



**KINETIC ENERGY**



# **Energizing Fruits To Power Your Workout**

Discover the benefits of eight energy-boosting fruits

---

[kineticwellbeing.co.uk](https://kineticwellbeing.co.uk)





## 8. Watermelon

---

**Watermelon is low in calories, containing only 46 kcal per cup (152 grams). Apart from having 92% water, they provide various energy-boosting nutrients like potassium, magnesium, vitamin A, B6, and C.**

Studies have shown that a daily serving may help improve exercise performance and boost your energy levels by up to 23%.





## 7. Dates

**Dates are nice and chewy with a sweet flavor and are a popular sugar replacement in baking.**

Dates contain several vitamins and minerals, in addition to fiber and antioxidants. Fiber is highly beneficial for blood sugar control. It slows digestion and helps prevent blood sugar levels from spiking after eating.

Dates also contain a significant amount of vitamin B, which helps manage the process that converts food to energy.

It's important to note that dates are high in calories and best consumed in moderation.



## 6. Oranges

---

**Oranges are not only famous for their moderate amount of vitamin C but also as a high-energy food.**

The carbohydrates in oranges will provide you with both fuel and stamina.

Eating orange slices before and after a workout will replenish your energy levels and keep you hydrated.



## 5. Strawberries

---

**Strawberries are not only super delicious and refreshing but also fight inflammation, stress, and fatigue.**

They contain many complex carbohydrates, sugar, and fiber that keep your energy level steady.

They also contain phenols, essential antioxidants that help the body create energy.

Strawberries also contain a compound called nitrate. Studies have shown that nitrates can increase blood and oxygen flow to the muscles by 7%.

That means strawberries can help prevent muscle fatigue, making exercise easier.





## 4. Apples

---

*"An apple a day keeps the doctor away."*

This saying is both famous and accurate. A study has shown that an apple a day leads to a 28% reduced risk of diabetes.

Apples are high in fiber and low in calories, providing a sufficient energy level and vitamin C, potassium, and antioxidants.

They may also help improve heart health and lower cholesterol.



### 3. Goji Berries

---

**Goji berries have become wildly popular in the last couple of years because they are rich in vitamin A and C and selenium.**

They also contain a tremendous amount of copper, iron, and zinc, critical for producing energy. The small berries work as a stable energy source.

You will avoid fast energy spikes and sugar crashes that you can expect after eating artificial sweets and candy.





## 2. Avocados

---

Avocados are smooth, creamy, and filling fruits used in many kitchens worldwide because of their high nutrients and antioxidants, such as fiber, magnesium, potassium, iron, vitamin A, C, E, K, and B.

Many studies show that the combination of nutrients may increase and sustain your energy level throughout the day.

Because of their high level of omega-3, avocados often get looked at as fatty and greasy fruit. But this kind of fat has proven benefits for cholesterol reduction.



# 1. Bananas

---

**Bananas are the number one energizing fruit. Rich in sugars and starches, they release energy slowly over a long period. That means you will maintain a high energy level during exercise.**

Apart from being very energizing, bananas contain many nutrients like potassium, which helps regulate muscle contractions that benefit endurance sports.

One medium-sized banana contains 33% of the recommended daily intake of vitamin B6. That helps your body to turn food into usable energy.

And finally, bananas are full of antioxidants that help keep all cells in your body in good working order.

A woman with brown hair and eyes is holding a large, thick slice of watermelon in front of her face, partially obscuring it. The watermelon is bright red with black seeds and a green rind. The background is a soft-focus outdoor setting with green foliage and a blue sky.

## Bottom Line

---

**Eating fruits will give you energy throughout your entire workout session and improve your performance.**

Choose the fruit you like the most, and eat it raw or blitz it into a delicious smoothie.

Try this quick-fire smoothie recipe:

**1 x banana,  
1 x orange,  
a handful of spinach,  
2 x scoops of protein powder,  
Blitz it all together, topped with goji berries.**

**— Enjoy**





# References

Bananas as an Energy Source during Exercise: A Metabolomics Approach. David C. Nieman, Nicholas D. Gillitt, Dru A. Henson, Wei Sha, R. Andrew Shanely,, Amy M. Knab, Lynn Cialdella-Kam, and Fuxia Jin

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3355124/>

Hass Avocado Composition and Potential Health Effects. Mark L. Dreher and Adrienne J. Davenport

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3664913/>

The effects of Lycium barbarum L. (*L. barbarum*) on cardiometabolic risk factors: a meta-analysis of randomized controlled trials. Xiao-Fei Guo, Zi-Hao Li, Huizhen Cai, Duo Li

<https://pubmed.ncbi.nlm.nih.gov/28401234/>

Apples and cardiovascular health--is the gut microbiota a core consideration? Athanasios Koutsos, Kieran M Tuohy, Julie A Lovegrove

<https://pubmed.ncbi.nlm.nih.gov/26016654/>

Strawberry as a health promoter: an evidence based review. Francesca Giampieri, Tamara Y Forbes-Hernandez, Massimiliano Gasparrini, José M Alvarez-Suarez, Sadia Afrin, Stefano Bompadre, José L Quiles, Bruno Mezzetti, Maurizio Battino

<https://pubmed.ncbi.nlm.nih.gov/25803191/>

Associations of Dietary Flavonoids with Risk of Type 2 Diabetes, and Markers of Insulin Resistance and Systemic Inflammation in Women: A Prospective Study and Cross-Sectional Analysis. Yiqing Song, JoAnn E. Manson, Julie E. Buring, Howard D. Sesso, & Simin Liu

<https://www.tandfonline.com/doi/abs/10.1080/07315724.2005.10719488>

Therapeutic effects of date fruits (*Phoenix dactylifera*) in the prevention of diseases via modulation of anti-inflammatory, anti-oxidant and anti-tumour activity. Arshad H Rahmani, Salah M Aly, Habeeb Ali, Ali Y Babiker, Sauda Srikar, and Amjad A Khan

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3992385/>

Impact of palm date consumption on microbiota growth and large intestinal health: a randomised, controlled, cross-over, human intervention study. Noura Eid, Hristina Osmanova, Cecile Natchez, Gemma Walton, Adele Costabile, Glenn Gibson, Ian Rowland, Jeremy P E Spencer

<https://pubmed.ncbi.nlm.nih.gov/26428278/>

The effect of l-citrulline and watermelon juice supplementation on anaerobic and aerobic exercise performance.

Paul T Cutrufello, Stephen J Gadomski, Gerald S Zavorsky

<https://pubmed.ncbi.nlm.nih.gov/25517106/>

Comparison of Watermelon and Carbohydrate Beverage on Exercise-Induced Alterations in Systemic Inflammation, Immune Dysfunction, and Plasma Antioxidant Capacity. R Andrew Shanely, David C Nieman, Penelope Perkins-Veazie, Dru A Henson, Mary P Meaney, Amy M Knab, Lynn Cialdell-Kam

<https://pubmed.ncbi.nlm.nih.gov/27556488/>

Exercise and the Timing of Snack Choice: Healthy Snack Choice is Reduced in the Post-Exercise State. Christopher R Gustafson, Nigina Rakhmatullaeva, Safiya E Beckford, Ajai Ammachathram, Alexander Cristobal, Karsten Koehler

<https://pubmed.ncbi.nlm.nih.gov/30544508/>

<https://ods.od.nih.gov/factsheets/VitaminB6-HealthProfessional/>

<https://fdc.nal.usda.gov/fdc-app.html#/food-details/167765/nutrients>