Supplemental Tables (A-O) for *Mujcic and Oswald* (2016)

Table A. (Table 1 Redone on Further Data). Life Satisfaction Equations: Fixed-effects Regression Models of Changes in Life Satisfaction on Changes in Fruit and Vegetable Consumption and Covariates, HILDA Survey 2009 and 2013

	Model 1		Model 2		Model 3	
	(no covariate	s)	(partial set of covari	iates)	(full set of covaria	ates)
Independent variable	β	р	β	р	β	р
Fruit and vegetable portions/day	0.04 [0.02, 0.06]	.000	0.04 [0.03, 0.06]	.000	0.04 [0.02, 0.05]	.000
Log of household income			0.01 [-0.03, 0.05]	.682	0.01 [-0.03, 0.05]	.596
Age			-0.02 [-0.05, 0.00]	.082	-0.03 [-0.05, 0.00]	.050
Age-squared/100			0.02 [-0.01, 0.04]	.165	0.02 [0.00, 0.05]	.108
Masters or doctorate			0.04 [-0.30, 0.38]	.810	0.04 [-0.30, 0.38]	.816
Bachelor or honors			-0.14 [-0.49, 0.22]	.444	-0.15 [-0.50, 0.20]	.411
Graduate diploma or certificate			-0.06 [-0.31, 0.19]	.647	-0.06 [-0.31, 0.19]	.643
Advanced diploma			0.10 [-0.14, 0.35]	.421	0.11 [-0.13, 0.35]	.372
Professional qualification			-0.13 [-0.34, 0.08]	.237	-0.12 [-0.33, 0.09]	.254
Year 12 high school			-0.09 [-0.26, 0.07]	.268	-0.07 [-0.24, 0.09]	.396
Full-time student			0.01 [-0.12, 0.14]	.876	0.01 [-0.12, 0.14]	.836
Unemployed			-0.22 [-0.40, -0.04]	.018	-0.22 [-0.40, -0.05]	.014
Not in the labor force			-0.05 [-0.13, 0.04]	.318	-0.05 [-0.14, 0.04]	.276
Married			0.05 [-0.09, 0.19]	.452	0.04 [-0.10, 0.18]	.568
Separated			-0.48 [-0.74, -0.23]	.000	-0.51 [-0.76, -0.26]	.000
Divorced			0.14 [-0.12, 0.40]	.293	0.12 [-0.14, 0.38]	.359
Widowed			0.04 [-0.26, 0.33]	.808	0.02 [-0.27, 0.32]	.875
Long-term health condition			-0.22 [-0.30, -0.15]	.000	-0.22 [-0.30, -0.15]	.000
# children under the age of 4			-0.08 [-0.14, -0.02]	.008	-0.07 [-0.13, -0.02]	.013
# children aged 5-14			-0.04 [-0.09, 0.01]	.142	-0.04 [-0.09, 0.01]	.138
Drink alcohol 2 or 3 days/month					-0.03 [-0.12, 0.07]	.579
Drink alcohol 1 or 2 days/week					-0.05 [-0.14, 0.05]	.321
Drink alcohol 3 or 4 days/week					-0.04 [-0.16, 0.07]	.478
Drink alcohol 5 or 6 days/week					-0.12 [-0.26, 0.02]	.097
Drink alcohol everyday					-0.11 [-0.27, 0.05]	.190
Non-smoker					0.03 [-0.08, 0.14]	.639
Never eat red meat					0.03 [-0.25, 0.32]	.829
Never eat fish					-0.08 [-0.19, 0.02]	.130
Eat breakfast regularly					0.13 [0.06, 0.20]	.001
Drink low fat or skim milk					0.03 [-0.03, 0.09]	.332
Avoid fatty foods					0.01 [-0.05, 0.07]	.817
BMI					0.00 [-0.01, 0.01]	.773
Exercise regularly					0.15 [0.09, 0.20]	.000
Constant	7.76 [7.70, 7.83]	.000	8.41 [7.79, 9.04]	.000	8.38 [7.72, 9.04]	.000
Overall R^2	.02		.03		.04	
Number of individuals	16,242		16,242		16,242	
Number of observations	23,985		23,985		23,985	

Note: Values in parentheses are 95% confidence intervals. Dependent variable is Life Satisfaction [range: 0-10].

Table B. (Table 2 Redone on Further Data) Happiness Equations: Fixed-effects Regression Models of Changes in "Been a Happy Person" on Changes in Fruit and Vegetable Consumption and Covariates, HILDA Survey 2009 and 2013

	Model 1 (no covariates	s)	Model 2 (partial set of cova	riates)	Model 3 (full set of covariates)	
Independent variable	β	р	β	р	β	р
Fruit and vegetable portions/day	0.02 [0.01, 0.04]	.000	0.02 [0.01, 0.04]	.001	0.02 [0.01, 0.03]	.006
Log of household income			-0.01 [-0.03, 0.03]	.790	-0.01 [-0.03, 0.03]	.823
Other covariates included	No		Partial		Full	
Constant	4.33 [4.28, 4.38]	.000	5.04 [4.53, 5.56]	.000	5.06 [4.51, 5.60]	.000
Overall R^2	.01		.01		.02	
Number of individuals	16,206		16,206		16,206	
Number of observations	23,917		23,917		23,917	

Note: Values in parentheses are 95% confidence intervals. Dependent variable is Been a Happy Person [range: 1-6].

