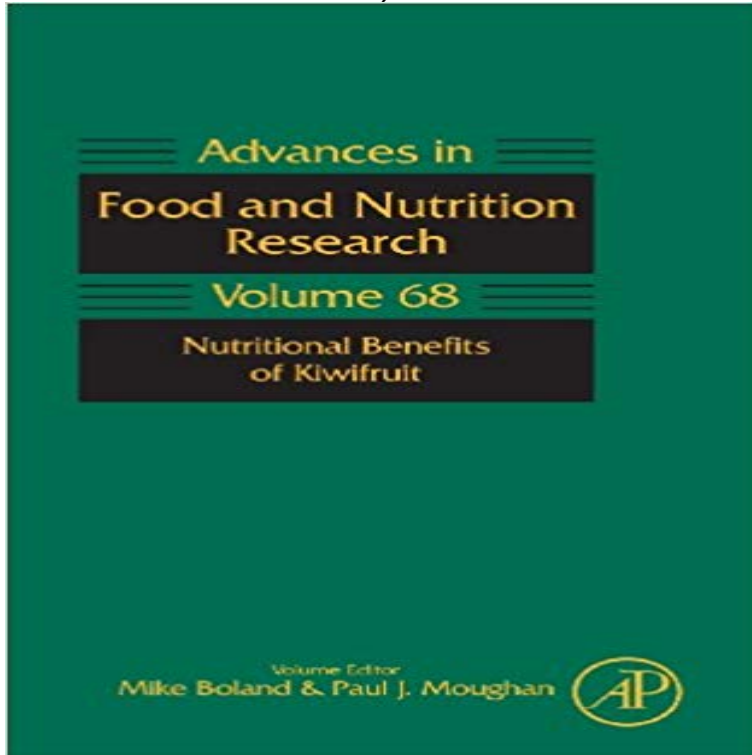


Nutritional Benefits of Kiwifruit, Volume 68 (Advances in Food and Nutrition Research)



Kiwifruit have long been known as a decorative and exotic fruit that can be used in desserts and fresh fruit collations. What is less well known is that kiwifruit contain a range of constituents with valuable health-beneficial properties. These range from high levels of high-impact vitamin C to enzymes that assist with digestion, and polysaccharides that promote gut health. This volume for the first time brings together all the known health and nutrition benefits of kiwifruit in a series of chapters written by authors who are authorities in their fields. The latest important information for food scientists and nutritionists Peer-reviewed articles by a panel of respected scientists The go-to series since 1948

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