

Entry #1



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Action 4 News Sunrise
KGBT (CBS)Harlingen, TX
DMA: 88
Oct 09 2009 6:53AM CDT
Programming Type: News
Est. Households/Views: 9487
Est. Publicity Value: \$269 (30 Seconds) \$1076 (Total)
we talk about the health benefits of certain foods-- we're talking about your physical health. but the foods found in a mediterranean diet may help your mental health as well. action 4's matt cherry explains in today's medical moment. medical moment p mediterranean diet for years, medical experts have touted the physical health benefits of a mediterranean diet high in vegetarian foods, fish and "good" fats such as olive oil. now, scientists say a mediterranean diet can also keep you healthy mentally -- by reducing the risk of depression. the october archives of general psychiatry contains a study of more than 10- thousand healthy spanish people who logged their food intake. researchers monitored how well participants stuck to the nine components.

Entry #2



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**7 News: Good Morning
Texoma
KSWO (ABC)Wichita Falls, TX
DMA: 149
Oct 09 2009 6:39AM CDT
Programming Type: Talk
News
Est. Households/Views:
13167
Est. Publicity Value: \$263 (30
Seconds) \$1578 (Total)**
((tom)) usually, when we talk about the health benefits of certain foods, we're talking about your physical health. but as terri poahway tells us, the foods found in a mediterranean diet may help your mental health as well./// -- ---((pkg 1: 20))((terri)) for years, medical experts have touted the physical health benefits of a mediterranean diet high in vegetarian foods, fish and "good" fats such as olive oil. now, scientists say a mediterranean diet can also keep you healthy mentally -- by reducing the risk of depression. the october archives of general psychiatry contains a study of more than 10-thousand healthy spanish people who logged their food intake. researchers monitored how well participants stuck to the nine components that make up the mediterranean diet, including: high ratio of monounsaturated fatty acids to saturated fatty acids; moderate alcohol and dairy consumption; little meat; and a lot of legumes, nuts, grains, fruits, vegetables and fish. when the researchers followed up with the participants, a median of four years later, they found 480 of the 10-thousand had developed depression. but the participants who stuck to the mediterranean diet most closely had 30-percent less of a depression risk than the people with the worst mediterranean diet scores. the authors aren't sure why, but they say the physical health benefits -- including improvements to the circulatory system -- may help. and they say the combination of foods might help as well.((outro))

Entry #3



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Action 4 News Sunrise at 5:30am
KGBT (CBS)Harlingen, TX
DMA: 88
Oct 09 2009 5:52AM CDT
Programming Type: News
Est. Households/Views: 5192
Est. Publicity Value: \$141 (30 Seconds) \$846 (Total)

usually when we talk about the health benefits of certain foods-- we're talking about your physical health. but the foods found in a mediterranean diet may help your mental health as well. action 4's matt cherry explains in today's medical moment. medical moment p mediterranean diet for years, medical experts have touted the physical health benefits of a mediterranean diet high in vegetarian foods, fish and "good" fats such as olive oil. now, scientists say a mediterranean diet can also keep you healthy mentally -- by reducing the risk of depression. the october archives of general psychiatry contains a study of more than 10- thousand healthy spanish people who logged their food intake. researchers monitored how well participants stuck to the nine components that make up the mediterranean diet, including: high ratio of monounsaturated fatty acids to saturated fatty acids; moderate alcohol and dairy consumption; little meat; and a lot of legumes, nuts, grains, fruits, vegetables and fish. when the researchers followed up with the participants, a median of four years later, they found 480 of the 10- thousand had developed depression. but the participants who stuck to the mediterranean diet most closely had 30-percent less of a depression risk than the people with the worst mediterranean diet scores. the authors aren't sure why, but they say the physical health benefits -- including improvements to the circulatory system -- may help. and they say the combination of foods might help as well

Entry #4



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7 Wake Up News

KSWO (ABC)Wichita Falls, TX
DMA: 149

Oct 09 2009 5:43AM CDT

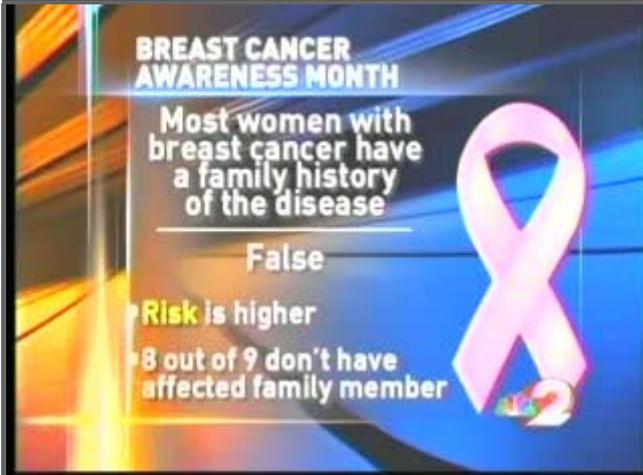
Programming Type: News

Est. Households/Views: 3925

Est. Publicity Value: \$91 (30
Seconds) \$546 (Total)

in other news... usually, when we talk about the health benefits of certain foods, we're talking about your physical health. but as terri poahway tells us, the foods found in a mediterranean diet may help your mental health as well. -- --- ((pkg 1:20))((terri)) for years, medical experts have touted the physical health benefits of a mediterranean diet high in vegetarian foods, fish and "good" fats such as olive oil. now, scientists say a mediterranean diet can also keep you healthy mentally -- by reducing the risk of depression. the october archives of general psychiatry contains a study of more than 10-thousand healthy spanish people who logged their food intake. researchers monitored how well participants stuck to the nine components that make up the mediterranean diet, including: high ratio of monounsaturated fatty acids to saturated fatty acids; moderate alcohol and dairy consumption; little meat; and a lot of legumes, nuts, grains, fruits, vegetables and fish. when the researchers followed up with the participants, a median of four years later, they found 480 of the 10-thousand had developed depression. but the participants who stuck to the mediterranean diet most closely had 30-percent less of a depression risk than the people with the worst mediterranean diet scores. the authors aren't sure why, but they say the physical health benefits -- including improvements to the circulatory system -- may help. and they say the combination of foods might

Entry #5



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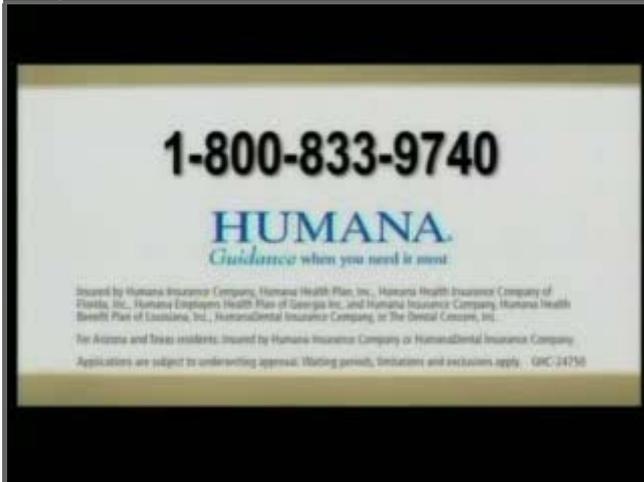
2News at 5:00
WDTN (NBC)Dayton, OH DMA:
62

Oct 08 2009 5:26PM EDT
Programming Type: News
Est. Households/Views:
37074

Est. Publicity Value: \$484 (30
Seconds) \$1936 (Total)

usually, when we talk about the health benefit of certain foods, we're talking about your +physical+ health. but as matt cherry tells us... the foods found in a mediterranean diet may help your mental health as well. for years, medical experts have touted the physical health benefits of a mediterranean diet high in vegetarian foods, fish and "good" fats such as olive oil. now, scientists say a mediterranean diet can also keep you healthy mentally -- by reducing the risk of depression. the october archives of general psychiatry contains a study of more than 10-thousand healthy spanish people who logged their food intake. researchers monitored how well participants stuck to the nine components that make up the mediterranean diet, including: +high ratio of monounsaturated fatty acids to saturated fatty acids; + (moderate alcohol and dairy consumption; +little meat; +and a lot of legumes, nuts, grains, fruits, vegetables and fish. when the researchers followed up with the participants, a median of four years later, they found 480 of the 10-thousand had developed depression. but the participants who stuck to the mediterranean diet most closely had 30-percent less of a depression risk than the people with the worst mediterranean diet scores. the authors aren't sure why, but they say the physical health benefits - - including improvements to the circulatory system -- may help. and they say the combination of foods might help as well. for today's health minute, i'm matt cherry.

