



## How Fruits Make Us Happier

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Remember the saying, “An apple a day keeps the doctor away?” What if an apple a day could also make you happier?

Research has shown that aside from the health benefits that fruits give, eating them can actually help boost your mood.

In an article from Prevention.com, researchers in the UK found out that people who ate the most fruits and vegetables were less likely to exhibit nervousness, anxiety, depression, and other mental disorders. From the looks of it, the more fruits people consume, the happier they become.

So whenever you feel like it’s not your day, here are some ways on how fruits can help boost your mood.

### **Fuel Up with Energetic Papaya**

Not only is papaya a yummy and tasty fruit, it also carries a ton of amino acids, carbohydrates, vitamins, and minerals including calcium, potassium, iron, and vitamins C, E, A, and B complex. Along with these health benefits, you’ll also get a boost in your energy and mood.

Are you going on a road trip? Energize with this [Fiesta Suman](#) recipe.



### **Be Happier with Pineapple**

Ahhh, sweet and refreshing papaya. Did you know that pineapple is a good source of the amino acid tryptophan? It is used by the body to produce serotonin, a mood-enhancing hormone.

Need something to perk you up? Why not try our [Fiesta Mango Salad](#) recipe?



### **Beat the Heat with Coconut and Cherries!<**

Some fruits like cherry and coconut are really yummy and hydrating, especially in this summer heat! What better way to beat that summer slump than with a good dose of instantly refreshing [Fiesta Ice Candy](#) recipe?



### **Add More Color To Make It Fun**

Seeing all these pretty colors—especially when tastefully presented—just makes you giddy and hyper. How about this [Fruit salad recipe](#) for dessert?



With these fruits, it's so easy to live your happiest day, every day! This summer, keep those positive vibes flowing!

**Sources:**

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