

ELEVADA

ADECUACIÓN NUTRICIONAL¹

Nº.1

ADECUACIÓN
NUTRICIONAL¹⁻²

14,2

Kiwi
Zespri SunGold



Nº.2

8,7

Kiwi
Zespri Green



1. Darmon N, Darmon M, Maillot M, Drewnowski A. *A nutrient density standard for vegetables and fruits: nutrients per calorie and nutrients per unit cost*. J Am Diet Assoc. 2005;105:1881-7. [https://jandonline.org/article/S0002-8223\(05\)01552-X/abstract](https://jandonline.org/article/S0002-8223(05)01552-X/abstract)
2. Boland M, Moughan PJ. *Advances in food and nutrition research. Nutritional benefits of kiwifruit*. Waltham, MA: Elsevier Inc; 2013. <https://www.elsevier.com/books/nutritional-benefits-of-kiwifruit/boland/978-0-12-394294-4>