Entry #6



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KVUE Midday News
KVUE (ABC)Austin, TX DMA:
51

Oct 08 2009 11:09AM CDT
Programming Type: News

Est. Households/Views:
24046

Est. Publicity Value: \$428 (30
Seconds) \$856 (Total)

we've all heard about the health benefits of foods in the mediterranean diet... and new research shows they may be just as good for your mental health. the diet high in vegetables, fish and "good" fats such as olive oil may reduce the risk of depression. the october archives of general psychiatry contains a study of more than 10- thousand healthy spanish people who logged their food intake. 480 of the 10- thousand had developed depression ten years later, but the participants who stuck to the mediterranean diet most closely had 30- percent less depression risk.

Entry #7



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ABC27 News Daybreak at 6:00A
WHTM (ABC)Harrisburg, PA
DMA: 41
Oct 08 2009 6:25AM EDT
Programming Type: News
Est. Households/Views: 42994
Est. Publicity Value: \$599 (30 Seconds) \$3594 (Total)

usually when we talk about the health benefits of certain foods...we're talking about your physical health. but as matt cherry reports... the foods found in a mediterranean diet may help your mental health as well. for years, medical experts have touted the physical health benefits of a mediterranean diet high in vegetarian foods, fish and "good" fats such as olive oil. now, scientists say a mediterranean diet can also keep you healthy mentally -- by reducing the risk of depression. the october archives of general psychiatry contains a study of more than 10- thousand healthy spanish people who logged their food intake. researchers monitored how well participants stuck to the nine components that make up the mediterranean diet, incl mediterranean diet, including: high ratio of monounsaturated fatty acids to saturated fatty acids; moderate alcohol and dairy consumption; little meat; and a lot of legumes, nuts, grains, fruits, vegetables and fish. when the researchers followed up with the participants, a median of four years later, they found 480 of the 10-thousand had developed depression. but the participants who stuck to the mediterranean diet most closely had 30- percent less of a depression risk than the people with the worst mediterranean diet scores. the authors aren't sure why, but they say the physical health benefits - - including improvements to the circulatory system -- may help. and they say the combination of foods might help as well. i'm matt cherry.

Entry #8



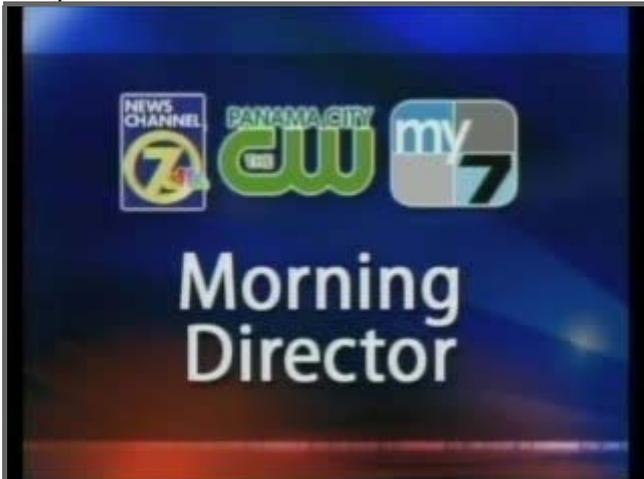
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[Direct Link](#)

KVUE News Daybreak
KVUE (ABC)Austin, TX DMA:
51

Oct 08 2009 5:25AM CDT
Programming Type: News
Est. Households/Views: 9727
Est. Publicity Value: \$185 (30
Seconds) \$740 (Total)

usually, when we talk about the health benefits of certain foods, we're talking about your physical health. but as matt cherry reports for today's healthvue, the foods found in a mediterranean diet may help your mental health as well. --reporter pkg- as follows-- for years, medical experts have touted the physical health benefits of a mediterranean diet high in vegetarian foods, fish and "good" fats such as olive oil. now, scientists say a mediterranean diet can also keep you healthy mentally -- by reducing the risk of depression. the october archives of general psychiatry contains a study of more than 10- thousand healthy spanish people who logged their food intake. researchers monitored how well participants stuck to the nine components that make up the mediterranean diet, including: high ratio of monounsaturated fatty acids to saturated fatty acids; moderate alcohol and dairy consumption; little meat; and a lot of legumes, nuts, grains, fruits, vegetables and fish. when the researchers followed up with the participants, a median of four years later, they found 480 of the 10-thousand had developed depression. but the participants who stuck to the mediterranean diet most closely had 30- percent less of a depression risk than the people with the worst mediterranean diet scores. the authors aren't sure why, but they say the physical health benefits -- including improvements to the circulatory system -- may help. and they say the combination of foods might help as well. for today's health minute, i'm matt cherry.

Entry #10



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NewsChannel 7 Today
WJHG (NBC) Panama City, FL
DMA: 154

Oct 08 2009 5:13AM CDT
Programming Type: News
Est. Households/Views: 4765
Est. Publicity Value: \$67 (30
Seconds) \$402 (Total)

the health benefits of certain foods, we're talking about your physical health. but as matt cherry tells us, the foods found in a mediterranean diet may help your mental health as well. for years, medical experts have touted the physical health benefits of a mediterranean diet high in vegetarian foods, fish and "good" fats such as olive oil. now, scientists say a mediterranean diet can also keep you healthy mentally -- by reducing the risk of depression. the october archives of general psychiatry contains a study of more than 10-thousand healthy spanish people who logged their food intake. researchers monitored how well participants stuck to the nine componen that make up the mediterranean diet, including: a high ratio of monounsaturated fatty acids to saturated fatty acids; a moderate alcohol and dairy consumption; a little meat; and a lot of legumes, nuts, grains, fruits vegetables and fish. when the researchers followed up with the participants, a median of four years later, they found 480 of the 10-thousand had developed depression. but the participants who stuck to the mediterranean diet most closely had 30-percent less of a depression risk than the people with the worst mediterranean diet scores. the authors aren't sure why, but they say the physical health benefits - - including improvements to the circulatory system -- may help. and they say the combination of foods might help whatever the reason, i know spaghetti makes me feel good! must be that mediterranean diet at work.

Entry #11



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Channel 4 Action News This Morning
WTAE (ABC)Pittsburgh, PA
DMA: 22

Oct 08 2009 5:58AM EDT
Programming Type: News

Est. Households/Views:
55581

Est. Publicity Value: \$569 (30 Seconds) \$1138 (Total)

how about this? what you eat could have a positive effect on your mental health. medical experts are now saying a mediterranean diet high in vegetarian foods, fish, good fat like olive oil, can actually reduce the risk of depression. in a study published in the october archives of "general psychiatry" scientists found that people who ate things like nuts, grains, fruits, vegetables, and fish had a 30% lower risk for depression than people who didn't eat a mediterranean diet. the diet also has physical benefits showing improvements in the participants' circulatory syst.

