

## Beneficial Bites



Kiwi

### Health Benefits:

- ◆ Kiwi protects against cancer and aids in DNA repair
- ◆ One kiwi provides 100% of daily requirement for vitamin C
- ◆ High fiber fruit that acts as mild laxative
- ◆ A couple kiwi a day can lower risk for blood clots & reduce the amount of fat in the blood

### Interesting Facts:

- ◆ Kiwifruit is over 700 years old
- ◆ Once called the “Chinese Gooseberry”
- ◆ Can be used as a natural meat tenderizer
- ◆ The trunks of the kiwi plant have a catnip like aroma which cats love to rub up against.
- ◆ In France, kiwifruit’s translation means vegetable mouse because of it’s furry covering
- ◆ Kiwifruits are often referred to as kiwis. A kiwi is a small flightless bird from New Zealand



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Check out the April menu for these “Kiwifruit” foods



Featured Recipes:

- ◆ Kiwi-Fruit Pizzas
- ◆ Kiwi Coffee Cake
- ◆ Kiwifruit Parfait
- ◆ Kiwifruit Fruit Salad
- ◆ Kiwifruit Muffin
- ◆ Kiwi-Berry Shortcake
- ◆ Kiwi-Spinach Salad



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