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Coloring sheets of fruits and veggies

We've all heard that eating fruit and vegetables is healthy for us. Now there's an added incentive to increase crop intake: It will make you feel better in mood, according to a growing body of research. In a study published in *Molecular Psychiatry*, researchers analyzed 41 studies on depression and found that people who followed the Mediterranean diet (high in vegetables, fruit, fish and nuts) had a 33 percent lower risk of developing depression compared to those who followed a diet high in processed meat and trans fats. The same was the case in the journal *PLOS ONE*, which was published in the journal *PLOS ONE*. The diet can be effective against depression because the crop is front and center, essentially replacing food that can cause inflammation. As researcher Heather Francis, lecturer in clinical neuropsychology at Macquarie University in Sydney, Australia, told NPR: "Highly processed foods increase inflammation. ... [and] if we don't ingest enough food, dense nutrients, then this can lead to nutrient inefficiencies, which also increases inflammation. A separate study by the American Academy of Neurology evaluated 964 participants over six and a half years and found those who followed the DASH diet (which includes many crops) may have a lower risk of developing depression compared to those who held the Western diet (which is heavy on red meat). The risk of depression was 11 percent lower for supporters of the DASH diet compared to others in the study. For many, the idea of keeping depression or mood at bay with food is much easier to swallow than to take a pill. Making lifestyle changes, such as changing your diet, is often preferred before taking medication, said DASH study leader Dr. Laurel Chertan from Rush University Medical Center in Chicago. Growing that hasn't been processed in any way like these apples could help your state of mind. (Photo: Glysiak [CC BY-SA 4.0]/Wikimedia Commons) If we eat fruits and vegetables raw, according to a study conducted by the University of Otago and published in *Frontiers in Psychology*, it can help alleviate the symptoms of depression. Researchers looked at 422 young adults in New Zealand and the US and found that those who ingested raw products reported less depressive symptoms and greater life satisfaction and positive prospects compared to those who ate more in a bowl, cooked or processed fruit and vegetables. This research is increasingly essential because lifestyle approaches such as dietary changes can provide an accessible, safe and adjuvant approach to mental health, said Dr. Tamlin Conner, lead author of the study. The study also found that the following raw fruits and vegetables were associated with better mental health: carrots, bananas, apples, dark leafy greens such as spinach, grape comanches, lettuce, citrus fruits, fresh strawberries, cucumbers and kiwis. Australian study published in the *American Journal of Public Health*, showed that they eat eight fruits and vegetables every day can make you happy. The results won't happen on the first day, but over time, many people had significantly higher life satisfaction, noted researchers Redzo Mujcic and Andrew J. Oswald, who wrote in the study: Increased consumption of fruit and vegetables was predicted for greater happiness, life satisfaction and goodwill. They were up to 0.24 points of life satisfaction (to increase 8 portions per day), which in size is equal to the psychological gain of transition from unemployment to employment. Improvements have occurred within 24 months. This concrete comparison – increasing happiness is like moving from unemployment to employment – has impressed me because it is easy to imagine what it feels like. What if you seem to be 8-for-8? Well, even just adding one extra serving to your daily diet can be helpful. An analysis of a US-based household longitudinal study found that a diet of one extra serving of fruit or vegetables on top of your daily amount has the same mental health benefits as an additional 7.6 days of walking 10 minutes continuously over a four-week period. The real benefit also stems from not only eating more crops here and there, but being a regular habit. The researchers found that the frequency of eating was just as important as quantity. The size of the serving may be smaller than you think: Half a cup represents one serving. This might be some strawberries or a medium-sized banana. (Photo: Alohaflaminggo/Shutterstock) Of course, if you want to make your goal to hit eight servings of fruit or vegetables a day, you need to know how much the butter is. According to the Australian government site Eat for Health, The standard meal of vegetables is about 75 grams (for example, 1/2 cups of cooked green and vegetables, 1 cup green leafy vegetable) but the standard soutable voca is about 150 grams (one medium apple, banana, naranča, hruska, 1 cup of lycene i canned voca with added secom). Eight dishes of fruit and vegetables may seem inconceivable if you're not used to it, but there's no time like the present to change your ways. It's much easier to get into that amount when your choices are ai.m. In addition, cementing your new habit will now make it easier to stick to your goal in winter when the options are not as extensive. Harvard Men's Health Watch Image: Thinkstock People who ate seven or more servings a day of fruit and vegetables were significantly smaller, according to a study in the *Journal of Epidemiology and Community Health*. The study analyzed survey data collected from more than 65,000 people from 2001 to 2008. People who ate the most fruit and vegetables were 33% less likely to die from any cause, compared to people who ate very little of these healthy foods. The risk of dying of