Entry #14



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**Channel 2 News, 5:30PM
KTVN (CBS)Reno, NV DMA:
110
Oct 07 2009 5:48PM PDT
Programming Type: News
Est. Households/Views:
17960
Est. Publicity Value: \$307 (30
Seconds) \$1842 (Total)**

usually, when we talk about the health benefits of certain foods, we're talking about your physical health. but in tonight's health watch, the foods found in a mediterranean diet may help your mental health as well. for years, medical experts have touted the physical health benefits of a mediterranean diet high in vegetarian foods, fish and "good" fats such as olive oil. now, scientists say a mediterranean diet can also keep you healthy mentally -- by reducing the risk of depression. the october archives of general psychiatry contains a study of more than 10- thousand healthy spanish people who logged their food intake. researchers monitored how well participants stuck to the nine components that make up the mediterranean diet, including: high ratio of monounsaturated fatty acids to saturated fatty acids; moderate alcohol and dairy consumption; little meat; and a lot of legumes, nuts, grains, fruits, vegetables and fish. when the researchers followed up with the participants, a median of four years later, they found 480 of the 10-thousand had developed depression. but the participants who stuck to the mediterranean diet most closely had 30- percent less of a depression risk than the people with the worst mediterranean diet scores. the authors aren't sure why, but they say the physical health benefits -- including improvements to the circulatory system -- may help.

Entry #15



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WLBT 4:30PM News
WLBT (NBC) Jackson, MS DMA:
90

Oct 07 2009 4:46PM CDT
Programming Type: News
Est. Households/Views:
12793

Est. Publicity Value: \$215 (30 Seconds) \$860 (Total)

usually, when we talk about the health benefits of certain foods, we're talking about your physical health. but the foods found in a mediterranean diet may help your mental health as well. here's more in today's medical matters. for years, medical experts have touted the physical health benefits of a mediterranean diet high in vegetarian foods, fish and "good" fats such as olive oil. now, scientists say a mediterranean diet can also keep you healthy mentally -- by reducing the risk of depression. the october archives of general psychiatry contains a study of more than 10-thousand healthy spanish people who logged their food intake. researchers monitored how well participants stuck to the nine components that make up the mediterranean diet, including: high ratio of monounsaturated fatty acids to saturated fatty acids; moderate alcohol and dairy consumption; little meat; and a lot of legumes, nuts, grains, fruits, vegetables and fish. when the researchers followed up with the participants, a median of four years later, they found 480 of the 10-thousand had developed depression. but the participants who stuck to the mediterranean diet most closely had 30-percent less of a depression risk than the people with the worst mediterranean diet scores. the authors aren't sure why, but they say the physical health benefits -- including improvements to the circulatory system -- may help. and they say the combination of foods might help as well.

Entry #16



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KIMT News 3 First at 4
KIMT (CBS)Rochester, MN
DMA: 153
Oct 07 2009 4:09PM CDT
Programming Type: News
Est. Households/Views: 3336
Est. Publicity Value: \$81 (30
Seconds) \$324 (Total)

usually, when we talk about the health benefits of certain foods, we're talking about you physical health. but as matt cherry reports for today's health minute, the foods found in mediterranean diet may help your mental health as well. xxx health minute-pkg-2 for years, medical experts have touted the physical health benefits of a mediterranean diet high in vegetarian foods, fish and "good" fats such as olive oil. now, scientists say a mediterranean diet can also keep you healthy mentally -- by reducing the risk of depression. the october archives of general psychiatry contains a study of more than 10-thousand healthy spanish people who logged their food intake. researchers monitored how well participants stuck to the nine components that make up the mediterranean diet, including: high ratio of monounsaturated fatty acids to saturated fatty acids; moderate alcohol and dairy consumption; little meat; and a lot of legumes, nuts, grains, fruits, vegetables and fish. when the researchers followed up with the participants, a median of four years later, they found 480 of the 10-thousand had developed depression. but the participants who stuck to the mediterranean diet most closely had 30-percent less of a depression risk than the people with the worst mediterranean diet scores. the authors aren't sure why, but they say the physical health benefits -- including improvements to the circulatory system -- may help. and they say the combination of foods might help as well. for today's health minute, i'm matt cherry.

Entry #17



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FOX13 News at Noon
KSTU (Fox) Salt Lake City, UT
DMA: 35

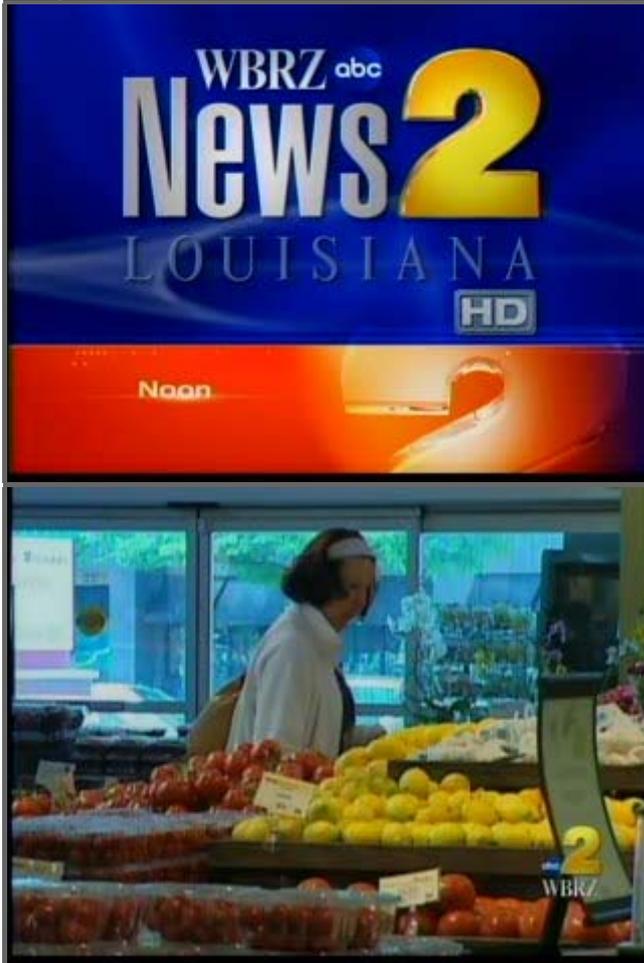
Oct 07 2009 12:25PM MDT
Programming Type: News

Est. Households/Views:
16100

Est. Publicity Value: \$506 (30
Seconds) \$2024 (Total)

usually when we talk about the health benefits of certain foods, we're talking about your physical health. but as matt cherry reports for today's health minute, the foods found in a mediterranean diet may help your mental health as well. for years, medical experts have touted the physical health benefits of a mediterranean diet high in vegetarian foods, fish and "good" fats such as olive oil. now, scientists say a mediterranean diet can also keep you healthy mentally -- by reducing the risk of depression. the october archives of general psychiatry contains a study of more than 10-thousand healthy spanish people who logged their food intake. researchers monitored how well participants stuck to the nine components that make up the mediterranean diet, including: a high ratio of monounsaturated fatty acids to saturated fatty acids; a moderate alcohol and dairy consumption; a little meat; and a lot of legumes, nuts, grains, fruits, vegetables and fish. when the researchers followed up with the participants, a median of four years later, they found 480 of the 10-thousand had developed depression. but the participants who stuck to the mediterranean diet most closely had 30-percent less of a depression risk than the people with the worst mediterranean diet scores. the authors aren't sure why, but they say the physical health benefits - including improvements to the circulatory system -- may help. and they say the combination of foods might help as well. for today's health minute, i'm matt cherry.

Entry #18



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WBRZ News 2 Louisiana at Noon
WBRZ (ABC)Baton Rouge, LA
DMA: 94

Oct 07 2009 12:39PM CDT
Programming Type: News

Est. Households/Views:
11833

Est. Publicity Value: \$293 (30 Seconds) \$1172 (Total)

important health news about you...and your diet. usually, when we talk about the health benefits of certain foods, we're talking about your physical health. but as matt cherry reports in today's health minute, the foods found in a mediterranean diet can help your mental health, as well. --reporter pkg-as follows-- for years, medical experts have touted the physical health benefits of a mediterranean diet high in vegetarian foods, fish and "good" fats such as olive oil. now, scientists say a mediterranean diet can also keep you healthy mentally -- by reducing the risk of depression. the october archives of general psychiatry contains a study of more than 10-thousand healthy spanish people who logged their food intake. researchers monitored how well participants stuck to the nine components that make up the mediterranean diet, including: áhigh ratio of monounsaturated fatty acids to saturated fatty acids; ámoderate alcohol and dairy consumption; álittle meat; áand a lot of legumes, nuts, grains, fruits, vegetables and fish.when the researchers followed up with the participants, a median of four years later, they found 480 of the 10-thousand had developed depression.but the participants who stuck to the mediterranean diet most closely had 30-percent less of a depression risk than the people with the worst mediterranean diet scores. the authors aren't sure why, but they say the physical health benefits - - including improvements to the circulatory system -- may help. and they say the combination of foods might help as well. for today's health minute, i'm matt cherry.

