hind Agri-Horticultural Society.

MEMBERS OF RESEARCH FORUM

Author for correspondence :

Tulika Borah, Department of Human Development and Family Studies, College of Community Science, Assam Agricultural University, Jorhat (Assam) India
Email: tulika.borah@aau.ac.in

Associate Authors' :

Binapani Deka, Department of Human Development and Family Studies, College of Community Science, Assam Agricultural University, Jorhat (Assam) India
Email: binapani.deka@aau.ac.in