A Kiwi a day can keep the doctor away!
1 cup kiwi provides 167mg Vitamin C. That is double what we need for the day! Vitamin C in kiwis keeps skin firm and smooth.

Helps in Digestion
- Kiwis have a lot of fiber!
- Helps relieve constipation.
- Helps in protein digestion.

Helps Boost Immune System
- Antioxidants in kiwi may reduce the risk of cancer.
- Helps decrease symptoms of cold and flu.
- Kiwis have anti-inflammatory effects.

Helps Boost Mood
- Eating 1 1/4 cup kiwi daily increases energy & mood.
- Kiwi consumption also helps you get better sleep.

Enjoy this sweet and tangy fruit in these recipes:
- Smoothie: add milk, kiwi, blueberries and banana
- Yogurt Parfait: mix yogurt, granola & sliced kiwi
- Fruit salad: mix in kiwis, strawberries, grapes, pineapple and blueberries.