



# What are the health benefits of kiwifruit?

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The kiwifruit, or Chinese gooseberry, originally grew wild in China. Kiwis are a nutrient-dense food — they are rich in nutrients and low in calories.

A schoolteacher [introduced the fruit](#) to New Zealand in 1904, upon returning from China with seeds. The New Zealanders called it “kiwi” after their national bird.

Kiwi has a reputation as a health food because of its high [vitamin C](#) content, but the fruit is also rich in other nutrients. These may help reduce [blood pressure](#), boost wound healing, help maintain bowel health, and more.

Below, learn more about the potential benefits and risks of adding kiwi to the diet.

## Possible health benefits



The vitamin C in kiwi may improve skin health.

Kiwi and other fruits provide a range of health benefits due to their nutritional contents. Kiwis are a good source of vitamin C, [antioxidants](#), and fiber.

Antioxidants — including vitamin C, choline, lutein, and zeaxanthin — help remove free radicals from the body. Free radicals are unstable molecules that the body produces during metabolism and other processes.

Medically reviewed by [Miho Hatanaka, RDN, L.D.](#) — Written by [Megan Ware, RDN, L.D.](#) on December 5, 2019

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If too many free radicals build up, they can cause oxidative stress, which can result in cell damage. This damage may lead to issues such as heart disease or cancer. Antioxidants can help protect the body by removing free radicals.



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Which other foods are good sources of antioxidants?

The nutrients in kiwi may benefit a person in the following ways.

### Healthful skin

Vitamin C contributes 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.

A 2019 review of studies found that taking oral collagen supplements may help boost skin elasticity and hydration and reduce wrinkles. Taking supplements is not the same as consuming vitamin C in kiwis, but eating the fruit may still help keep the skin healthy.

One kiwi weighing 69 grams (g) provides 64 milligrams (mg) of vitamin C. This represents 71–85% of an adult's daily vitamin C requirement.

Kiwifruit also provides vitamin E, or tocopherol. The antioxidant properties of vitamin E and its ability to help protect the skin from sun damage may help prevent skin disorders.

[Learn more about](#) skin-friendly foods.

### Better sleep

A 2011 study looked at the effects of kiwifruit on sleep quality in adults with sleep problems. The researchers found that eating kiwis improved sleep, according to self-reported measures.

The scientists suggested that this benefit may stem from the antioxidant and serotonin contents of kiwis.

### Heart health and blood pressure

Kiwis contain fiber, potassium, and antioxidants, all of which may support heart health.

The American Heart Association (AHA) encourage people to increase their potassium intake while reducing their consumption of added salt, or sodium.

Potassium relaxes the blood vessels, which helps manage blood pressure, and people with low blood pressure tend to be less likely to develop cardiovascular disease.

One kiwi contains about 215 mg of potassium, or nearly 5% of an adult's daily requirement.

Kiwi's fiber content may also benefit cardiovascular health. A review published in 2017 found that people who consume high amounts of fiber have a lower risk of developing cardiovascular disease. They also tend to have less low-density lipoprotein, or "bad," cholesterol.

One kiwi provides around 2 g of fiber, or 6–9% of an adult's daily requirement.

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## Kidney stone prevention

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According to the [Office of Dietary Supplements](#), a high potassium intake may also help prevent [kidney stones](#) from forming.

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## Cancer prevention

The National Cancer Institute note that high levels of free radicals in the body can cause damage to DNA that can result in various types of cancer.

Kiwis [provide](#) a range of antioxidants that help remove free radicals from the body. This is one way in which the fruit may help prevent cancer.

In addition, [research](#) has shown that people who eat plenty of fiber — especially fiber from fruits and cereals — are less likely to develop [colorectal cancer](#) than those who eat little fiber.

How may the diet affect cancer? [Find out here](#).

## Constipation prevention

A 2019 [study](#) concluded that when healthy people eat kiwis, their small intestines are better able to retain water, leading to greater stool frequency and softer stool consistency.

The study authors suggested that kiwifruit could be a natural alternative to medical laxatives for people with mild [constipation](#).

[Which other foods](#) are good for constipation?

## Anti-inflammatory effects

Kiwelin and kissper are proteins in kiwifruit that may have anti-inflammatory properties.

Laboratory [findings](#) have indicated that kissper may help manage [inflammation](#) in the human intestines.

