



Fact File

My guidance for attempting to break the world record for the Fastest time to peel and eat three kiwifruit

If you get food stuck in your throat at every meal, I'd be worried about you. But since that's probably not the case, why should I pity you? Eat all you can, I say, especially if its fresh and healthy. If you enjoy doing that, then you might just have a winning formula. And, as they say, you won't know unless you try.

To start, gear up for a few rules, such as:

- use kiwifruit of a minimum size.
- swallow all the fruit.

Remember, when I first tried this, I wondered how anyone could fit such chunky items down their throat. Then I found myself able to do it. Apart from the odd stomach cramp, all this cost me was my time and dedication. And, I felt invigorated by so much energy from the fruit, I might add.

Still keen? WorldRecordChase.com is happy to mentor others wishing to attempt this world record, at reasonable rates.

Enjoy.

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