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By Tom Joyce

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Kiwifruit boosts mood and energy

A study from the University of Otago has demonstrated the positive effects of kiwifruit's high vitamin C content



Consuming two kiwifruit a day can improve one's mood and boost energy levels, according to research from the University of Otago, Christchurch (UOC), in New Zealand.

Over a six-week period, 54 young male university students ate either two kiwifruit or half a kiwifruit a day as part of the study.

Those that ate two kiwifruit experienced significantly less fatigue and depression

than the other group, according to the findings, which were published in the *Journal of Nutritional Science*.

The UOC's professor Margreet Vissers, who led the study, commented: "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."

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