

# 5-a-Day for a Better Mood



## Surprising new research shows fruits and vegetables not only nourish your body, they also make you happier.

In a recent British study, about 14,000 adults answered questions about what they ate and their mood. Those who reported feeling down in the dumps were found to eat less than three servings of produce per day. Meanwhile, those who consumed five servings or more of fruits and veggies had the brightest moods.

Health experts recommend at least five to nine servings per day of fruits and veggies.

Create your own mood-boosting shopping list with these picks:

**Peas** (rich in complex carbohydrates). Mix into pasta, stir into salads, or combine with onion, garlic, broth and seasonings for a tasty soup.

**Spinach** (good source of the B vitamin folate). Use as a pizza topping, heat up frozen greens as a side dish, or heat in a pan with chickpeas for a tasty beans-and-greens sauté.

**Bananas** (contain complex carbohydrates and vitamin B-6). Think beyond cereal—try bananas blended into smoothies, sliced lengthwise and topped with frozen yogurt, or even tossed with apples, lettuce and peanuts for an unexpected salad.

## Colorful Edamame Salad

### INGREDIENTS

- 1½ cups shelled edamame
- 4 cups romaine lettuce, washed and coarsely shredded
- 2 cups cherry tomatoes
- 1 cup shredded carrots
- 1 cup sliced cucumber
- ½ cup chopped red onion

### DIRECTIONS

- To cook edamame, bring 3 cups water to a boil. Add shelled edamame and cook four minutes. Drain and rinse with cold running water to cool.
- Combine all other ingredients with the cooked edamame in a large salad bowl. If desired, toss with a low-fat or nonfat dressing of your choice.