Nutrition:

- Kiwi is rich in vitamins and minerals, such as vitamin C and E, potassium, magnesium, folate, zinc, and fibers.
- Vitamin C helps to boost your immune system.
- Vitamin E may reduce your risk of heart disease and cancer in the future.
- Magnesium improves nerve and muscle function.

Did you know?

- Kiwi was first discovered in China.
- It is also known as a Chinese gooseberry.
- The name kiwi came from the fuzzy brown kiwi (bird) in New Zealand.

More:

- Store kiwi in a vented plastic bag with an apple or a banana at room temperature to speed the ripeness.
- Cut the fruit in half, scoop with a spoon to enjoy the fruit. You can also eat the skin of the kiwi!