

## Kiwis, a superfruit for breastfeeding moms

Packed with essential nutrients, this hydrating fruit supports recovery, boosts energy, and fits easily into everyday meals

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With August being Breastfeeding Month, it's the perfect time to spotlight a fruit that's often overlooked — kiwi. Rich in vitamin C, kiwi helps strengthen immunity and enhances iron absorption, which is vital after childbirth. Its high fibre content aids digestion and helps prevent postpartum constipation, while natural antioxidants support overall recovery. With its hydrating properties and energy-boosting nutrients, kiwi can be a refreshing addition to a breastfeeding mother's diet.



**EASY WAYS TO ADD KIWI TO YOUR MEALS: Smoothies:**

Blend kiwi with banana, spinach, and yoghurt for a revitalizing smoothie. For added texture and nutrition, top your smoothie bowls with kiwi slices, nuts, and chia seeds. Alternatively, layer chopped kiwi with Greek yoghurt and granola to create a quick and healthy breakfast parfait.

**Salads and salsas:**

Add chopped kiwi to green salads to give them a fresh, tangy twist. For a flavorful salsa, combine kiwi with mango, lime juice, and fresh herbs — a perfect accompaniment to grilled dishes.

**Guilt-free desserts:**

Incorporate kiwi into chia puddings, light cheesecakes, or whip up a zesty kiwi lemonade for a refreshing treat without the guilt.

**Savoury dishes:**

Thanks to its natural enzymes, kiwi is excellent for tenderising meat, making it a great base for marinades. Grilled kiwi slices also add a unique and tasty garnish to poultry and fish dishes.