



“Our study strengthens the link between diets rich in fruit and vegetables and mental wellbeing,” she added.

“We found that people who have higher fruit and veggie intakes are less stressed than those with lower intakes, which suggests diet plays a key role in mental wellbeing.”

“The findings emphasize that it’s important for people to have a diet rich in fruit and vegetables to potentially minimize stress.”

The results appear in the May 2021 issue of the journal *Clinical Nutrition*.

---

Simone Radavelli-Bagatini *et al.* 2021. Fruit and vegetable intake is inversely associated with perceived stress across the adult lifespan. *Clinical Nutrition* 40 (5): 2860-2867; doi: 10.1016/j.clnu.2021.03.043