

# Fruits & Veggies MATTER for a healthy, happy FAMILY



Emerging research suggests eating more fruit and veggies can help improve happiness, satisfaction, and emotional well-being.

SOURCE: Mujcic R and Oswald AJ. *Evolution of Well-Being and Happiness After Increases in Consumption of Fruit and Vegetables*. Am J Pub Health. 2016; 106: 1504-1510