Table C. (Full Version of Table B). Happiness Equations: Fixed-effects Regression Models of Changes in "Been a Happy Person" on Changes in Fruit and Vegetable Consumption and Covariates, HILDA Survey 2009 and 2013

	Model 1		Model 2		Model 3	
	(no covariates	5)	(partial set of covari	ates)	(full set of covaria	ites)
Independent variable	β	р	β	р	β	р
Fruit and vegetable portions/day	0.02 [0.01, 0.04]	.000	0.02 [0.01, 0.04]	.001	0.02 [0.01, 0.03]	.006
Log of household income			-0.01 [-0.03, 0.03]	.790	-0.01 [-0.03, 0.03]	.823
Age			-0.02 [-0.04, 0.00]	.068	-0.02 [-0.04, 0.00]	.039
Age-squared/100			0.01 [-0.01, 0.03]	.318	0.01 [-0.01, 0.03]	.205
Masters or doctorate			0.13 [-0.16, 0.42]	.374	0.14 [-0.15, 0.43]	.356
Bachelor or honors			0.00 [-0.27, 0.28]	.985	0.00 [-0.28, 0.28]	.994
Graduate diploma or certificate			0.14 [-0.08, 0.35]	.212	0.14 [-0.08, 0.36]	.219
Advanced diploma			0.13 [-0.10, 0.37]	.262	0.14 [-0.10, 0.37]	.253
Professional qualification			0.07 [-0.10, 0.25]	.422	0.07 [-0.11, 0.25]	.441
Year 12 high school			0.01 [-0.14, 0.15]	.912	0.02 [-0.13, 0.17]	.789
Full-time student			0.09 [-0.03, 0.20]	.154	0.09 [-0.03, 0.21]	.141
Unemployed			0.01 [-0.13, 0.16]	.854	0.01 [-0.14, 0.15]	.899
Not in the labor force			-0.10 [-0.17, -0.03]	.004	-0.11 [-0.18, -0.04]	.003
Married			0.00 [-0.12, 0.11]	.970	0.00 [-0.12, 0.11]	.951
Separated			-0.09 [-0.28, 0.11]	.393	-0.10 [-0.30, 0.09]	.300
Divorced			0.14 [-0.05, 0.34]	.155	0.14 [-0.06, 0.33]	.172
Widowed			0.00 [-0.28, 0.29]	.973	0.00 [-0.28, 0.29]	.989
Long-term health condition			-0.17 [-0.23, -0.11]	.000	-0.17 [-0.23, -0.11]	.000
# children under the age of 4			0.00 [-0.05, 0.05]	.969	0.00 [-0.04, 0.05]	.860
# children aged 5-14			-0.01 [-0.06, 0.03]	.647	-0.01 [-0.06, 0.03]	.648
Drink alcohol 2 or 3 days/month					0.02 [-0.05, 0.09]	.598
Drink alcohol 1 or 2 days/week					-0.02 [-0.10, 0.06]	.607
Drink alcohol 3 or 4 days/week					-0.06 [-0.15, 0.04]	.231
Drink alcohol 5 or 6 days/week					-0.08 [-0.19, 0.03]	.135
Drink alcohol everyday					-0.04 [-0.17, 0.09]	.549
Non-smoker					-0.04 [-0.13, 0.06]	.415
Never eat red meat					0.14 [-0.09, 0.38]	.232
Never eat fish					-0.03 [-0.12, 0.05]	.427
Eat breakfast regularly					0.04 [-0.02, 0.10]	.156
Drink low fat or skim milk					0.00 [-0.05, 0.05]	.921
Avoid fatty foods					0.03 [-0.02, 0.09]	.190
BMI					0.00 [-0.01, 0.01]	.991
Exercise regularly					0.14 [0.09, 0.18]	.000
Constant	4.33 [4.28, 4.38]	.000	5.04 [4.53, 5.56]	.000	5.06 [4.51, 5.60]	.000
Overall <i>R</i> ²	.01		.01		.02	
Number of individuals	16,206		16,206		16,206	
Number of observations	23,917		23,917		23,917	

Note: Values in parentheses are 95% confidence intervals. Dependent variable is Been a Happy Person [range: 1-6].