Entry #19

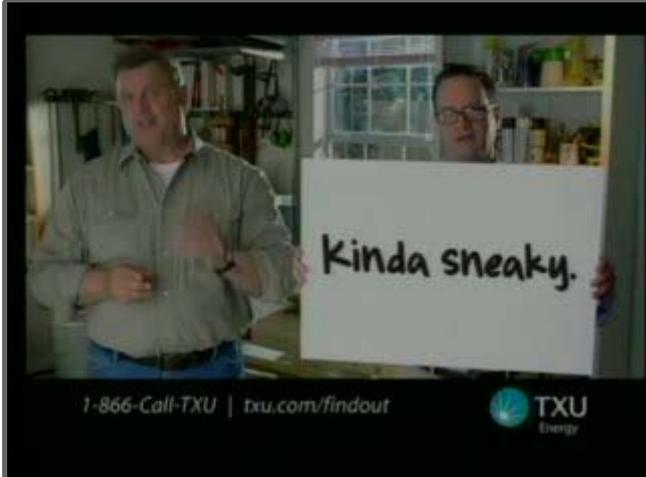


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News 3
WREG (CBS)Memphis, TN
DMA: 47
Oct 07 2009 12:22PM CDT
Programming Type: News
Est. Households/Views:
68581
Est. Publicity Value: \$510 (30
Seconds) \$3060 (Total)

when we talk about the health benefits of certain foods... we're talking about your physical health. but as matt cherry reports... the foods found in a mediterranean diet may help your mental health as well. for years, medical experts have touted the physical health benefits of a mediterranean diet high in vegetarian foods, fish and "good" fats such as olive oil. now, scientists say a mediterranean diet can also keep you healthy mentally -- by reducing the risk of depression. the october archives of general psychiatry contains a study of more than 10-thousand healthy spanish people who logged their food intake. researchers monitored how well participants stuck to the nine components that make up the mediterranean diet, including: high ratio of monounsaturated fatty acids to saturated fatty acids; moderate alcohol and dairy consumption; little meat; and a lot of legumes, nuts, grains, fruits, vegetables and fish. when the researchers followed up with the participants, a median of four years later, they found 480 of the 10-thousand had developed depression. but the participants who stuck to the mediterranean diet most closely had 30-percent less of a depression risk than the people with the worst mediterranean diet scores. the authors aren't sure why, but they say the physical health benefits -- including improvements to the circulatory system -- may help. and they say the combination of foods mig help as well. for today's health minute, i'm matt cherry.

Entry #20



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**East Texas News Midday
KLTV (ABC) Tyler, TX DMA:
111**

**Oct 07 2009 11:46AM CDT
Programming Type: News
Est. Households/Views:
15030**

**Est. Publicity Value: \$396 (30
Seconds) \$1584 (Total)**

we talk about the health benefits of certain foods, we're talking about your physical health. but as matt cherry reports in today's "health minute", the foods found in a "mediterranean" diet may help your mental health as well. for years, medical experts have touted the physical health benefits of a mediterranean diet high in vegetarian foods, fish and "good" fats such as olive oil. now, scientists say a mediterranean diet can also keep you healthy mentally -- by reducing the risk of depression. the october archives of general psychiatry contains a study of more than 10-thousand healthy spanish people who logged their food intake. researchers monitored how well participants stuck to the nine components that make up the mediterranean diet, including: high ratio of monounsaturated fatty acids to saturated fatty acids; moderate alcohol and dairy consumption; little meat; and a lot of legumes, nuts, grains, fruits, vegetables and fish. when the researchers followed up with the participants, a median of four years later, they found 480 of the 10-thousand had developed depression. but the participants who stuck to the mediterranean diet most closely had 30- percent less of a depression risk than the people with the worst mediterranean diet scores. the authors aren't sure why, but they say the physical health benefits -- including improvements to the circulatory system -- may help. and they say the combination of foods might help as well. for today's health minute, i'm matt cherry.

Entry #21



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News 8 WMTW at Noon
WMTW (ABC)Portland, ME
DMA: 76
Oct 07 2009 12:25PM EDT
Programming Type: News
Est. Households/Views: 7778
Est. Publicity Value: \$78 (30
Seconds) \$312 (Total)

usually, when we talk about the health benefits of certain foods, we're talking about your physical health. but there's evidence the foods found in a mediterranean diet may help your mental health as well. matt cherry has more in today's health minute, for years, medical experts have touted the physical health benefits of a mediterranean diet high in vegetarian foods, fish and "good" fats such as olive oil. now, scientists say a mediterranean diet can also keep you healthy mentally -- by reducing the risk of depression. the october archives of general psychiatry contains a study of more than 10-thousand healthy spanish people who tracked their food intake. researchers monitored how well participants stuck to the nine components that make up the mediterranean diet, including: a high ratio of monounsaturated fatty acids to saturated fatty acids; a moderate alcohol and dairy consumption; a little meat; and a lot of legumes, nuts, grains, fruits, vegetables and fish. when the researchers followed up with the participants, a median of four years later, they found 480 of the 10-thousand had developed depression. but the participants who stuck to the mediterranean diet most closely had 30-percent less of a depression risk than the people with the worst mediterranean diet scores. the authors aren't sure why, but they say the physical health benefits -- including improvements to the circulatory system -- may help. and they say the combination of foods might help as well. for today's health minute, i'm matt cherry.

Entry #22



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WBTW News 13 at Noon
WBTW (CBS) Myrtle Beach, SC
DMA: 103

Oct 07 2009 12:11PM EDT
Programming Type: News

Est. Households/Views:
42603

Est. Publicity Value: \$790 (30
Seconds) \$4740 (Total)

usually, when we talk about the health benefits of certain foods, we're talking about your physical health. but as matt cherry reports for today's health minute, the foods found in a mediterranean diet may help your mental health as well. for years, medical experts have touted the physical health benefits of a mediterranean diet high in vegetarian foods, fish and "good" fats such as olive oi now, scientists say a mediterranean diet can also keep you healthy mentally -- by reducing the risk of depression. the october archives of general psychiatry contains a study of more than 10-thousand healthy spanish people who logged their food intake. researchers monitored how well participants stuck to the nine components that make up the mediterranean diet, including: +high ratio of monounsaturated fatty acids to saturated fatty acids; +moderate alcohol and dairy consumption; +little meat; +and a lot of legumes, nuts, grains, fruits, vegetables and fish. when the researchers followed up with the participants, a median of four years later, they found 480 of the 10-thousand had developed depression. but the participants who stuck to the mediterranean diet most closely had 30-percent less of a depression risk than the people with the worst mediterranean diet scores. the authors aren't sure why, but they say the physical health benefits - - including improvements to the circulatory system -- may help. and they say the combination of foods might help as well. for today's health minute, i'm matt cherry.