cancer was 25% lower and cardiovascular disease decreased by 31%. The study also found that many people struggle to ingest five to recommended daily for a healthy diet. The average poll ate just four servings a day, and more than half spent less than five. As a rule, one part consists of half a cup of raw or cooked vegetables or fruit or one cup of leafy vegetables, such as lettuce. Blueberries are blue fruit. They extract their colour from high concentrations of anthocyanin, which is a water-soluble pigment. Anthocyanin creates colors ranging from deep shades of blue to red. Blueberries are green when they first start growing. During the growth process, they become translucent, then purple, before they turn blue. Blueberries grow to different sizes. One single serving strawberry is 1 cup. Blueberries don't stop going down after harvest. They can be ripened by being put in an apple bag. Apples contain ethylene, which is a colourless hydrocarbon that accelerates the maturation of fruits. Here are a dozen of the most gentle seasonal fruits and vegetables and oral ways to serve. Credit: Becky Luigart-Stayner Summer brings a wealth of deliciously mature produce. Here are a dozen of the most gentle seasonal fruits and vegetables and oral ways to serve. Strawberries Cover them yourself or on salads, desserts and flakes. Health benefits include:• Low calories• Rich in antioxidants that neutralize cell damage• You can reduce the effects of Alzheimer's disease• May reduce the risk of bowel or ovarian cancerForaman season: May-SeptemberAsasasyys of this recipe: Blueberry-Blackberry Shortcakes Ad Advertisement These crisps and cold vegetables are for much more than salads (and spa treatments). They can be used in gazpachos and substitute for celery in tuna and chicken salad recipes. Health benefits include:• Contains silicon dioxide, which improves complexion and skin health• A good source of fiber, potassium and magnesiumSasa season: June-NovemberMo this recipe: Pickles made from ginger Most people think of egg in calorie-laden Parmesan aubergine. However, this rich purple veggie can be grilled, grilled, and enjoyed in a variety of summer dishes. Health benefits include:• A good source of vitamins B• Rich in antioxidants• Cholesterol levels Can reduce the season: July-OctoberThis recipe: Szechuan Spicy Eggplant Advertisement This meaty fruit has a sweet, almost tangious taste that mixes well into smoothies and other beverages. For summer goodness, cut some peaches and enjoy with cream cheese (such as Explorateur) and a glass of chardonnay. Health benefits include:• A good source of vitamin A• A good source of potassiumSea harvest: May-OctoberTake this recipe: Homemade peach ice cream With its tangy flavor and signature crunch, bell peppers are a summer diet must-have. Vibrant colours will bring live dishes and add a nutritional bonus. Health benefits include:• More than 100% of your recommended amounts of vitamins A and C• Contains vitamin B6 and folic acid, which can reduce the risk of high cholesterolNutri much fat season: Try this recipe: Sausage, Bell Pepper, and Pretty Lasagna Unlike winter squash, summer squash has a soft and almost creamy quality. Its mild taste works well with herbs such as basil, thyme and rosemary. Health benefits include:• Excellent source of vitamin C• Contains omega-3 fatty acidsEasing season: May-SeptemberAlthoo although this recipe: Summer squash with tomatoes and basil Ad Credit: Leigh Beisch Although the paradise is considered a fruit, they lack the sweetness that characterises this group of foods. However, cooking or grilling can take some of their bitter or acidified flavors. Health benefits include:• Contains lycopene, has an antioxidant and cancer-prevention ness• Good source of niacin, used for years as safe way to raise HDL (good cholesterol) and lower LDL (bad cholesterol)Harvest season: June-OctoberTry recipe: Mediterranean To stuff Meka texture i stadak flavor hrusica su of them ideal voce for a year. And their mild taste restricts them from lying well with different recipes. Health benefits include:• A good source of vitamin C and copper• 4 grams of dietary fiber per serving In this recipe: Caramelized garlic-pear Pizza Credit: Jonathan Kantor Beginning in May, enjoy the sweet, smooth and faint-looking apricot. Not only are they the perfect sitric supplement to every meal, but they are also rich in nutrients. Health benefits include:• Beta-carotene and lycopene for heart health• A good source of vitamin A, an antioxidant that helps with vision and cellular growthStistine: May-JulyIn this recipe: Honey-vanilla apricot Ad Although dried figs can enjoy year-round, fresh are in season beginning in June. The chewing texture of the fruit is popular for baking. However, baking them in the oven makes them sweet, gently good. Health benefits include:• A good source of dietary fiber• 15% of your recommended amount of potassium and manganoSeason: June-NovemberInotion of this recipe: Ovs-topped Fig Muffins Credit: Getty Images Corn was a summer favorite route ahead of the days of gas grills and microwaves. Although sweet enough to be alone, summer corn is delicious with a little olive oil, salt and pepper. Health benefits include:• Nearly 25% vitamin B1, which helps cognitive functioning• Contains beta-cryptoxantin, an antioxidant that can reduce the risk of lung cancerNutrient season: June-NovemberTake this recipe: Salty buttermilk corn cakes Okra is often ignored as a summer veggie, but is perfect for tables, canning, and single-haired. Its subtle flavour enhances the taste of potatoes, onions, corn, mussels and fish stocks. Health benefits include:• Contains insoluble fibres that are essential for digestive health• A good source of vitamin B6 and folic acidSSea season: June-NovemberNete this recipe: Spicy acidic Icing Ad

