

PROPIEDADES DEL KIWI ZESPRI®



EFICIENTE
ENERGÉTICAMENTE³⁻⁵

61-63 KCAL / 100 G



BAJO
ÍNDICE GLUCÉMICO¹

48-51



BAJO
EN FODMAP⁶



EFFECTOS
PREBIÓTICOS⁷⁻¹⁵

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4. USDA. *USDA national nutrient database for standard reference* (release 28). 2015.
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7. Parkar SG, Rosendale D, Paturi G, Herath TD, Stoklosinski H, Phipps JE, Hedderley D, Ansell J. *In vitro utilization of gold and green kiwifruit oligosaccharides by human gut microbial populations*. *Plant Foods Hum Nutr*. 2012;67:200-7.
8. Bentley-Hewitt KL, Blatchford PA, Parkar SG, Ansell J, Pernthaner *Digested and fermented green kiwifruit increases human beta-defensin 1 and 2 production in vitro*. *Plant Foods Hum Nutr*. 2012;67:208-14.
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10. Molan AL, Kruger MC, Drummond LN. *The ability of kiwifruit to positively modulate markers of gastrointestinal health*. *Proceedings of the Nutrition Society of New Zealand*. 2007;32:66-71.
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12. Ansell J, Parkar S, Paturi G, Rosendale D, Blatchford P. *Modification of the colonic microbiota*. *Adv Food Nutr Res*. 2013;68:205-17.
13. Carnachan SM, Bootten TJ, Mishra S, Monro JA, Sims IM. *Effects of simulated digestion in vitro on cell wall polysaccharides from kiwifruit (Actinidia spp.)*. *Food Chemistry*. 2013;133:132-9.
14. Rosendale DI, Blatchford PA, Sims IM, Parkar SG, Carnachan SM, Hedderley D, Ansell J. *Characterizing kiwifruit carbohydrate utilization in vitro and its consequences for human faecal microbiota*. *J Proteome Res*. 2012;11:5863-75.
15. Blatchford P. *Kiwifruit-driven microbiota, metabolites and implications for human health*. Abstract presented at: 1st International Symposium on Kiwifruit and Health; 2016 Apr 12-14; Tauranga, New Zealand.