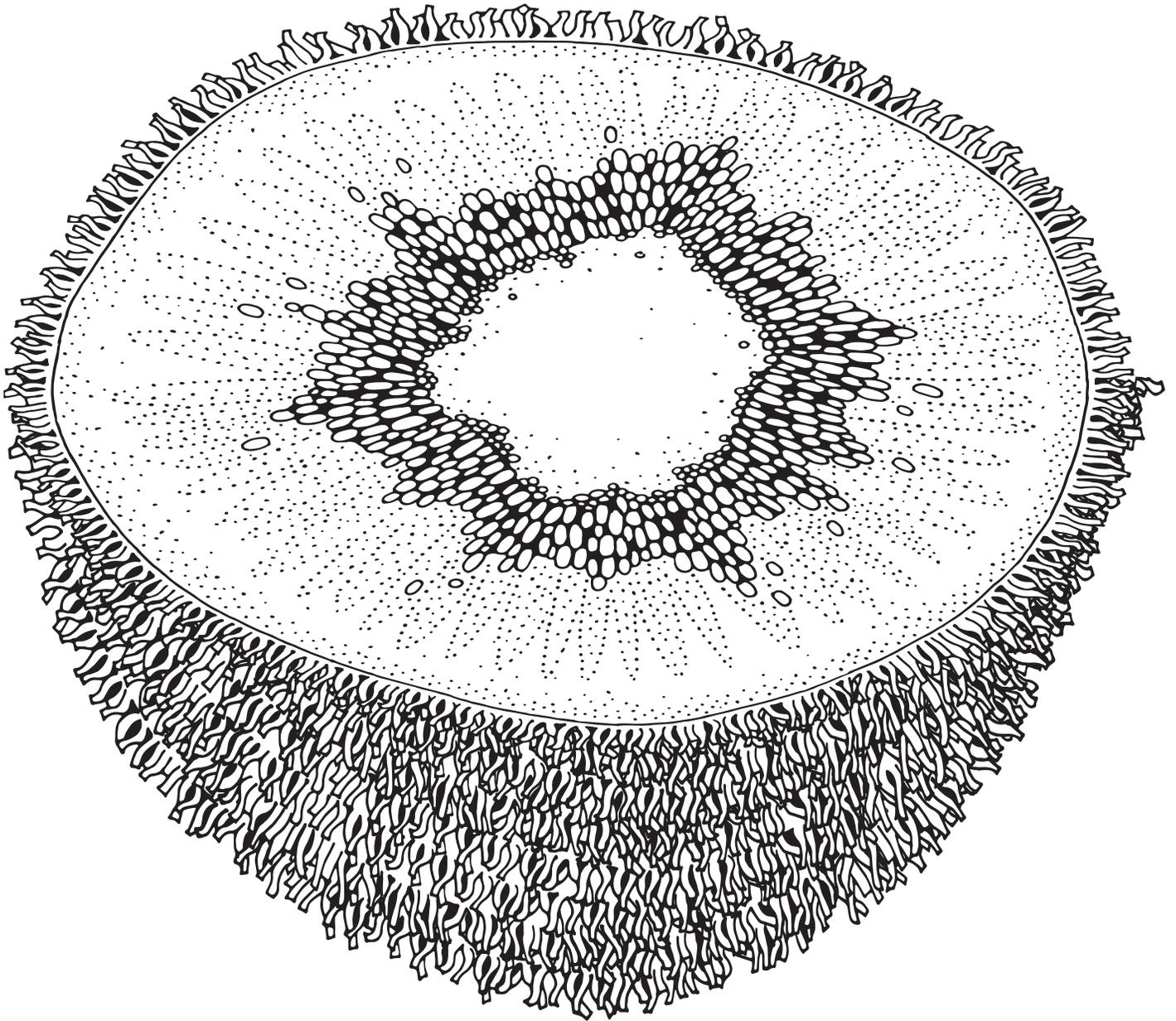


KIWI



KIWIS are sweet, tangy fruits with a furry peel. They are rich in essential nutrients, including folate, potassium, Vitamin K, and Vitamin C. They are a good source of antioxidants and fiber.