

A woman with brown hair tied back, wearing large black headphones and a white t-shirt, is smiling and holding a large orange carrot. She is in a kitchen with a white brick wall. In the foreground, a white countertop is filled with fresh produce, including a bowl of colorful salad, a tray of cherry tomatoes, and a bowl of chickpeas. In the background, a wooden cutting board holds various fruits like lemons, limes, and oranges.

BECAUSE I'M HAPPY



73% of people who eat vegetables daily say they are satisfied with their life compared to only **47%** of people who usually eat no vegetables at all.

SOURCE: Produce for Better Health Foundation. *Novel approaches to measuring and promoting fruit and vegetable consumption, 2017.*