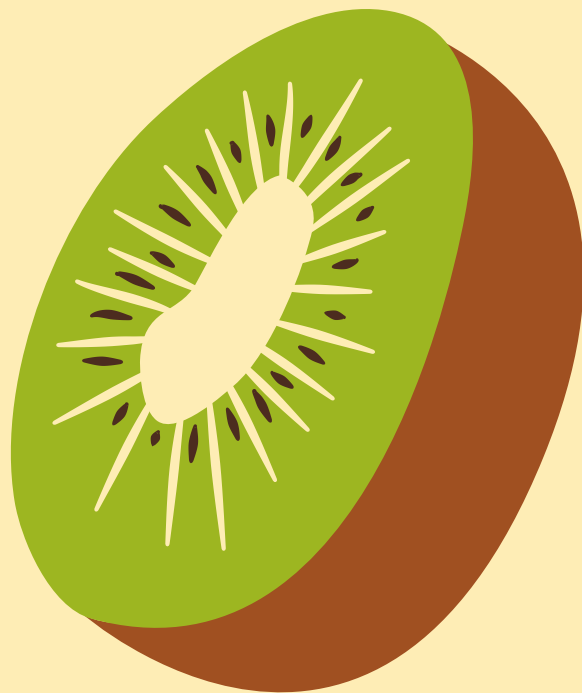


# KIWI

## A FUNCTIONAL FOOD



### NUTRITION FACTS:

- 64 calories per kiwi
- 14 g of carbs
- 3 g of fiber
- 83% of the Vit. C daily value
- 34% of the Vit. K daily value

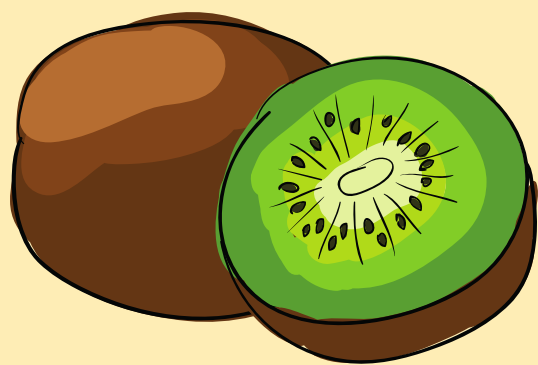
### ORIGIN

- Kiwi originates in China and it was originally called Yang Tao
- Missionaries brought it to New Zealand where it received the name kiwi.



### BENEFITS

- Healthier skin due to high vitamin C content
- Improved sleep due to serotonin content in kiwi
- All the minerals and vitamins support heart health
- A recommended food during pregnancy due to folate content
- Increases bone health



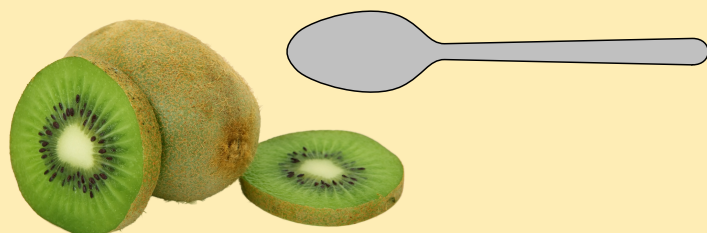
### FUN FACTS:

- Kiwi is used as a face mask because of its exfoliation. properties
- There are 5 different kiwi species
- Kiwi was named after the kiwi bird



### HOW TO EAT:

"Just cut in half with a knife and scoop out the flesh with a spoon! Some people prefer to peel the kiwi first and then slice it. But, the easiest way to enjoy your kiwifruit would be to leave the skins on."



### RECIPE: FRUIT SALAD



- 2 cups cubed fresh pineapple
- 2 cups strawberries, hulled and sliced
- 3 kiwi fruit, peeled and sliced
- 3 bananas, sliced
- 2 oranges, peeled and sectioned
- 1 cup seedless grapes
- 2 cups blueberries

By: **MT**

CATHERINE HUDDLESTON

<https://www.healthline.com/nutrition/kiwi-benefits>  
<https://www.zespri.com/en-US/blogdetail/can-i-eat-the-skin-of-kiwifruit>  
<https://justfunfacts.com/interesting-facts-about-kiwifruit/>  
<https://www.medicalnewstoday.com/articles/271232#nutrition>