Entry #23



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Good Morning East Texas at 6 AM

KLTV (ABC) Tyler, TX DMA: 111

**Oct 07 2009 6:09AM CDT
Programming Type: News**

Est. Households/Views: 28340

Est. Publicity Value: \$665 (30 Seconds) \$3990 (Total)

usually, when we talk about the health benefits of certain foods, we're talking about your physical health. but as matt cherry reports in today's "health minute", the foods found in a "mediterranean" diet may help your mental health as well. for years, medical experts have touted the physical health benefits of a mediterranean diet high in vegetarian foods, fish and "good" fats such as olive oil. now, scientists say a mediterranean diet can also keep you healthy mentally -- by reducing the risk of depression. the october archives of general psychiatry contains a study of more than 10-thousand healthy spanish people who logged their food intake. researchers monitored how well participants stuck to the nine components that make up the mediterranean diet, including: high ratio of monounsaturated fatty acids to saturated fatty acids; moderate alcohol and dairy consumption; little meat; and a lot of legumes, nuts, grains, fruits, vegetables and fish. when the researchers followed up with the participants, a median of four years later, they found 480 of the 10-thousand had developed depression. but the participants who stuck to the mediterranean diet most closely had 30- percent less of a depression risk than the people with the worst mediterranean diet scores. the authors aren't sure why, but they say the physical health benefits -- including improvements to the circulatory system -- may help. and they say the combination of foods might help as well. for today's health minute, i'm matt cherry.

Entry #24



[Play Media](#)
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Daybreak - Early
KATV (ABC) Little Rock, AR
DMA: 57
Oct 07 2009 5:51AM CDT
Programming Type: News
Est. Households/Views:
15905
Est. Publicity Value: \$289 (30
Seconds) \$1734 (Total)

health benefits of certain foods .. we are talking about your physical health. but as c-n-n's matt cherry reports for today's health minute .. the foods found in a mediterranean diet may help your mental health as well. ### for years, medical experts have touted the physical health benefits of a mediterranean diet high in vegetarian foods, fish and "good" fats such as olive oil. now, scientists say a mediterranean diet can also keep you healthy mentally -- by reducing the risk of depression. the october archives of general psychiatry contains a study of more than ten-thousand healthy spanish people who logged their food intake. researchers monitored how well participants stuck to the nine components that make up the mediterranean diet, including high ratio of monounsaturated fatty acids to saturated fatty acids .. moderate alcohol and dairy consumption .. little meat and a lot of legumes .. nuts .. grains .. fruits .. vegetables and fish. when the researchers followed up with the participants a median of four years later .. they found 480 of the ten-thousand had developed depression. but the participants who stuck to the mediterranean diet most closely had 30- percent less of a depression risk than the people with the worst mediterranean diet scores. the authors aren't sure why .. but they say the physical health benefits -- including improvements to the circulatory system -- may help. and they say the combination of foods might help as well. for today's health minute, i'm matt cherry.

Entry #25



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Good Morning East Texas at 5 AM

KLTV (ABC) Tyler, TX DMA: 111

**Oct 07 2009 5:23AM CDT
Programming Type: News**

Est. Households/Views: 13004

Est. Publicity Value: \$428 (30 Seconds) \$1712 (Total)

we talk about the health benefits of certain foods, we're talking about your physical health. but as matt cherry reports in today's "health minute", the foods found in a "mediterranean" diet may help your mental health as well. for years, medical experts have touted the physical health benefits of a mediterranean diet high in vegetarian foods, fish and "good" fats such as olive oil. now, scientists say a mediterranean diet can also keep you healthy mentally -- by reducing the risk of depression. the october archives of general psychiatry contains a study of more than 10-thousand healthy spanish people who logged their food intake. researchers monitored how well participants stuck to the nine components that make up the mediterranean diet, including: high ratio of monounsaturated fatty acids to saturated fatty acids; moderate alcohol and dairy consumption; little meat; and a lot of legumes, nuts, grains, fruits, vegetables and fish. when the researchers followed up with the participants, a median of four years later, they found 480 of the 10-thousand had developed depression. but the participants who stuck to the mediterranean diet most closely had 30- percent less of a depression risk than the people with the worst mediterranean diet scores. the authors aren't sure why, but they say the physical health benefits -- including improvements to the circulatory system -- may help. and they say the combination of foods might help as well. for today's health minute, i'm matt cherry. ñ1a

Entry #26



[Play Media](#)
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Sunrise

WCBI (CBS)Columbus, MS

DMA: 133

Oct 07 2009 5:09AM CDT

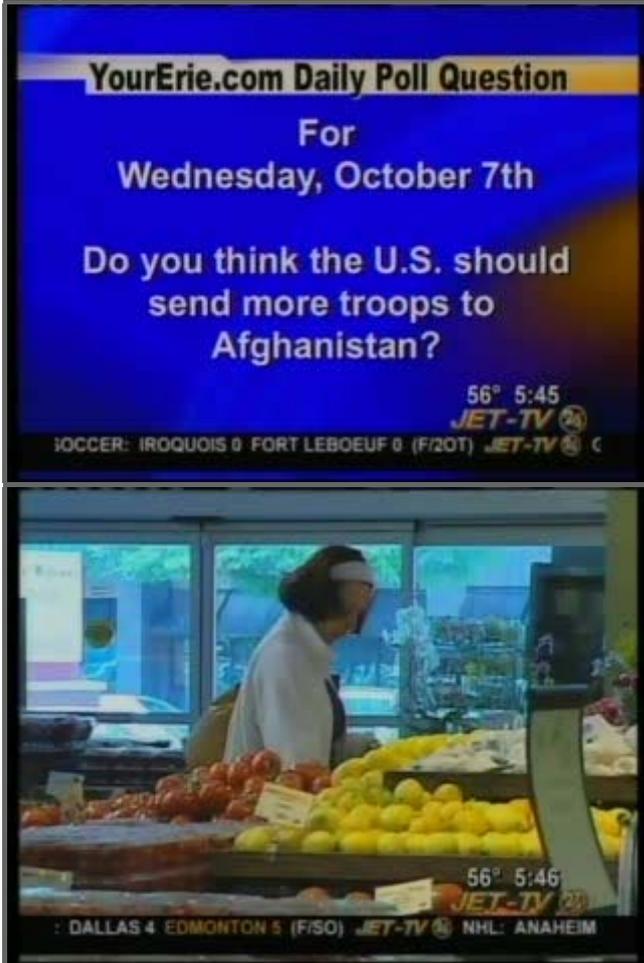
Programming Type: News

Est. Households/Views: 8457

Est. Publicity Value: \$84 (30 Seconds) \$336 (Total)

usually, when we talk about the health benefits of certain foods, we're talking about your physical health. > but as matt cherry reports for today's health minute, the foods found in a mediterranean diet may help your mental health as well... > >> > for years, medical experts have touted the physical health benefits of a mediterranean diet high in vegetarian foods, fish and "good" fats such as olive oil. now, scientists say a mediterranean diet can also keep you healthy mentally -- by reducing the risk of depression. the october archives of general psychiatry contains a study of more than 10-thousand healthy spanish people who logged their food intake. researchers monitored how well participants stuck to the nine components that make up the mediterranean diet, including: áhigh ratio of monounsaturated fatty acids to saturated fatty acids; moderate alcohol and dairy consumption; álittle meat; áand a lot of legumes, nuts, grains, fruits, vegetables and fish. when the researchers followed up with the participants, a median of four years later, they found 480 of the 10-thousand had developed depression. but the participants who stuck to the mediterranean diet most closely had 30-percent less of a depression risk than the people with the worst mediterranean diet scores. the authors aren't sure why, but they say the physical health benefits - - including improvements to the circulatory system -- may help. and they say the combination of foods might help as well. for today's health minute, i'm matt cherry.

