

Pick a better snack™



Kiwifruit

Kiwifruits are small and round shaped. They are fuzzy brown on the outside and bright green with tiny black seeds on the inside. The skin can be eaten or it can be peeled.

Kiwifruits are fruit which grow on vines (similar to grapes).

The kiwifruit originated in China over 700 years ago where it was called "Yangtao." In 1906, seeds were sent to New Zealand and renamed the "Chinese Gooseberry." In 1962, it was first shipped to the United States and renamed "Kiwifruit" after New Zealand's national bird, the "kiwi." In North America, South America and Europe, the "fruit" part of the name is usually dropped, and simply called "kiwi."

California produces around 98% of the kiwifruits grown in the United States.

Other countries which grow kiwifruits are Italy, New Zealand and Chile.

NUTRITION FACTS

- Fat free
- Cholesterol free
- Good source of fiber
- Good source of vitamin C
- Rich in vitamin E
- High in potassium

VARIETIES

There are over 400 varieties of kiwifruits. The Hayward is the most popular in the United States. Kiwifruits are available year-round.

USES

Kiwifruits are usually eaten raw. They can be eaten whole like an apple or cut into quarters like an orange. Another way to eat them is to cut them in half and scoop out the flesh with a spoon. Add slices to fruit salads, salsa or cereal.



Funded in part by USDA's Supplemental Nutrition Assistance Program in cooperation with the Iowa departments of Public Health and Human Services, equal opportunity providers and employers. The Iowa Food Assistance Program can help you buy nutritious food for a healthy diet. To find out more, visit www.yesfood.iowa.gov.

This material was developed by the University of Nebraska - Lincoln Extension in Lancaster County.