## During pregnancy

Kiwifruit [contains folate](#), 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.

One kiwi provides around [17.2 micrograms](#) (mcg) of folate, or just over 4% of an adult's daily [requirement](#).

[Learn more about](#) the benefits of folate.

## Bone health

Kiwi contains vitamin K and traces of [calcium](#) and phosphorus, all of which contribute to bone health. An adequate [intake of vitamin K](#) may help prevent [osteoporosis](#).

Vitamin K also plays an important role in blood clotting.

One kiwi provides 23–30% of an adult's [daily requirement](#) of the vitamin.

[Learn more](#) about osteoporosis.

## Nutritional contents

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The table below shows the amounts of specific nutrients in a kiwi weighing 69 g.

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It also shows [how much](#) of each nutrient an adult needs per day, according to the Dietary Guidelines for Americans 2015–2020. However, specific requirements vary, depending on a person's age and sex.

Nutrient	Amount in 1 kiwi (69 g)	Daily adult requirement
Energy ( <a href="#">calories</a> )	42.1	1,600–3,000
Carbohydrates (g)	10.1, including 6.2 g of sugar	130
Fiber (g)	2.1	22.4–33.6
Calcium (mg)	23.5	1,000–1,300
Magnesium (mg)	11.7	310–420
Phosphorus (mg)	23.5	700–1,250
Potassium (mg)	215	4,700
Copper (mcg)	90	890–900
Vitamin C (mg)	64	65–90
Folate (mcg)	17.2	400
Beta carotene (mcg)	35.9	No data
Lutein & zeaxanthin (mcg)	84.2	No data
Vitamin E (mg)	1.0	15
Vitamin K (mcg)	27.8	75–120

Kiwi also contains small amounts of iron, vitamin A, and vitamins other than folate.

## Kiwifruit in the diet

Below are some tips for incorporating kiwis into the diet:

- Make kiwi cups by cutting a ripe kiwi in half, leaving the skin on, and eating each half with a spoon.
- Make a fruit cocktail with kiwi, pineapple, [mango](#), and strawberry chunks.
- Make a green smoothie or juice with kiwi, spinach, apple, and pear.
- Freeze slices of kiwi and eat them as a snack or dessert on a hot day.
- Add diced kiwi to a salad of spinach, walnuts, dried cranberries, diced apple, feta cheese, and a light vinaigrette dressing.

[Which fruits](#) are the most healthful?

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## Kiwifruit health risks

Some nutrients in kiwis may interact with medications or cause other adverse effects. NEWSLETTER



## Beta-blockers

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Doctors often prescribe these medications for people with heart disease.

[Beta-blockers](#) can cause potassium levels to rise in the blood, so people taking this type of medication should monitor their intake of potassium.

## Kidney problems

Consuming too much potassium can also be harmful for people whose kidneys are not working properly.

If the kidneys are unable to remove excess potassium from the blood, life-threatening complications can arise.

## Blood thinners

People at risk of cardiovascular disease may take blood thinners, such as warfarin (Coumadin).

Kiwi contains a significant amount of vitamin K, which can interfere with the action of blood thinners. Anyone who uses these drugs should check with a doctor before increasing their intake of foods that contain vitamin K.

## Allergy

Some people experience [allergic reactions](#) to kiwi. Anyone who develops [hives](#), a rash, or swelling after eating kiwi should seek medical attention.

A severe reaction can lead to [anaphylaxis](#), which can be life threatening.

[Find out more here](#) about a kiwi allergy.

## Summary

Kiwifruit is a good source of vitamin C and antioxidants. It can make a healthful snack, it can be easy to pack in lunch boxes, and it can add flavor to sweet dishes and salads.

Kiwis are also on the Environmental Working Group's 2019 [Clean Fifteen](#) list of foods least likely to contain pesticides.

Kiwis are available fresh, dried, or as juice. Various kiwi products are available for purchase online. <https://amzn.to/2XeMUSJ>

**Q:**

Is kiwifruit suitable for a person with gastroesophageal reflux disease (GERD)?

**A:**

Yes, it is generally okay for people with GERD to consume kiwi.

In general, people with GERD [are encouraged](#) to consume more fruits and foods rich in vitamin C and fiber.

Answers represent the opinions of our medical experts. All content is strictly informational and should not be considered medical advice.

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