Entry #27



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Action News 24
WJET (ABC)Erie, PA DMA: 142
Oct 07 2009 5:46AM EDT
Programming Type: News
Est. Households/Views: 3936
Est. Publicity Value: \$173 (30 Seconds) \$692 (Total)

usually, when we talk about the health benefits of certain foods, about your physical health. health. but as matt for today's health minute, the foods found in a mediterranean diet may help your mental health as well. well. for years, medical experts have touted the physical health benefits of a mediterranean diet high in vegetarian foods, fish and "good" fats such as olive oil. now, scientists say a mediterranean diet can also keep you healthy mentally -- by reducing the risk of depression. the october archives of general psychiatry contains a study of more than 10-thousand healthy spanish people who logged their food intake. researchers monitored how well participants stuck to the nine components that make up the diet including: a high ratio fatty acids to saturated fatty acids; a moderate alcohol and dairy consumption; a little meat; and a lot of legumes, nuts, grains, fruits, vegetables and fish. when the researchers followed up with the participants, a median of four years later, they found 480 of the 10-thousand had developed depression. but the participants who stuck to the mediterranean diet most closely had 30-percent less of a depression risk than the people with the diet scores. the authors aren't sure why, but they say the physical health benefits - - including circulatory system -- may help. and they say the combination of foods might help as well. for today's health minute, i'm matt

Entry #29



[Play Media](#)
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WTVO Channel 17 News at 10
WTVO (ABC)Rockford, IL
DMA: 132

Oct 07 2009 1:54AM CDT
Programming Type: News
Est. Households/Views: 1433
Est. Publicity Value: \$13 (30
Seconds) \$52 (Total)

talk about the health benefits of certain foods, we're talking about your physical health. but as matt cherry reports in tonight's health alert, the foods found in a mediterranean diet may help your mental health as well. for years, medical experts have touted the physical health benefits of a mediterranean diet high in vegetarian foods, fish and "good" fats such as olive oil. now, scientists say a mediterranean diet can also keep you healthy mentally -- by reducing the risk of depression. the october archives of general psychiatry contains a study of more than 10- thousand healthy spanish people who logged their food intake. researchers monitored how well paricipants stuck to the nine components that make up the mediterranean diet, including: high ratio of monounsaturated fatty acids to saturated fatty acids; moderate alcohol and dairy consumption; little meat; and a lot of legumes, nuts, grains, fruits, vegetables and fish. when the researchers followed up with the participants, a median of four years later, they found 480 of the 10- thousand had developed depression. but the participants who stuck to the mediterranean diet most closely had 30-percent less of a depression risk than the people with the worst mediterranean diet scores. the authors aren't sure why, but they say the physical health benefits -- including improvements to the circulatory system -- may help. and they say the combination of foods might help as well. i'm matt cherry.

Entry #30



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KTEN News at 10
KTEN (NBC) Sherman, TX
DMA: 161
Oct 06 2009 10:25PM CDT
Programming Type: News
Est. Households/Views:
14023

Est. Publicity Value: \$733 (30 Seconds) \$2932 (Total)

usually, when we talk about the health benefits of certain foods, we're talking about your physical health. but as matt cherry reports, the foods found in a mediterranean diet may help your mental health as well. -- reporter pkg-as follows-- for years, medical experts have touted the physical health benefits of a mediterranean diet high in vegetarian foods, fish and "good" fats such as olive oil. now, scientists say a mediterranean diet can also keep you healthy mentally -- by reducing the risk of depression. the october archives of general psychiatry contains a study of more than 10-thousand healthy spanish people who logged their food intake. researchers monitored how well participants stuck to the nine components that make up the mediterranean diet, including: high ratio of monounsaturated fatty acids to saturated fatty acids; moderate alcohol and dairy consumption; little meat; and a lot of legumes, nuts, grains, fruits, vegetables and fish. when the researchers followed up with the participants, a median of four years later, they found 480 of the 10-thousand had developed depression. but the participants who stuck to the mediterranean diet most closely had 30-percent less of a depression risk than the people with the worst mediterranean diet scores. the authors aren't sure why, but they say the physical health benefits -- including improvements to the circulatory system -- may help. and they say the combination of foods might help as well. for today's health minute, i'm matt cherry

Entry #31



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News 18 at Ten
WDHN (ABC)Dothan, AL DMA:
172

Oct 06 2009 10:22PM CDT
Programming Type: News
Est. Households/Views: 2727
Est. Publicity Value: \$278 (30
Seconds) \$1112 (Total)

the health benefits of certain foods, we're talking about your physical health. but as matt cherry reports for today's health minute, the foods found in a mediterranean diet may help your mental health as well. -- reporter pkg-- as follows-- for years, medical experts have touted the physical heth benefits of a mediterranean diet high in vegetarian foods, fish and "good" fats such as olive oil. now, scientists say a mediterranean diet can also keep you healthy mentally -- by reducing the risk of depreson. the october archives of general psychiatry contains a study of more than 10-thousand healthy spanish people who logged their food intake. researchers monitored how well participants stuck to the nine components that make up the mediterranean diet, including: áhigh ratio of monounsaturated fatty acids to saturated fatty acids; ámoderate alcohol and dairy consumption; álittle meat; áand a lot of legumes, nuts, grains, fruits, vegetables and fish. when the researchers followed up with the participants, a median of four years later, they found 480 of the 10-thousand had developed depression. but the participants who stuck to the mediterranean diet most closely had 30-percent less of a depression risk than the people with the worst mediterranean diet scores. the authors aren't sure why, but they say the physical health benefits -- including improvements to the circulatory system -- may help. and they say the combination of foods might help as well. for today's health minute, i'm matt cherry.

Entry #32



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KTBS 3 News at Ten
KTBS (ABC) Shreveport, LA
DMA: 82

Oct 06 2009 10:22PM CDT
Programming Type: News
Est. Households/Views:
47361

Est. Publicity Value: \$1042
(30 Seconds) \$4168 (Total)

health benefits of certain foods, we're talking about your physical health. but as matt cherry reports for today's health minute, the foods found in a mediterranean diet may help your mental health as well. for years, medical experts have touted the physical health benefits of a mediterranean diet high in vegetarian foods, fish and "good" fats such as olive oil. now, scientists say a mediterranean diet can also keep you healthy mentally -- by reducing the risk of depression. the october archives of general psychiatry contains a study of more than 10- thousand healthy spanish people who logged their food intake. researchers monitored how well participants stuck to the nine components that make up the mediterranean diet, including: high ratio of monounsaturated fatty acids to saturated fatty acids; moderate alcohol and dairy consumption; little meat; and a lot of legumes, nuts, grains, fruits, vegetables and fish. when the researchers followed up with the participants, a median of four years later, they found 480 of the 10-thousand had developed depression. but the participants who stuck to the mediterranean diet most closely had 30-percent less of a depression risk than the people with the worst mediterranean diet scores. the authors aren't sure why, but they say the physical health benefits -- including improvements to the circulatory system -- may help. and they say the combination of foods might help as well. for today's health minute, i'm matt cherry.

Entry #33



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Newschannel 17 at 10
WTVO (ABC)Rockford, IL
DMA: 132
Oct 06 2009 10:21PM CDT
Programming Type: News
Est. Households/Views:
11260
Est. Publicity Value: \$172 (30
Seconds) \$688 (Total)

talk about the health benefits of certain foods, we're talking about your physical health. but as matt cherry reports in tonight's health alert, the foods found in a mediterranean diet may help your mental health as well. for years, medical experts have touted the physical health benefits of a mediterranean diet high in vegetarian foods, fish and "good" fats such as olive oil. now, scientists say a mediterranean diet can also keep you healthy mentally -- by reducing the risk of depression. the october archives of general psychiatry contains a study of more than 10- thousand healthy spanish people who logged their food intake. researchers monitored how well participants stuck to the nine components that make up the mediterranean diet, including: high ratio of monounsaturated fatty acids to saturated fatty acids; moderate alcohol and dairy consumption; little meat; and a lot of legumes, nuts, grains, fruits, vegetables and fish. when the researchers followed up with the participants, a median of four years later, they found 480 of the 10- thousand had developed depression. but the participants who stuck to the mediterranean diet most closely had 30-percent less of a depression risk than the people with the worst mediterranean diet scores. the authors aren't sure why, but they say the physical health benefits -- including improvements to the circulatory system -- may help. and they say the combination of foods might help as well. i'm matt cherry.

