O<mark>regon State</mark> Vriersity Brought to you by Oregon State University Extension Family & Community Health

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

Potential benefits of consuming kiwi:

1 medium kiwi provides:
4 A2 Calories, 1 gm protein, 2 gm fiber, .4 gm fat, no cholesterol

Health Benefits of Kiwi:

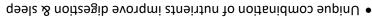


Kiwi are best known for their high vitamin C, their role in digestive health and capacity to lower cholesterol and blood pressure.



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Potential benefits of consuming kiwi: • Excellent source of vit C which fights free radicals, builds collagen for

1 medium kiwi provides:
42 Calories, 1 gm protein, 2 gm fiber, .4 gm fat, no cholesterol

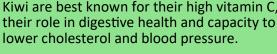
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Kiwifruit)





Health Benefits of Kiwi:

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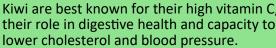
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