Variable	Description	Mean	SD	Min	Max
Daily fruit intake	Average number of fruit serves based on weekly intake	1.42	1.15	0	≥5
Daily vegetable intake	Average number of vegetable serves based on weekly intake	2.43	1.34	0	≥5
Weekly fruit intake frequency	Number of days in a usual week that fruit is eaten	5.31	2.17	0	7
Weekly vegetable intake frequency	Number of days in a usual week that vegetables are eaten	5.75	1.55	0	7
Usual fruit intake quantity	On those days, number of fruit serves eaten	1.79	1.07	0	≥5
Usual vegetable intake quantity	On those days, number of vegetable serves eaten	2.89	1.28	0	≥5
Alcohol intake	Drink alcohol: never, no longer, or rarely	0.38	0.48	0	1
(0/1 indicators)	Drink alcohol 2 or 3 days per month	0.12	0.32	0	1
	Drink alcohol 1 or 2 days per week	0.20	0.40	0	1
	Drink alcohol 3 or 4 days per week	0.14	0.35	0	1
	Drink alcohol 5 or 6 days per week	0.09	0.29	0	1
	Drink alcohol everyday	0.08	0.27	0	1
Non-smoker	Do not smoke cigarettes at all	0.80	0.40	0	1
Eat breakfast regularly	Eat breakfast seven times a week	0.70	0.46	0	1
Low fat/skim milk	Drink low fat or skim milk	0.49	0.50	0	1
Avoid fatty foods	Eat fried potatoes, French fries, hot chips or wedges less than once a month	0.26	0.44	0	1
No fish intake	Never eat fresh, frozen, tinned fish, or shellfish	0.11	0.31	0	1
No meat intake	Never eat red meat (beef, veal, lamb, pork)	0.03	0.17	0	1
Regular physical exercise	Exercise at least three times a week per week; moderately to intensively	0.51	0.50	0	1
BMI	Body Mass Index	26.59	5.66	9.6	85.3

Table D. Description of Dietary and Lifestyle Covariates, HILDA Survey 2007 and 2009 (N=12,385)

Note: Average Daily fruit intake = (Weekly fruit intake frequency \times Usual fruit intake quantity) divided by 7 days. Similarly, average Daily vegetable intake = (Weekly vegetable intake frequency \times Usual vegetable intake quantity) divided by 7 days. The Weekly intake frequency and Usual intake quantity variables correspond to the fruit and vegetable intake 'frequency' and 'quantity' survey questions presented in the Methods section. A standard serve (or portion) of fruit is 150 grams. A standard serve of vegetables is 75 grams.

Variable	Description	Mean	SD	Min	Max
Age	Years of age	45.16	17.89	15	93
Age-squared/100	Years of age squared, divided by 100	23.59	17.37	2.25	86.49
Income	Log of equivalized household income	10.15	1.02	0	13.01
Male	= 1 if male, 0 if female	0.47	0.50	0	1
Full-time student	= 1 if full-time student, 0 otherwise	0.07	0.26	0	1
Education level	Masters or doctorate	0.04	0 19	0	1
(0/1 indicators)	Bachelor or honors	0.14	0.34	Ő	1
(0, 1	Grad diploma, grad certificate	0.06	0.23	Õ	1
	Advanced diploma, diploma	0.09	0.29	0	1
	Professional qualification	0.22	0.41	0	1
	(any certificate I, II, III, IV)				
	Year 12	0.15	0.36	0	1
	Year 11 and below	0.30	0.46	0	1
Employment status	Unemployed	0.03	0.16	0	1
(0/1 indicators)	Not in the labor force	0.30	0.46	0	1
	Employed	0.68	0.47	0	1
Marital status	Married	0.51	0.50	0	1
(0/1 indicators)	Separated	0.03	0.18	0	1
	Divorced	0.10	0.29	0	1
	Widowed	0.05	0.22	0	1
Long-term health issues	Have a long-term health condition, disability or impairment: = 1 if yes, 0 otherwise	0.23	0.42	0	1
Number of children	Number of children under the age of 4 Number of children aged 5-14	0.16 0.31	0.48 0.71	0 0	4 6

Table E. Description of Socioeconomic Covariates, HILDA Survey 2007 and 2009 (N=12,385)

Dependent variable: Life satisfaction t+1					
Independent variable	β	t	р		
Fruit and vegetable portions/day t	0.03 [0.01, 0.04]	3.82	.000		
Life satisfaction t	0.48 [0.47, 0.50]	49.31	.000		
Log of household income t	0.03 [0.00, 0.07]	1.78	.075		
Age t	-0.02 [-0.03, -0.01]	3.16	.002		
Age-squared/100 t	0.02 [0.01, 0.03]	3.87	.000		
Male t	0.01 [-0.05, 0.06]	0.20	.845		
Masters or doctorate t	-0.13 [-0.27, 0.01]	1.77	.077		
Bachelor or honors t	-0.08 [-0.20, 0.04]	1.38	.169		
Graduate diploma or certificate t	-0.06 [-0.14, 0.03]	1.21	.225		
Advanced diploma t	-0.12 [-0.21, -0.02]	2.36	.018		
Professional qualification t	-0.06 [-0.13, 0.02]	1.47	.142		
Year 12 high school t	-0.08 [-0.16, 0.00]	1.86	.063		
Full-time student t	0.12 [-0.01, 0.25]	1.75	.080		
Unemployed t	0.03 [-0.15, 0.21]	0.32	.749		
Not in the labor force t	-0.03 [-0.11, 0.05]	0.83	.409		
Married t	0.13 [0.05, 0.21]	3.11	.002		
Separated t	-0.11 [-0.27, 0.05]	1.36	.175		
Divorced t	-0.01 [-0.12, 0.10]	0.15	.881		
Widowed t	0.26 [0.10, 0.41]	3.22	.001		
Long-term health condition t	-0.21 [-0.28, -0.15]	6.28	.000		
# children under the age of 4 $_{\rm t}$	0.01 [-0.05, 0.07]	0.34	.732		
# children aged 5-14 t	-0.03 [-0.07, 0.01]	1.65	.099		
Drink alcohol 2 or 3 days/month t	0.06 [-0.03, 0.14]	1.29	.196		
Drink alcohol 1 or 2 days/week t	0.02 [-0.06, 0.09]	0.43	.665		
Drink alcohol 3 or 4 days/week t	0.04 [-0.04, 0.12]	0.96	.336		
Drink alcohol 5 or 6 days/week t	0.03 [-0.07, 0.13]	0.63	.529		
Drink alcohol everyday t	0.04 [-0.06, 0.14]	0.76	.448		
Non-smoker t	0.08 [0.01, 0.15]	2.19	.029		
Never eat red meat t	-0.13 [-0.28, 0.03]	1.54	.123		
Never eat fish t	0.02 [-0.07, 0.11]	0.43	.665		
Eat breakfast regularly t	0.03 [-0.04, 0.09]	0.85	.397		
Drink low fat or skim milk t	0.05 [-0.01, 0.10]	1.75	.080		
Avoid fatty foods t	0.05 [-0.01, 0.11]	1.65	.098		
BMI t	-0.01 [-0.01, 0.00]	2.79	.005		
Exercise regularly t	0.06 [0.01, 0.11]	2.29	.022		
Constant	3.98 [3.55, 4.41]	18.34	.000		
Adjusted R ²	.31				
Number of observations	7,742				

