



## K is for Kiwi

*Presented by the Dietitians at Froedtert & Community Memorial Hospitals*

Once considered an exotic specialty item, kiwi fruit has become immensely popular during the past decade. When you cut through its thin brown skin, which is covered with a downy fuzz, you reach velvety bright green flesh sprinkled with a ring of tiny, edible black seeds. The taste of kiwi fruit, which varies from sweet to tart, has been compared to strawberries, nectarines, and melons. Kiwi fruits blend well with other fruits and make a striking garnish. Ounce for ounce, kiwi is higher in Vitamin C than most other fruits and is an excellent source of potassium.

One large kiwi fruit has more vitamin C than a cup of strawberries, a medium size orange, and ½ of a grapefruit.

### **Kiwi Fruit – 3 ½ ounces (1 large kiwi)**

<i>Calories</i>	<i>61</i>	<i>Fat</i>	<i>&lt;1 gram</i>
<i>Protein</i>	<i>1 gram</i>	<i>Saturated fat</i>	<i>&lt;1 gram</i>
<i>Carbohydrate</i>	<i>15 grams</i>	<i>Cholesterol</i>	<i>0 mg</i>
<i>Fiber</i>	<i>4 grams</i>	<i>Sodium</i>	<i>5 mg</i>
<i>Vitamin C</i>	<i>100 mg</i>		
<i>Magnesium</i>	<i>30 mg</i>		

Two large kiwi fruits supply one and a half times as much potassium as an average sized banana and almost as much fiber as a cup of bran flakes! Vary up your fruit routine and add some kiwi!

Use kiwi in shrimp or turkey salad – its delicate flavor is especially pleasing in combination with smoked turkey or chicken. Kiwi's crunchy texture and unique color will brighten any fruit salad – especially watermelon, cantaloupe, & kiwi together! Or, slice a kiwi into a conventional green salad as you would an orange or grapefruit – the fruit provides a welcome contrast to slightly bitter greens such as endive or watercress.

For a potassium rich breakfast top cereal with banana & kiwi. For a refreshing beverage, puree kiwi and orange or pineapple juice – the puree can also be served over fruit salad or angel food cake.