

Relationship between Fruit and Vegetable consumption and Human Health

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Social scientists and health scholars in recent times undertaking the study of human happiness and mental well-being as the most popular research task [1].

Five portions of fruit and vegetables per day was recommended by World Health Organization [2] focusing on the physical health of individuals. The world, including UK and parts of Europe like Germany, Netherlands, Norway and New Zealand are promoting healthy eating guidelines. Slightly more expansive dietary messages are given by public health departments in countries such as Australia and Canada. 'Fruit and Veggies- More Matters' campaign was run by state health institutions in the USA.

Government of Australia recommended an optimal intake amount of two portions of fruit and five portions of vegetables per day [3].

Empirical link between subjective well-being and the intake of fruit and vegetables was examined by Blanchflower, et al. [4] in Great Britain.

Higher fruits and vegetables consumption on helps for better mental health due to antioxidants defend against the negative effects of oxidative stress. Oxidative stress is responsible depression [5].

Mujcic and Oswald [6] explained the prospective relationship between fruit and vegetable consumption, happiness and life satisfaction. A panel survey is carried out on 12,000 people. They concluded, the increased fruit and vegetable consumption predicted greater "happiness gains".

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