Table F. (Full Estimation Results for First Part of Table 3) Prospective Analysis of Life Satisfaction: Linear Regression Model of Life Satisfaction on Lagged Fruit and Vegetable Consumption and Covariates, HILDA Survey 2007 (period t) and 2009 (period t+1)

Note: Values in parentheses are 95% confidence intervals. Dependent variable is *Life Satisfaction* [range: 0-10] in period t+1 (year 2009).

Table G. (Full Estimation Results for Table 2) Happiness Equations: Fixed-effects Regression Models of Changes in "Been a Happy Person" on Changes in Fruit and Vegetable Consumption and Covariates, HILDA Survey 2007 and 2009

	Model 1	s)	Model 2 (partial set of covari	ates)	Model 3 (full set of covaria	ates)
Independent variable	β	з) р	β	p	β	p
Fruit and vegetable portions/day	0.02 [0.01, 0.03]	.003	0.02 [0.01, 0.04]	.002	0.02 [0.003, 0.03]	.017
Log of household income			0.02 [-0.02, 0.05]	.369	0.02 [-0.02, 0.05]	.320
Age			-0.01 [-0.05, 0.03]	.736	0.00 [-0.04, 0.04]	.832
Age-squared/100			0.01 [-0.03, 0.05]	.525	0.01 [-0.03, 0.05]	.571
Masters or doctorate			0.10 [-0.41, 0.61]	.697	0.15 [-0.35, 0.65]	.560
Bachelor or honors			-0.13 [-0.53, 0.26]	.507	-0.10 [-0.49, 0.29]	.614
Graduate diploma or certificate			-0.05 [-0.36, 0.27]	.778	-0.01 [-0.32, 0.30]	.942
Advanced diploma			-0.30 [-0.73, 0.13]	.173	-0.30 [-0.74, 0.15]	.190
Professional qualification			0.08 [-0.16, 0.32]	.493	0.08 [-0.16, 0.32]	.511
Year 12 high school			-0.04 [-0.23, 0.15]	.706	-0.01 [-0.20, 0.18]	.891
Full-time student			-0.03 [-0.16, 0.09]	.620	-0.03 [-0.15, 0.10]	.653
Unemployed			0.05 [-0.10, 0.19]	.528	0.05 [-0.10, 0.19]	.519
Not in the labor force			-0.10 [-0.19, -0.02]	.015	-0.11 [-0.19, -0.03]	.010
Married			-0.02 [-0.18, 0.14]	.808	-0.02 [-0.18, 0.14]	.805
Separated			-0.23 [-0.48, 0.03]	.083	-0.24 [-0.49, 0.02]	.069
Divorced			0.01 [-0.27, 0.29]	.942	-0.01 [-0.29, 0.27]	.958
Widowed			-0.14 [-0.47, 0.19]	.405	-0.15 [-0.48, 0.17]	.358
Long-term health condition			-0.07 [-0.13, -0.01]	.024	-0.06 [-0.12, 0.00]	.040
# children under the age of 4			0.03 [-0.03, 0.10]	.321	0.04 [-0.03, 0.11]	.233
# children aged 5-14			0.02 [-0.04, 0.08]	.460	0.03 [-0.03, 0.09]	.339
Drink alcohol 2 or 3 days/month					-0.02 [-0.10, 0.05]	.570
Drink alcohol 1 or 2 days/week					-0.05 [-0.14, 0.04]	.244
Drink alcohol 3 or 4 days/week					-0.07 [-0.17, 0.04]	.209
Drink alcohol 5 or 6 days/week					-0.04 [-0.16, 0.08]	.516
Drink alcohol everyday					0.03 [-0.12, 0.18]	.673
Non-smoker					0.01 [-0.09, 0.12]	.776
Never eat red meat					-0.02 [-0.27, 0.24]	.907
Never eat fish					0.05 [-0.04, 0.14]	.250
Eat breakfast regularly					0.12 [0.05, 0.18]	.000
Drink low fat or skim milk					-0.01 [-0.07, 0.05]	.776
Avoid fatty foods					0.00 [-0.05, 0.05]	.935
BMI					-0.01 [-0.02, 0.00]	.009
Exercise regularly					0.14 [0.10, 0.19]	.000
Constant	4.35 [4.30, 4.40]	.000	4.29 [3.40, 5.17]	.000	4.31 [3.42, 5.20]	.000
Overall R^2	.02		.01		.03	
Number of individuals	12,360		12,360		12,360	
Number of observations	20,054		20,054		20,054	

