

KIWI FRUIT



Nutrition Facts

Serving Size 2 medium kiwifruit (148g)

Calories 90	% Daily Value
Total Fat 1g	2%
Sodium 0mg	0%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	16%

Protein 1g

Health Benefits

- Kiwi helps keep hair, skin, teeth, and nails healthy by providing zinc.
- 10% the recommended daily amount for vitamin E — an antioxidant!
- Kiwi contains copper which helps create new red blood cells for the body.

DIFFERENT USES

- Cut the kiwifruit in half and use a spoon to scoop out the inside. You can even eat the brown skin!
- Mix kiwi with other fruit for a yummy fruit smoothie.
- Make a tropical salsa; combining kiwifruit with mango, peppers, honey, lime juice and cilantro.
- Pop it in yogurt, oatmeal, fruit salad, on a fruit pizza or a kabob.

FUN FACT

- Kiwifruit grows on vines similar to how grapes grow.
- Originally called the Chinese gooseberry and later the “sunny peach”, it was renamed the kiwi after the national bird of New Zealand. So remember, the little brown furry berry is a kiwifruit, not a kiwi!
- In the 1980s New Zealand created a golden kiwi with no fuzz and a yellow colored inside.
- There are over 400 varieties of kiwifruits. A few cold-hardy kiwifruit varieties can be grown in Minnesota.