



Do you know that the brown, fuzzy kiwifruit was originally from the Yangtze Valley in China? Kiwifruit or kiwi as it's commonly known, was originally called the Chinese gooseberry. In 1904, the seeds were transported and planted in New Zealand and kiwifruit has become one of the major exports of the country.

### Superfruit

The next time you are loading your grocery basket with fruit, why not take a closer look at what the humble kiwifruit can do to boost your health? The kiwifruit may be small in size but definitely big in nutrition. It has twice the amount of vitamin C found in an orange, twice the amount of vitamin E in avocados, the same amount of potassium from a banana and all the fibre of one bowl of bran.

If you are still not impressed by the nutritional profile of the kiwifruit, read on. The kiwifruit is also known to be good for asthma. Loaded with high fibre content, the kiwifruit prevents colon cancer that is a type of prevalent cancer today. And great news for beauty fanatics, kiwifruit is actually a beauty booster as it is an excellent antioxidant performer.

### Great antioxidant prowess

Whether you love the green or the gold, kiwis have unparalleled antioxidant powers as compared to other antioxidant-rich fruit and berries according to the Journal of the American College of Nutrition. Researchers at the U.S Department of Agriculture's (USDA's) Arkansas Children's Nutrition Centre found out that the antioxidants in kiwis are the most easily metabolised

# Feel better, look younger with kiwifruit

Health and beauty the zesty way By Christina Tay



### Avocado with ZESPRI™ GOLD Kiwifruit Salsa

Serves 6.

#### Ingredients

- 1 tablespoon runny honey juice
- 1 lime
- 2 fresh hot red chillies, halved, deseeded and very finely chopped
- 2 tablespoons shredded lemon or lime basil (or use mint)
- 6 ZESPRI™ gold kiwifruit, peeled and finely chopped
- 3 avocados

#### Method

- Mix the honey, lime juice, chillies and chosen herb in a bowl and add the ZESPRI™ gold kiwifruit.
- Marinate for 30 minutes before using.
- Spoon into the centre of halved avocados or use as a dressing on an avocado and chicken salad.



### Kiwifruit Smoothie

Serves 2.

#### Ingredients

- 1 cup milk
- 2 scoops vanilla ice-cream (or yoghurt ice-cream)
- 1 ripe banana, sliced
- 2 tablespoons fresh mint
- 2 ZESPRI™ green kiwifruit, peeled and finely diced

#### Method

Blend the milk, ice-cream, banana and mint together in a blender till smooth. Add the ZESPRI™ green kiwifruit, blend briefly, then pour into glasses. Serve immediately.



and absorbed into our bloodstream as compared to red grapes and strawberries.

Antioxidants combat free radicals that have been linked to cancer, heart disease and signs of ageing. So the next time you are savouring a tangy kiwifruit, marvel at what it can do for your health and your looks. The kiwifruit can be a cheaper alternative to gain youthful looks since destroying free radicals prevents premature ageing.

"Intervention studies have clearly shown that consuming just one to two

kiwifruits per day prevents oxidative cell damage, promotes DNA repair, reduces risk factors for cardiovascular disease, and is beneficial to digestion," shares Zespri Health Science Manager Lynley Drummond.

Try including the kiwifruit in your life today to feel great and look better!

With special thanks to ZESPRI™ International for the recipes.