

Kiwifruit daily can improve mood and energy

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Eating two kiwifruit a day can improve a person's mood and give them extra energy, new research from the University of Otago, Christchurch (UOC) shows.

Over a six-week period, normally-healthy young men either ate two kiwifruit a day or half a kiwifruit daily as part of a research study into the potential mood-enhancing effects of the fruit.

Researchers found those eating two kiwifruit daily experienced significantly less [fatigue](#) and depression than the other group. They also felt they had more energy. These changes appeared to be related to the optimising of [vitamin C](#) intake with the two kiwifruit dose. Kiwifruit are an exceptional source of vitamin C.

The findings were published recently in the *Journal of Nutritional Science*. The study was carried out with 54 young male [university students](#) who generally eat little fresh fruit and whose vitamin C levels are lower than desirable due to this.

Professor Margreet Vissers and her team from the UOC's Centre for Free Radical Research are involved in a large on-going study to better understand the critical role of vitamin C in the [human body](#).

Professor Vissers says "the two kiwifruit per day ensured that the study group's vitamin C levels were optimal, and this was needed to see an effect on mood and energy. The amount of vitamin C required for this is higher than the current recommended intake. Our study provides good

evidence to support the view that there are measurable [health benefits](#) to be obtained from eating a good amount of fruit and vegetables daily. For best benefit, it is important to include high vitamin C foods in your daily diet."

Vitamin C helps activate a number of enzymes in the body that enhance the levels of [metabolic energy](#) and different neurochemicals in the brain, Professor Vissers says. This means taking in more vitamin C could decrease feelings of fatigue and increase physical and mental energy.

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Provided by University of Otago

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