Note: Values in parentheses are 95% confidence intervals. Dependent variable is Been a Happy Person [range: 1-6].

Dependent variable: Been a happy person t+1			
Independent variable	β	t	р
Fruit and vegetable portions/day t	0.02 [0.01, 0.03]	3.97	.000
Been a happy person t	0.45 [0.43, 0.47]	44.26	.000
Log of household income t	0.03 [0.00, 0.05]	1.84	.066
Age t	-0.01 [-0.02, 0.00]	2.93	.003
Age-squared/100 t	0.01 [0.00, 0.02]	2.87	.004
Male t	0.01 [-0.04, 0.05]	0.23	.822
Masters or doctorate t	-0.01 [-0.12, 0.10]	0.21	.833
Bachelor or honors t	-0.03 [-0.13, 0.06]	0.65	.514
Graduate diploma or certificate t	-0.02 [-0.09, 0.05]	0.57	.569
Advanced diploma t	0.00 [-0.08, 0.07]	0.08	.936
Professional qualification t	-0.04 [-0.10, 0.02]	1.35	.176
Year 12 high school t	-0.02 [-0.09, 0.05]	0.58	.560
Full-time student t	-0.02 [-0.12, 0.08]	0.32	.745
Unemployed t	-0.21 [-0.35, -0.07]	2.87	.004
Not in the labor force t	-0.02 [-0.08, 0.04]	0.56	.572
Married t	0.10 [0.03, 0.16]	2.87	.004
Separated t	0.09 [-0.03, 0.22]	1.41	.157
Divorced t	0.09 [0.00, 0.18]	1.96	.050
Widowed t	0.31 [0.19, 0.43]	4.97	.000
Long-term health condition t	-0.24 [-0.29, -0.19]	8.96	.000
# children under the age of 4 $_{\rm t}$	-0.03 [-0.08, 0.01]	1.39	.165
# children aged 5-14 t	-0.03 [-0.06, 0.00]	1.93	.054
Drink alcohol 2 or 3 days/month t	0.04 [-0.02, 0.11]	1.27	.206
Drink alcohol 1 or 2 days/week t	0.11 [0.05, 0.17]	3.71	.000
Drink alcohol 3 or 4 days/week t	0.06 [0.00, 0.12]	1.83	.067
Drink alcohol 5 or 6 days/week t	0.13 [0.05, 0.20]	3.25	.001
Drink alcohol everyday t	0.03 [-0.05, 0.11]	0.72	.473
Non-smoker t	0.03 [-0.02, 0.09]	1.23	.217
Never eat red meat t	-0.01 [-0.13, 0.12]	0.13	.899
Never eat fish t	-0.03 [-0.10, 0.04]	0.77	.441
Eat breakfast regularly t	0.02 [-0.03, 0.07]	0.65	.516
Drink low fat or skim milk t	-0.01 [-0.05, 0.03]	0.52	.604
Avoid fatty foods t	0.03 [-0.02, 0.08]	1.08	.279
BMI t	0.00 [-0.01, 0.00]	1.78	.074
Exercise regularly t	0.06 [0.01, 0.10]	2.66	.008
Constant	2.36 [2.04, 2.68]	14.40	.000
Adjusted R ²	.26		
Number of observations	7,694		

Table H. (Full Estimation Results for Second Part of Table 3) Prospective Analysis of Happiness: Linear Regression Model of "Been a Happy Person" on Lagged Fruit and Vegetable Consumption and Covariates, HILDA Survey 2007 (period t) and 2009 (period t+1)

Note: Values in parentheses are 95% confidence intervals. Dependent variable is *Been a Happy Person* [range: 1-6] in period t+1 (year 2009).

