

# KIWI



## FUN FACTS!

Kiwi is known for its fuzzy outside peel surrounding its sweet juicy flesh. They continue to grow and ripen after they're picked. Kiwi is actually a berry and is also known as a Chinese gooseberry. They are proven to strengthen your immune system and have as much potassium as a Banana! California produces 98% of the kiwifruit grown in the United States.



Color me your favorite color!



## NUTRITION INFORMATION

Kiwis are packed with more Vitamin C than the equivalent amount from an Orange. Vitamin C is necessary for the healthy function of the immune system. One serving of Kiwi gives the body 230% of the RDA for Vitamin C, which helps heal wounds, increase Iron absorption, and boost the immune system.

Help the Kiwi find its way home!

