

Yalda is the symbol of brightness and light.

Yalda means birth and it refers to the birth of Mitra, the goddess of light.

As days get longer and nights get shorter in winter, **Iranians celebrate** the victory of brightness (Goodness) over darkness (Demon/Ahriman).

Nuts are the symbol of blessing.

Watermelon is the symbol of health.

Pomegranate is the symbol of wellness and fertility.

Sweets are the symbol happiness.

Watermelon and pomegranate represent the Sun because of their red colours.

A lamp is a symbol of light.

The main fruit served in Yalda is pomegranate **because** it was considered a symbol of fertility for its numerous seeds; also the red color symbolizes the sun and happiness.

The dominant color of Yalda night is red. Red represents the glow of life.