



# Kiwi



The Kiwi is one of nature's perfect foods: low in calories, high in energy and an excellent source of antioxidants. Each one delivers a world of benefits including:

- Vitamin C: Each serving of kiwi has nearly 2 1/2 times the recommended daily allowance of vitamin C
- Fat Free
- Fiber: Two kiwis contain more fiber than a bowl of bran cereal, the tasty way to maintain heart health, regular digestion and lower cholesterol
- Vitamin E: Kiwi is a fat-free source of this powerful health booster
- Potassium: Kiwi is an excellent source of potassium which is vital for maintaining electrolyte balance and releasing energy during exercise



The Kiwi fruit is a little fruit holding great surprises! Inside of this small, oval-shaped fruit with brown fuzzy skin is a delicious, almost beautiful flesh. The brilliant emerald green flesh is speckled with tiny edible black seeds and white middle. The taste is a unique mixture of strawberries and bananas!

Native to China, kiwifruits were originally known as "yang tao". But when missionaries brought seeds from China to their home in New Zealand in the early 20th century, the New Zealanders renamed them "Chinese gooseberries". In the 1960's Chinese gooseberries made their way to the United States and a produce dealer decided to call them "kiwi" fruit—they were from New Zealand, which is native to the kiwi bird, which is also small, brown and furry!

No, not me,  
I'm a kiwi  
BIRD!!