Dependent variable: Fruit and vegetable consumption t+1			
Independent variable	β	t	р
Life satisfaction t	-0.003 [-0.03, 0.02]	0.22	.827
Fruit and vegetable portions/day t	0.55 [0.53, 0.57]	57.23	.000
Log of household income t	0.01 [-0.04, 0.06]	0.33	.739
Age t	0.02 [0.01, 0.04]	3.11	.002
Age-squared/100 t	-0.01 [-0.03, 0.00]	1.37	.170
Male t	-0.16 [-0.24, -0.09]	4.16	.000
Masters or doctorate t	0.20 [0.01, 0.39]	2.07	.038
Bachelor or honors t	0.29 [0.13, 0.46]	3.54	.000
Graduate diploma or certificate t	0.19 [0.07, 0.31]	3.02	.003
Advanced diploma t	0.19 [0.06, 0.32]	2.79	.005
Professional qualification t	0.15 [0.05, 0.25]	2.87	.004
Year 12 high school t	0.12 [0.00, 0.23]	2.02	.043
Full-time student t	0.27 [0.10, 0.45]	3.06	.002
Unemployed t	0.01 [-0.23, 0.26]	0.08	.934
Not in the labor force t	-0.03 [-0.13, 0.08]	0.54	.591
Married t	0.04 [-0.07, 0.15]	0.67	.500
Separated t	-0.18 [-0.40, 0.04]	1.61	.107
Divorced t	-0.10 [-0.25, 0.06]	1.24	.216
Widowed t	-0.12 [-0.33, 0.09]	1.13	.259
Long-term health condition t	0.02 [-0.07, 0.11]	0.52	.605
# children under the age of 4 t	-0.04 [-0.11, 0.04]	0.92	.360
# children aged 5-14 t	-0.02 [-0.07, 0.04]	0.61	.541
Drink alcohol 2 or 3 days/month t	-0.02 [-0.14, 0.10]	0.29	.772
Drink alcohol 1 or 2 days/week t	-0.02 [-0.12, 0.09]	0.29	.769
Drink alcohol 3 or 4 days/week t	0.01 [-0.10, 0.12]	0.25	.806
Drink alcohol 5 or 6 days/week t	0.05 [-0.08, 0.18]	0.70	.484
Drink alcohol everyday t	0.03 [-0.11, 0.17]	0.42	.678
Non-smoker t	0.25 [0.16, 0.35]	5.20	.000
Never eat red meat t	0.09 [-0.13, 0.30]	0.81	.419
Never eat fish t	-0.19 [-0.31, -0.07]	3.10	.002
Eat breakfast regularly t	0.19 [0.10, 0.27]	4.31	.000
Drink low fat or skim milk t	0.01 [-0.06, 0.08]	0.31	.758
Avoid fatty foods t	0.15 [0.06, 0.23]	3.48	.001
BMI t	0.00 [-0.01, 0.01]	0.06	.951
Exercise regularly t	0.21 [0.13, 0.28]	5.63	.000
Constant	0.40 [-0.18, 0.97]	1.35	.177
Adjusted R ²	4	2	
Number of observations	7.7	42	

Table I. Granger Causality Test: Linear Regression Model of Fruit and Vegetable Consumption on Lagged Life Satisfaction and Covariates, HILDA Survey 2007 (period t) and 2009 (period t+1)

Note: Values in parentheses are 95% confidence intervals. Dependent variable is *Fruit and Vegetable Consumption* (portions per day) in period t+1 (year 2009). It should be noted that Granger causality examines how an outcome variable of interest is correlated with lagged values of the same variable (from previous periods) as well as lagged values of other explanatory variables. This method is analogous to prospective analysis, but is not equivalent to identifying the true causal effect of one variable on another (where, for example, a change in the variable X strictly leads to a change in the variable Y).

Dependent variable: Fruit and vegetable consumption t+1			
Independent variable	β	t	р
Been a happy person t	0.03 [-0.01, 0.06]	1.63	.104
Fruit and vegetable portions/day t	0.55 [0.53, 0.57]	56.72	.000
Log of household income t	0.01 [-0.04, 0.05]	0.22	.826
Age t	0.02 [0.01, 0.04]	3.29	.001
Age-squared/100 t	-0.01 [-0.03, 0.00]	1.61	.108
Male t	-0.17 [-0.24, -0.09]	4.20	.000
Masters or doctorate t	0.21 [0.02, 0.40]	2.17	.030
Bachelor or honors t	0.30 [0.14, 0.47]	3.66	.000
Graduate diploma or certificate t	0.20 [0.08, 0.32]	3.18	.001
Advanced diploma t	0.19 [0.06, 0.32]	2.81	.005
Professional qualification t	0.16 [0.05, 0.26]	2.99	.003
Year 12 high school t	0.12 [0.01, 0.24]	2.07	.039
Full-time student t	0.27 [0.10, 0.45]	3.06	.002
Unemployed t	0.03 [-0.22, 0.27]	0.23	.822
Not in the labor force t	-0.02 [-0.13, 0.08]	0.46	.644
Married t	0.05 [-0.06, 0.16]	0.88	.379
Separated t	-0.17 [-0.39, 0.05]	1.53	.126
Divorced t	-0.09 [-0.24, 0.06]	1.17	.242
Widowed t	-0.10 [-0.31, 0.11]	0.95	.344
Long-term health condition t	0.04 [-0.05, 0.14]	0.97	.333
# children under the age of 4 t	-0.04 [-0.12, 0.04]	0.98	.325
# children aged 5-14 t	-0.02 [-0.07, 0.04]	0.62	.534
Drink alcohol 2 or 3 days/month t	-0.01 [-0.13, 0.11]	0.21	.831
Drink alcohol 1 or 2 days/week t	-0.01 [-0.12, 0.09]	0.27	.787
Drink alcohol 3 or 4 days/week t	0.01 [-0.10, 0.12]	0.19	.849
Drink alcohol 5 or 6 days/week t	0.04 [-0.09, 0.17]	0.62	.533
Drink alcohol everyday t	0.02 [-0.11, 0.16]	0.33	.740
Non-smoker t	0.24 [0.15, 0.34]	4.97	.000
Never eat red meat t	0.10 [-0.12, 0.31]	0.87	.386
Never eat fish t	-0.20 [-0.32, -0.08]	3.27	.001
Eat breakfast regularly t	0.18 [0.10, 0.27]	4.19	.000
Drink low fat or skim milk t	0.01 [-0.06, 0.08]	0.25	.801
Avoid fatty foods t	0.15 [0.07, 0.23]	3.49	.000
BMI t	0.00 [-0.01, 0.01]	0.05	.957
Exercise regularly t	0.20 [0.13, 0.28]	5.50	.000
Constant	0.27 [-0.29, 0.82]	0.93	.350
Adjusted R^2	.42		
Number of observations	7,694		

