



Sources provide a good and excellent of vitamin C

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Abstract

To describe the nutritional and health attributes of kiwifruit and the benefits relating to improved nutritional status, digestive, immune and metabolic health. The review includes a brief history of green and gold varieties of kiwifruit from an ornamental curiosity from China in the 19th century to a crop of international economic importance in the 21st century; comparative data on their nutritional composition, particularly the high and distinctive amount of vitamin C; and an update on the latest available scientific evidence from well-designed and executed human studies on the multiple beneficial physiological effects.

Keywords: Nutritional composition, vitamin C, kiwifruit

INTRODUCTION

The kiwi typically grows in the shape of an oval and is roughly around the size of a typical chicken egg. Kiwis are high in Vitamin C and dietary fiber and provide a variety of health benefits. This tart fruit can support heart health, digestive health, and immunity. The kiwi is a healthy choice of fruit and is rich with vitamins and antioxidants. Kiwis are also rich in antioxidants. Antioxidants help to eliminate free radicals within the body and reduce oxidative stress. Ultimately, this may protect the body from inflammation and disease. Vitamin C contributes Trusted Source to the production of collagen, a key component in cells and organs throughout the body, including the skin. The vitamin also boosts the body's ability to heal wounds (Hong et al., 2021).

Kiwifruit contains folate Trusted Source, which is essential for cell division. During pregnancy, doctors advise women to take additional folate, as it may protect the fetus from developmental problems, such as neural tube abnormalities. Kiwis are nutrient-dense and full of vitamin C. In fact, just 1 cup of kiwi provides about 273 percent of your daily recommended value. Vitamin C is an essential nutrient when it comes to boosting your immune system to ward off disease. One study even found that kiwis may support immune function and reduce the likelihood of developing cold- or flu-like illnesses. This is especially true

in at-risk groups like adults over the age of 65 and young children (Chen et al., 2018).

Of particular interest are the digestive benefits for healthy individuals as well as for those with constipation and other gastrointestinal disorders, including symptoms of irritable bowel syndrome. The mechanisms of action behind the gastrointestinal effects, such as changes in faecal (stool) consistency, decrease in transit time and reduction of abdominal discomfort, relate to the water retention capacity of kiwifruit fiber, favorable changes in the human colonic microbial community and primary metabolites, as well as the naturally present proteolysis enzyme actinide, which aids protein digestion both in the stomach and the small intestine. The effects of kiwifruit on metabolic markers of cardiovascular disease and diabetes are also investigated, including studies on glucose and insulin balance, bodyweight maintenance and energy homeostasis.

CONDITIONS OF USE AND IMPORTANT INFORMATION

Supplement, not replace advice from your doctor or healthcare provider and is not meant to cover all possible uses, precautions, interactions or adverse effects. This information may not fit your specific health circumstances.

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Kiwis were found to prevent blood clotting and manage blood pressure by reducing the amount of fat in the blood. It was found that this happened without negatively affecting blood cholesterol levels. Aspirin is usually the recommended drug to prevent those from cardiovascular events. However, Aspirin can cause inflammation and ulcers in the GI tract. Studies show that consuming 2 to 3 kiwi fruits a day can replace a daily aspirin to help thin the blood and improve heart health over a period of time (Huang et al., 2022).

Oxidative stress is the imbalance of free radicals and antioxidants in your body. This process can also cause strand breakage of DNA. This can lead to health problems, some of which can be hard to detect or treat. Kiwi fruit contains

antioxidants that can reduce oxidative stress. A study that tested people's cells by damaging them with peroxide showed that those who supplemented with kiwi showed an improved ability of the DNA to repair itself after applying the peroxide. This means that kiwi might help prevent long-term cancers and lifestyle diseases such as colon cancer, which is closely linked to DNA damage (Ge et al., 2020).

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