Entry #34



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WYFF News 4 at 11pm
WYFF (NBC)Greenville, SC
DMA: 36
Oct 06 2009 11:14PM EDT
Programming Type: News
Est. Households/Views:
65237

Est. Publicity Value: \$738 (30 Seconds) \$2952 (Total)

usually, when we talk about the health benefits of certain foods, we're talking about your physical health but as matt cherry reports ... the foods found in a mediterranean diet may help your mental health as well. for years, medical experts have touted the physical health benefits of a mediterranean diet high in vegetarian foods, fish and "good" fats such as olive oil. now, scientists say a mediterranean diet can also keep you healthy mentally -- by reducing the risk of depression. the october archives of general psychiatry contains a study of more than 10-thousand healthy spanish people who logged their food intake. researchers monitored how well participants stuck to the nine components that make up the mediterranean diet, including: high ratio of monounsaturated fatty acids to saturated fatty acids; moderate alcohol and dairy consumption; little meat; and a lot of legumes, nuts, grains, fruits, vegetables and fish. when the researchers followed up with the participants, a median of four years later, they found 480 of th10-thoand had developed depression. but e participants who stuck to the mediterranean diet most closely had 30-percent less of a depression risk than the people with the worst mediterranean diet scores. the authors aren't sure why, but they say the physical health benefits -- including improvements to the circulatory system -- may help. and they say the combination of foods might help as well. for today's health minute, i'm matt cherry.

Entry #36



[Play Media](#)
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FOX 66 News at 10
WSMH (Fox)Flint, MI DMA: 66
Oct 06 2009 10:41PM EDT
Programming Type: Shopping
Est. Households/Views:
37209

Est. Publicity Value: \$2405
(30 Seconds) \$9620 (Total)
usually, when we talk about the health benefits of certain foods, we're talking about your physical health. but as matt cherry shows us, the foods found in a mediterranean diet may help your mental health as well. for years, medical experts have touted the physical health benefits of a mediterranean diet high in vegetarian foods, fish and "good" fats such as olivoil. now, scientists say a mediterranean diet can also keep you healthy mentally -- by reducing the risk of depression. the october archives of general psychiatry contains a study of more than 10-thousand healthy spanish people who logged their food intake. researchers monitored how well participants stuck to the nine components that make up the mediterranean diet, including: a high ratio of monounsaturated fatty acids to saturated fatty acids; a moderate alcohol and dairy consumption; a little meat; and a lot of legumes, nuts, grains, fruits, vegetables and fish. when the researchers followed up with the participants, a median of four years later, they found 480 of the 10-thousand had developed depression. but the participants who stuck to the mediterranean diet most closely had 30-percent less of a depression risk than the people with the worst mediterranean diet scores. the authors aren't sure why, but they say the physical health benefits - - including improvements to the circulatory system -- may help. and they say the combination of foods might help as well. for today's health minute, i'm matt cherry.

Entry #37



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Texoma's News at 9
KJTL (Fox)Wichita Falls, TX
DMA: 149

Oct 06 2009 9:24PM CDT
Programming Type: News
Est. Households/Views: 9443
Est. Publicity Value: \$1138
(30 Seconds) \$4552 (Total)

the health benefits of certain foods, we're talking about your physical health. but as matt cherry reports in tonight's medical minute...the foods found in a mediterranean diet may help your mental health as well.for years, medical experts have touted the physical health benefits of a mediterranean diet high in vegetarian foods, fish and "good" fats such as olive oil. now, scientists say a mediterranean diet can also keep you healthy mentally -- by reducing the risk of depression. the october archives of general psychiatry contains a study of more than 10-thousand healthy spanish people who logged their food intake.researchers monitored how well participants stuck to the nine components that make up the mediterranean diet, including: a high ratio of monounsaturated fatty acids to saturated fatty acids; a moderate alcohol and dairy consumption; a little meat; and a lot of legumes, nuts, grains, fruits, vegetables and fish. when the researchers followed up with the participants, a median of four years later, they found 480 of the 10-thousand had developed depression. but the participants who stuck to the mediterranean diet most closely had 30-percent less of a depression risk than the people with the worst mediterranean diet scores. the authors aren't sure why, but they say the physical health benefits - - including improvements to the circulatory system -- may help. and they say the combination of foods might help as well. for today's health minute, i'm matt cherry. boats never before seen on the great lakes set sail on their maiden voyage last weekend. each is made completely from "plastic trash" that was

Entry #38



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My20 News at Ten
WMYD (MNT) Detroit, MI DMA:
11

Oct 06 2009 10:23PM EDT
Programming Type: News

Est. Households/Views:
33053

Est. Publicity Value: \$993 (30
Seconds) \$3972 (Total)

health benefits of certain foods, we're talking about your physical health. but as matt cherry reports for today's health minute, the foods found in a mediterranean diet may help your mental health, as well. for years, medical experts have touted the physical health benefits of a mediterranean diet high in vegetarian foods, fish and "good" fats such as olive oil. now, scientists say a mediterranean diet can also keep you healthy mentally -- by reducing the risk of depression. the october archives of general psychiatry contains a study of more than 10- thousand healthy spanish people who logged their food intake. researchers monitored how well participants stuck to the nine components that make up the mediterranean diet, including: high ratio of monounsaturated fatty acids to saturated fatty acids; moderate alcohol and dairy consumption; little meat; and a lot of legumes, nuts, grains, fruits, vegetables and fish. when the researchers followed up with the participants, a median of four years later, they found 480 of the 10- thousand had developed depression. but the participants who stuck to the mediterranean diet most closely had 30- percent less of a depression risk than the people with the worst mediterranean diet scores. the authors aren't sure why, but they say the physical health benefits -- including improvements to the circulatory system -- may help. and they say the combination of foods might help as well. for today's health minute, i'm matt cherry.

Entry #39



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10 News Live at 5
KGTV (ABC) San Diego, CA
DMA: 27

Oct 06 2009 5:56PM PDT
Programming Type: News
Est. Households/Views:
36665

Est. Publicity Value: \$1008
(30 Seconds) \$2016 (Total)
mediterranean diet can be good for your physical and mental health. more than 10,000 spanish people participated in the study and said that the mediterranean diet reduces the risk of depression and. heinz vegetarian food fish nets and but that's like olive oil. scientists and doctors say the physical health benefits may be contributing factor in you can find a steady and the oct. archives of general psychiatry.

Entry #40



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News Channel 8 at 5:30
KOLO (ABC)Reno, NV DMA:
110

Oct 06 2009 5:41PM PDT
Programming Type: News
Est. Households/Views:
22624

Est. Publicity Value: \$500 (30
Seconds) \$2000 (Total)

the health benefits of certain foods, we're tking about your physical health. but new research finds: food found in a mediterranean diet may help your mental health as well. t?@?@m here's matt cherry with tonight's medical minute. for years, medical experts have touted the physical health benefits of a mediterranean diet high in vegetarian foods, fish and "good" fats such as olive oil. now, scientists say a mediterranean diet can also keep you healthy mentally -- by reducing the risk of depression. the october archives of general psychiatry contains a study of more than 10-thousand healthy spanish people who logged their food intake. researchers monitored how well participants stuck to the nine components that make up the mediterranean diet, including: high ratio of monounsaturated fatty acids to saturated fatty acids; moderate alcohol and dairy consumption; little meat; and a lot of legumes, nuts, grains, fruits, vegetables and fish. when the researchers followed up with the participants, a median of four years later, they found 480 of the 10-thousand had developed depression. but the participants who stuck to the mediterranean diet most closely had 30- percent less of a depression risk than the people with the worst mediterranean diet scores. the authors aren't sure why, but they say the physical health benefits -- including improvements to the circulatory system -- may help. and they say the combination of foods might help as well. i'm matt cherry.