Table J. Granger Causality Test: Linear Regression Model of Fruit and Vegetable Consumption on Lagged "Been a Happy Person" and Covariates, HILDA Survey 2007 (period t) and 2009 (period t+1)

Note: Values in parentheses are 95% confidence intervals. Dependent variable is *Fruit and Vegetable Consumption* (portions per day) in period t+1 (year 2009). It should be noted that Granger causality examines how an outcome variable of interest is correlated with lagged values of the same variable (from previous periods) as well as lagged values of other explanatory variables. This method is analogous to prospective analysis, but is not equivalent to identifying the true causal effect of one variable on another (where, for example, a change in the variable X strictly leads to a change in the variable Y).

Table K. Additional Life Satisfaction Equations: Instrumental-Variables Regression Models of Life Satisfaction using 'Intensity of Go for 2&5 Campaign' as an Instrument for Fruit and Vegetable Consumption, HILDA Survey 2013

	Model 1 (no covariates))	Model 2 (partial set of cova	riates)	Model 3 (full set of covar	
Independent variable	β	р	β	р	β	р
Fruit and vegetable portions/day	0.10 [-0.93, 1.13]	.852	0.33 [-0.26, 0.92]	.276	0.31 [-0.24, 0.85]	.270
Log of household income			0.02 [-0.01, 0.05]	.165	0.02 [-0.01, 0.05]	.248
Other covariates included	No		Partial		Full	
Constant	7.56 [3.73, 11.39]	.000	7.83 [5.76, 9.90]	.000	7.88 [6.46, 9.30]	.000
Number of observations	13,788		13,788		13,788	

Note: Values in parentheses are 95% confidence intervals. Dependent variable is *Life Satisfaction* [range: 0-10]. The first-stage equations can be found in Table L.

Table L. First-Stage Regressions for Instrumented Life Satisfaction Equations in Table K: Regression Model of Fruit and Vegetable Consumption on 'Intensity of Go for 2&5 Campaign', HILDA Survey 2013

	Model 1 (no covariates))	Model 2 (partial set of cova	riates)	Model 3 (full set of covariates	
Independent variable	β	р	β	р	β	р
Intensity of campaign	0.01 [-0.003, 0.02]	.176	0.01 [0.003, 0.02]	.012	0.02 [0.01, 0.03]	.005
Log of household income			-0.01 [-0.05, 0.03]	.562	-0.03 [-0.07, 0.01]	.084
Other covariates included	No		Partial		Full	
Constant	3.68 [3.64, 3.73]	.000	3.40 [2.98, 3.83]	.000	2.51 [2.09, 2.94]	.000
First-stage F-statistic	1.83		6.31		8.05	
Number of observations	13,788		13,788		13,788	

Note: Values in parentheses are 95% confidence intervals. Dependent variable is *Fruit and Vegetable Consumption* (portions per day). First-stage *F*-statistic relates to a test of weak instruments, with a commonly suggested cutoff point of 10 for a strong instrument.

Table M. Additional Happiness Equations: Instrumental-Variables Regression Models of "Been a Happy Person" using 'Intensity of Go for 2&5 Campaign' as an Instrument for Fruit and Vegetable Consumption, HILDA Survey 2013

	Model 1 (no covariates)		Model 2 (partial set of covariates)		Model 3 (full set of covariates)	
Independent variable	β	р	β	р	β	р
Fruit and vegetable portions/day	-0.38 [-1.39, 0.62]	.453	-0.00 [-0.43, 0.43]	.999	0.02 [-0.37, 0.42]	.907
Log of household income			0.01 [-0.01, 0.03]	.317	0.01 [-0.01, 0.03]	.439
Other covariates included	No		Partial		Full	
Constant	5.83 [2.12, 9.55]	.002	5.02 [3.52, 6.52]	.000	4.73 [3.70, 5.77]	.000
Number of observations	13,748		13,748		13,748	

Note: Values in parentheses are 95% confidence intervals. Dependent variable is *Been a happy person* [range: 1-6]. The first-stage equations can be found in Table N.

