

PROPIEDADES

DEL KIWI ZESPRI®



**EFICIENTE**  
ENERGÉTICAMENTE<sup>3-5</sup>

61-63 KCAL / 100 G



**BAJO**  
ÍNDICE GLUCÉMICO<sup>1</sup>

38-39



**BAJO**  
EN FODMAP<sup>6</sup>



**EFFECTOS**  
PREBIÓTICOS<sup>7-15</sup>

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4. USDA. *USDA national nutrient database for standard reference* (release 28). 2015.
5. There are a number of equations to calculate energy as noted by the European Commission (2014). *This calculation refers to the European Commission legislature that calculates energy as total carbohydrate plus fibre*. [http://ec.europa.eu/food/safety/labelling\\_nutrition/labelling\\_legislation/index\\_en.htm](http://ec.europa.eu/food/safety/labelling_nutrition/labelling_legislation/index_en.htm)
6. Monash University (2015). *The Monash University Low FODMAP Diet for Apple iOS (Version 1.5.1)* [Mobile application software]. Retrieved from <https://itunes.apple.com/au/app/monashuniversity-low-fod-map/id586149216?mt=8>
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11. Parkar SG, Redgate EL, Wibisono R, Luo X, Koh ETH, Schröder R. *Gut health benefits of kiwifruit pectins: Comparison with commercial functional polysaccharides*. *Journal of Functional Foods*. 2010;2:210-18.
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.