Entry #42



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CBS 5 News at 5:00
WTVH (CBS)Syracuse, NY
DMA: 80
Oct 06 2009 5:23PM EDT
Programming Type: News
Est. Households/Views:
10401
Est. Publicity Value: \$126 (30 Seconds) \$756 (Total)

usually, when we talk about the health benefits of certain foods, we're talking about your physical health. but as matt cherry reports, the foods found in a mediterranean diet may help your mental health as well. for years, medical experts have touted the physical health benefits of a mediterranean diet high in vegetarian foods, fish and "good" fats such as olive oil.now, scientists say a mediterranean diet can also keep you healthy mentally -- by reducing the risk of depression.the october archives of general psychiatry contains a study of more than 10thousand healthy spanish people who logged their food intake. researchers monitored how well participants stuck to the nine components that make up the mediterranean diet, including: áhigh ratio of monounsaturated fatty acids to saturated fatty acids; ámoderate alcohol and dairy consumption; álittle meat; áand a lot of legumes, nuts, grains, fruits, vegetables and fish.when the researchers followed up with the participants, a median of four years later, they found 480 of the 10-thousand had developed depression.but the participants who stuck to the mediterranean diet most closely had 30-percent less of a depression risk than the people with the worst mediterranean diet scores.the authors aren't sure why, but they say the physical health benefits - - including improvements to the circulatory system -- may help.and they say the combination of foods might help as well.for today's health minute, i'm matt cherry.

Entry #43



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Newschannel 3 News at 4
WTKR (CBS)Norfolk, VA DMA: 42
Oct 06 2009 4:57PM EDT
Programming Type: News
Est. Households/Views: 10642
Est. Publicity Value: \$229 (30
Seconds) \$916 (Total)
health benefits of certain foods,
we re talking about your physical
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scientists say a mediterranean
diet can also keep you healthy
mentally -- by reducing the risk
of depssion. the october archives
of general psychiatry contains a
study of more than 10- thousand
healthy spanish people who
logged their food intake.
researchers monitored how well
participants stuck to the ne
components that make up the
mediterranean diet, including:
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fatty acids to saturated fatty
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lot of legumes, nuts, grains,
fruits, vegetables and fish. when
the researchers followed up with
the participants, a median of four
years later, they found 480 of the
10- thousand had developed
depression. but the participants
who stuck to the mediterranean
diet most closely had 30- percent
less of a depression risk than the
people with the worst
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authors aren t sure why, but they
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circulatory system -- may help.
and they say the combination of
foods might help as well. for
today s health minute, i m matt
cherry.

Entry #44



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**Fox Toledo News First at 4
WUPW (Fox) Toledo, OH DMA:
72**

**Oct 06 2009 4:22PM EDT
Programming Type: News
Est. Households/Views: 6562
Est. Publicity Value: \$85 (30
Seconds) \$340 (Total)**

in the battle against cocaine addiction. doctors at yale university school of medicine say early resus show an experimental cocaine vaccine helps some addicts cut their pendency in half. the vaccine helps addicts achieve high levels of antibodies that'll stop them from experiencing a high. of the fifty-five addicts given the study, thir-eight percent were able to achieve the necessary antibodies. the vaccine so appears to bind to the cocaine... so the drug can't affect the brain and other organs. usually, wn we talk about the health benefits of certain foods, we're talking about your physical health. in today's health minute, matt cherry reports that the foods found in a mediterranean diet may help your mental health as well. : for years, medical experts have touted the physical health befits of a mediterranean diet high in vegetarian foods, fish and "gd" fs such as olive oil. now, scientists say a mediterranean diet can also keep you healthy mentally -- by ducing the risk of depression. the october archives of general psychiatry contains a study of more than 10-thousand healthy spanish people who logged their food intake researchers monitored how well participants stuck to the nine components that make up the mediterranean diet, including: áhigh ratio of monounsaturated fatty acids to saturated fatty acs; ámoderate alcohol and dairy consumption; álittle meat; áand a lot of legume nuts, grains, fruits, vegetables and fish. when the researchers followed up with the participants, a median of four years later, ey found 480 of the 10-thousand had developed depression. but the participants who stuck to the mediranean diet most closely had 30-percent less of a depression risk than the people with the worst

mediterranean diet scores. the authors aren't sure why, but they say the physical health benefits -- including improvements to the circulatory system -- may help. and they say the combination of foods might help as well. for today's health minute, i'm matt cherry.

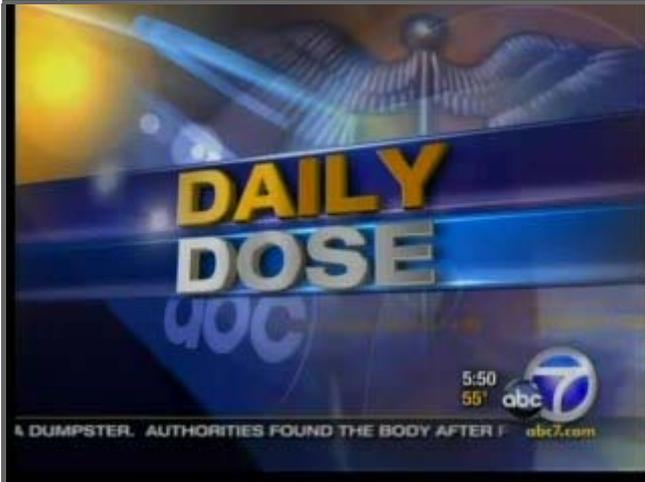
Entry #46



[Play Media](#)
[Direct Link](#)

WGN Midday News
WGN (CW) Chicago, IL DMA: 3
Oct 06 2009 12:44PM CDT
Programming Type: News
Est. Households/Views:
207257
Est. Publicity Value: \$5372
(30 Seconds) \$21488 (Total)
to nicotine, heroin and cocaine may be treatable with vaccines. they work by making the body create antibodies to prevent the drug from reaching the brain and producing a chemical high. vaccines will be used with other treatments such as behavioral therapy. 38% of addicted cocaine users who use the vaccine saw a reduction in their use. >>> are you feeling depressed or low spirited? changing your diet could help. a study in the archives of general psychiatry says eat food that looks like it came from the mediterranean. scale back on meat, dairy, fat, eat nuts, more fish, vegetables, legumes doused in olive oil. and don't forget to have a glass of wine, maybe two. mediterranean countries report less mental illness and suicide. so the mediterranean diet could be for you and save travel money.

Entry #48



Play Media
[Direct Link](#)

Eyewitness News 5:00AM
KABC (ABC) Los Angeles, CA
DMA: 2

Oct 06 2009 5:51AM PDT
Programming Type: News
Est. Households/Views:
102408

Est. Publicity Value: \$2584
(30 Seconds) \$5168 (Total)

time for your daily dose of health news, help may be on the way f you're struggling with cocaine addiction. a shot may kep drug abusers from getting high, the vaccine works by blocking the drug from reaching the brain. in the study, 40 percent of the people -- 40 percent of the people substantially cut back or stopped using cocaine for a period of time. it's from the archives of general psychiatry. phillip: a mediterranean diet may help you fight depression, consisting mostly of vegetables, fruits, nuts, whole grains, fish. in a new study, spanish researchers tracked 11,000 people and followed those who folowed the mediterranean diet had a 30 percent reduction in the risk of depression. the mediterranean diet has been linked to a reduced risk for heart disease, stroke, type ii diabetes and cancer.

Entry #49



[Play Media](#)
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News 8 at 5AM

KFMB (CBS)San Diego, CA

DMA: 27

Oct 06 2009 5:27AM PDT

Programming Type: News

Est. Households/Views:

22833

Est. Publicity Value: \$606 (30 Seconds) \$2424 (Total)

a new vaccine aimed at helping cocaine addicts is showing some promise. the experimental shot works by raising levels of antibodies created in response to taking the drug. those prevent the substance from affecting the brain. the vaccine helped more than one-third of participants in a new study to develop the antibodies.. but the effects only lasted for two months. the study is published in the archives of general psychiatry. people who follow a mediterranean diet -- may be less likely to become depressed. a study from spain found people who follow it closely cut their risk by 30 percent. researchers believe the diet may improve blood vessel function and flight inflammation -- all can reduce the chances of can reduce the chances of developing depression.