Table N. First-Stage Regressions for Inst	trumented Happiness Equa	ations in Table M: Regression Model
of Fruit and Vegetable Consumption on '	Intensity of Go for 2&5 C	ampaign', HILDA Survey 2013

	Model 1 (no covariates)		Model 2 (partial set of covariates)		Model 3 (full set of covariates)	
Independent variable	β	р	β	р	β	р
Intensity of campaign	0.01 [-0.003, 0.02]	.169	0.01 [0.003, 0.02]	.011	0.02 [0.01, 0.03]	.004
Log of household income			-0.01 [-0.05, 0.03]	.541	-0.03 [-0.07, 0.01]	.078
Other covariates included	No		Partial		Full	
Constant	3.68 [3.64, 3.73]	.000	3.40 [2.98, 3.82]	.000	2.51 [2.08, 2.93]	.000
First-stage F-statistic	1.89		6.50		8.27	
Number of observations	13,748		13,748		13,748	

Note: Values in parentheses are 95% confidence intervals. Dependent variable is *Fruit and Vegetable Consumption* (portions per day). First-stage F-statistic relates to a test of weak instruments, with a commonly suggested cutoff point of 10 for a strong instrument.

Table O. Life Satisfaction Equation Robustness Test: Fixed-effects Regression Model of Changes in Life Satisfaction on Changes in Fruit and Vegetable Consumption and Covariates (including Self-reported Health), HILDA Survey 2007 and 2009

Dependent variable: Life satisfaction				
Independent variable	β	t	р	
Fruit and vegetable portions/day	0.02 [0.01, 0.03]	1.99	.047	
Self-reported health	0.29 [0.25, 0.34]	12.22	.000	
Log of household income	0.02 [-0.03, 0.06]	0.72	.468	
Age	-0.03 [-0.07, 0.02]	-1.01	.314	
Age-squared/100	0.02 [-0.02, 0.07]	1.00	.318	
Masters or doctorate	-0.22 [-0.78, 0.33]	-0.79	.428	
Bachelor or honors	0.10 [-0.32, 0.52]	0.49	.627	
Graduate diploma or certificate	-0.05 [-0.39, 0.29]	-0.29	.770	
Advanced diploma	-0.01 [-0.40, 0.37]	-0.08	.939	
Professional qualification	0.02 [-0.26, 0.30]	0.13	.896	
Year 12 high school	-0.12 [-0.31, 0.08]	-1.19	.236	
Full-time student	-0.01 [-0.16, 0.13]	-0.16	.872	
Unemployed	-0.24 [-0.46, -0.02]	-2.11	.035	
Not in the labor force	-0.03 [-0.14, 0.08]	-0.48	.632	
Married	0.01 [-0.16, 0.17]	0.09	.930	
Separated	-0.55 [-0.86, -0.23	-3.40	.001	
Divorced	-0.35 [-0.66, -0.04]	-2.22	.026	
Widowed	-0.54 [-1.09, 0.02]	-1.88	.060	
Long-term health condition	-0.09 [-0.16, -0.02]	-2.38	.017	
# children under the age of 4	0.01 [-0.08, 0.09]	0.13	.895	
# children aged 5-14	0.07 [-0.01, 0.15]	1.61	.107	
Drink alcohol 2 or 3 days/month	-0.01 [-0.11, 0.08]	-0.26	.794	
Drink alcohol 1 or 2 days/week	0.00 [-0.12, 0.11]	-0.06	.953	
Drink alcohol 3 or 4 days/week	-0.05 [-0.18, 0.09]	-0.67	.500	
Drink alcohol 5 or 6 days/week	-0.06 [-0.22, 0.10]	-0.76	.450	
Drink alcohol everyday	-0.17 [-0.37, 0.03]	-1.67	.095	
Non-smoker	0.04 [-0.09, 0.16]	0.61	.541	
Never eat red meat	0.17 [-0.18, 0.52]	0.94	.346	
Never eat fish	-0.08 [-0.18, 0.03]	-1.37	.171	
Eat breakfast regularly	0.10 [0.02, 0.17]	2.54	.011	
Drink low fat or skim milk	-0.04 [-0.11, 0.04]	-0.97	.332	
Avoid fatty foods	-0.05 [-0.12, 0.01]	-1.54	.124	
BMI	0.01 [0.00, 0.02]	2.12	.034	
Exercise regularly	0.05 [-0.01, 0.10]	1.72	.086	
Constant	7.09 [5.99, 8.20]	12.57	.000	
Overall <i>R</i> ²	.09			
Number of individuals	12,288			
Number of observations	19,778			

Note: Values in parentheses are 95% confidence intervals. Dependent variable is *Life Satisfaction* [range: 0-10]. For the self-reported health measure (covariate), individuals in the HILDA Survey were asked: "*In general, would you say your health is: Excellent, Very Good, Good, Fair, or Poor*". The resulting response distribution was as follows: 3% (Poor); 12.8% (Fair); 35.2% (Good); 36.8% (Very Good); 12.1% (Excellent). In the analysis above, these individual responses are coded from 1 (Poor) to 5 (Excellent), with the average reported score being 3.42 out of 5.