

[www.advancedhealth.com/healthy-bytes-initiative](http://www.advancedhealth.com/healthy-bytes-initiative)



- 42 Calories, 1 gm protein, 2 gm fiber, .4 gm fat, no cholesterol
- 1 medium kiwi provides:**
- Potential benefits of consuming kiwi:**
- Excellent source of vit C which fights free radicals, builds collagen for healthy skin, improves immunity & aids iron absorption
- Additional 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
- Skins of yellow kiwi are edible and increase vit E, folate & fiber
- Unique combination of nutrients improve digestion & sleep

## Health Benefits of Kiwi:



**Kiwi!** (Kiwifruit)  
Kiwi are best known for their high vitamin C, their role in digestive health and capacity to lower cholesterol and blood pressure.

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