



Chinese gooseberry, vine pear or sunny peach - whatever you call it - kiwifruit doesn't only make your skin glow, but also saves you from heart strokes and cancer. Have a glance at the properties of this power packed, but small green fruit.



KIWI CURE

By: Soumya Jain

Green, fuzzy and adorable - these are the words that come to your mind when you think of kiwifruit (or kiwi). A native of China, kiwi is scientifically known as *Actinidia Deliciosa*. The most common cultivar of kiwi is egg-shaped, with fibrous and brown-green coloured outer skin, bright green or golden flesh inside, and sprinkled with rows of small black seeds. The unique sweet and sour taste of the fruit makes it much popular, not only in New Zealand (where it is mainly cultivated), but in other countries as well.

Component Check

Kiwi is a good source of vitamin C, in fact more than an equivalent amount of orange. "Nutritionally, kiwi is a rich source of vitamin A, C, and E. It contains 1.5 times the DRI (Dietary Reference Intake) standard for vitamin C. It is also a good source for potassium," says Aishwarya Rajan, a Delhi-based nutritionist. The skin of the fruit is a good source of flavonoid antioxidants. The kiwifruit seed oil contains an average of 62 per cent alpha-linolenic acid and omega-3 fatty acid. Usually a medium size kiwi contains about 46 kilocalories, 0.3 g fats, 1 g proteins, 11 g carbohydrates, 75 mg vitamins and 2.6 g dietary fibre.

"A study conducted by Dr. Paul Lachance of Rutgers University evaluated the nutritional value of fruits to determine which provide the most nutrition. The study found that out of the 27 most commonly consumed fruits, kiwifruit is the most nutrient dense," says Ishi Khosla, clinical nutritionist and director, Whole Foods.

Raw kiwi also contains a protein dissolving enzyme called

actinidin. However, kiwi though known as a meat tenderizer can also cause allergy to some individuals. Specifically, people allergic to papaya, pineapple and latex can also be allergic to kiwi.

Green care

This green and brown fruit is packed with vitamins, minerals and phytonutrients which guarantees good health if consumed regularly.

Kiwi, due to the presence of phytonutrients in it, can protect the DNA in the nucleus of the human cells from oxygen-related damage. Also, the vitamin C in the fruit neutralises free radicals that cause damage to the cells and thereby cause inflammation and cancer. It gives a protective effect against asthma and wheezing. Adequate intake of vitamin C has shown to be helpful in reducing the severity of osteoarthritis, rheumatoid arthritis, and asthma besides preventing conditions such as colon cancer, atherosclerosis, and diabetic heart disease. "Since it is a rich source of many vitamins, flavonoids and minerals, kiwi's health benefits are enumerable. With its anti oxidant properties coming from the flavonoids and vitamin C and E, it helps protect the body from free radical damage. This in short, ensures prevention from diseases like cancer," emphasizes Rajan.

Kiwi is also a good source of fat-soluble antioxidant vitamin E. The dietary fibre in kiwi can reduce high cholesterol levels which in turn reduces the risk of heart strokes. It also helps in keeping the blood sugar level in control. Kiwi also acts as a natural blood thinner. Consuming two to three kiwis daily for about a month



Kiwi Fruit Pack

Clean your face with water. Apply a well whipped mixture of kiwi, yogurt, oatmeal and honey. Apply this on your face and neck and keep for 15 minutes. Then gently scrub and rinse off. Take care to avoid contact around the eyes. Also for dry skin, take care to add almond oil to the pack. Use once a week for one month to pamper your skin with this pack.

Courtesy: Aishwarya Rajan, Nutritionist, NutriBenefits

significantly thins the blood, thereby reducing the risk of blood clots. Slice kiwi over your morning cereal or include it in your lunchtime salad to protect yourself against age-related macular degeneration (ARMD). Aishwarya recommends that with kiwi being readily available these days, it should be included regularly in our diets via salads and fruit based desserts to get its health benefits.

Green beauty

Kiwi is highly beneficial for the skin also. "The abundance of Vitamin C helps in skin care and also prevents the ageing process. Its regular application ensures less damage to the skin from increased photo-sensitivity and helps in diminishing the effects of black spot and freckles. It is used extensively as a



SPA CUISINE RECIPES

Strawberry, Spinach & Kiwi Salad

This takes only 15 minutes to prepare and makes for a perfectly healthy lunch or dinner meal with some bread or soup.

Ingredients

- 2 tablespoons raspberry vinegar
- 2 1/2 tablespoons raspberry jam
- 1/3 cup vegetable oil
- 8 cups spinach, rinsed and torn into bite-size pieces
- 1/2 cup chopped walnuts
- 8 strawberries, quartered
- 2 kiwis, peeled and sliced

Method

Mix together raspberry vinegar, raspberry jam, and vegetable oil in a small container. Combine spinach, nuts, strawberries, and kiwi in a salad bowl. Finally, toss with raspberry dressing.

Courtesy: Reeta Juneja, phys-essentialist, medical practitioner of Aromatherapy and renowned spa consultant

Kiwifruit Summer Fruit Salad

Ingredients:

- Kiwifruit peeled and quartered
 - 1 cup Seedless grapes (purple)
 - 1 cup melon cut into cubes
 - 1 cup Watermelon cut into cubes
 - 1/2 cup Cottage cheese (optional)
- Place kiwifruit, grapes, melon, and watermelon in a large salad bowl, top with scoop of cottage cheese.

Courtesy: Ishi Khosla, clinical nutritionist and director, Whole Foods



beauty treatment in spas and lot of women would vouch for its benefits received from its regular usage," says Rajan. Kiwi stimulates collagen synthesis, fights wrinkles and prevents premature ageing.

Green rejuvenation

Many spas, especially in New Zealand, have gone the kiwi way. Not only has kiwi been used in spa treatments, it has also been used in spa cuisine. "Kiwi is excellent for the skin as it is high in vitamin C and E and has enzymatic properties. Most importantly, it has the highest content of skin-protecting antioxidants in any fruit. Thus, it is perfect for external use and internal consumption. Externally it is often used in a puree form in body masks and scrubs combined with other ingredients. It effectively moisturises dry skin, helps exfoliate more effectively and with prolonged use improves overall skin texture," explains Reeta Juneja, phys-essentialist, medical practitioner of Aromatherapy and a renowned spa consultant.

Green diet

A controlled daily intake of kiwi fruit not only helps in keeping you healthy, but also helps to keep your skin glowing. "Kiwi should be included in our daily diet. We can have one to two kiwis in a day. It can be scooped or cut in slices and added to salads, smoothies and desserts. Its rich colour makes it a perfect choice to decorate cakes and fruit tarts," recommends Rajan.

Khosla, however, warns, "Do not combine kiwi with gelatin and milk based puddings as it will get curdled and will not 'set' properly."

In short, kiwi is a complete package which promises good health and a wonderful skin. The tangy taste shouldn't stop you from making the most of its qualities! 🌿

