

[IMAGE]

Happiness You Can Taste

By Editorial Staff

We're all doing our best to find a little happiness in this often-troubling world, and now research provides evidence it may be as simple as making regular trips to the fruit and vegetable section of your favorite grocery store.

According to the study of more than 12,000 adults, consuming approximately eight servings of fruit and veggies daily over a two-year period (compared to consuming almost no servings previously) improved subjects' sense of well-being based on a "life satisfaction" scale. In fact, the benefits were noted even in subjects who consumed only two portions of fruit and vegetables a day compared to almost none.

To put things in perspective, according to the study authors, the increase seen on the "life satisfaction" scale after consuming eight servings of fruit and vegetables for two years was "equal in size to the psychological gain of moving from unemployment to employment."

Are you getting enough fruit and vegetables in your daily diet? Beyond the profound physiological health benefits, regular consumption may benefit your emotional health and well-being as well. Now that's happiness you can taste! Talk to your doctor to learn more.

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