



# Kiwi

## Health Benefits of Kiwi (kiwifruit)

Green or yellow kiwifruit are best known for their high vitamin C, their role in digestive health and capacity to lower cholesterol and blood pressure for heart health. They are sweet but low in sugar.

### **1 medium kiwi provides:**

- 42 Calories, 1 gm protein, 2 gm fiber, .4 gm fat, no cholesterol

### **Potential benefits of consuming kiwifruit:**

- Excellent source of vit C which fights free radicals, builds collagen for healthy skin, improves immunity & aids iron absorption
- More antioxidants include vitamins E, K, beta-carotene & selenium
- Rich in B vitamins, especially folate, and 10 minerals including potassium which lowers blood pressure and supports heart health
- Fiber feeds healthy gut bacteria which produce compounds that protect against inflammation, heart disease & diabetes
- Unique combination of nutrients improve digestion & sleep
- Skins of yellow kiwi are edible and increase vit E, folate & fiber

For more Healthy Bytes Initiative information, visit:  
[www.advancedhealth.com/healthy-bytes-initiative](http://www.advancedhealth.com/healthy-bytes-initiative)

Brought to you by Oregon State University  
Extension Family & Community Health



**Oregon State**  
University