

Influence of fulfilled daily requirements for micronutrients and phytonutrients on the quality of life and successfulness in fulfilment of everyday activities

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Ignoring the importance of eating habits as a key factor of a healthy lifestyle and efficiency in everyday work is a concerning situation. Nowadays, we witness that there is an obvious aberrance of that which is conceived as good and healthy in theory from its implementation in everyday life. In this research the goal was to explore the influence of a fulfilled daily requirement for micronutrients and phytonutrients on the quality of life and successfulness in fulfilling everyday activities.

We followed 80 students from 19-24 years of age for three months. All students were examined before and after the research period with a standard assessment poll which is focused on self-assessment of efficiency of fulfilling everyday activities and quality of life. Group under research has been given a task to drink daily a 5 dl beverage which was made of one beetroot, one carrot, one apple, 15 g of blueberries and 50 g of fresh spinach. Such a beverage should fulfil the basic daily requirement for all micronutrients and phytonutrients.

The results show statistically significant lowering in the feeling of tiredness (from 30 to 7%). There is a statistically significant lowering in the number of students which had their mood lowered for a majority of time (from 15 to 6%). Statistical significance is shown in the number of students that have enough energy for extracurricular activities (from 5 to 36%). Staggeringly significantly lowered are the results concerning mental functions; the number of people which have problems with maintaining concentration (from 21 to 3%) and those that stated they have difficulty in concentration most of the time (from 27 to 8%).

It appears that an adequate amount of fruit and vegetables has influence on certain aspects of everyday functioning and successfulness in fulfilling everyday activities and activities that require mental strain.

Keywords: nutrition, micronutrients, quality of life

[HTTP://DX.DOI.ORG/10.17486/GYR.3.2230](http://dx.doi.org/10.17486/GYR.3.2230)