Selection:

Choose kiwifruit with unbroken and unbruised skin. Ripe kiwifruit will give slightly to pressure. Most are sold hard and will ripen at home.

Storage:

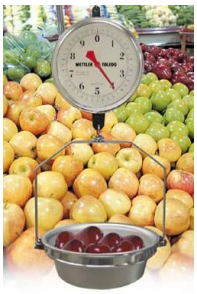
Ripen kiwifruit at room temperature out of the sun. Store unwashed, ripe kiwifruit in a resealable plastic bag in the refrigerator for up to 2 weeks.

Room Temperature: Until ripe
Refrigerator: Up to 2 weeks

Use:

Rinse kiwifruit thoroughly before preparing. The fuzzy skin is edible, although often removed. Use a knife to carefully cut off the skin, if desired. Kiwifruit is best eaten raw. Heating will cause the kiwifruit to turn an olive green color.

Digital Scale:
The number on the screen = Total Weight



Hanging Scale:
The number the arrow is pointing to = Total Weight

Buying:

Kiwifruit can be sold individually or by the pound. If sold per pound, weigh produce to find out exactly how much it will cost. Place the number of kiwifruit you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

Total Weight (lbs) x Price = Cost of Kiwifruit

Use this table to find the total cost.
Example: What is the total cost for 1 lb of kiwifruit at $0.89 per lb? **1 lb x $0.89 = $0.89**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
$ 0.49	$0.49	$0.74	$0.98	$1.23	$1.47	$1.72
$ 0.59	$0.59	$0.89	$1.18	$1.48	$1.77	$2.07
$ 0.69	$0.69	$1.04	$1.38	$1.73	$2.07	$2.42
$ 0.79	$0.79	$1.19	$1.58	$1.98	$2.37	$2.77
$ 0.89	$0.89	$1.34	$1.78	$2.23	$2.67	$3.12
$ 0.99	$0.99	$1.49	$1.98	$2.48	$2.97	$3.47
$ 1.09	$1.09	$1.64	$2.18	$2.73	$3.27	$3.82
$ 1.19	$1.19	$1.79	$2.38	$2.98	$3.57	$4.17
$ 1.29	$1.29	$1.94	$2.58	$3.23	$3.87	$4.52
$ 1.39	$1.39	$2.09	$2.78	$3.48	$4.17	$4.87
$ 1.49	$1.49	$2.24	$2.98	$3.73	$4.47	$5.22
$ 1.59	$1.59	$2.39	$3.18	$3.98	$4.77	$5.57
$ 1.69	$1.69	$2.54	$3.38	$4.23	$5.07	$5.92
$ 1.79	$1.79	$2.69	$3.58	$4.48	$5.37	$6.27
$ 1.89	$1.89	$2.84	$3.78	$4.73	$5.67	$6.62
$ 1.99	$1.99	$2.99	$3.98	$4.98	$5.97	$6.97

Know how. Know now.

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Nutrition:

2 medium Kiwifruit
(without peel)

Nutrition Facts	
Serving Size 2 medium kiwifruit (148g)	
Amount Per Serving	
Calories 90	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	16%
Sugars 13g	
Protein 1g	
Vitamin A 2%	Vitamin C 240%
Calcium 4%	Iron 2%

Nutrition Facts Labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrient content.

The Nutrition Facts Label shown here is for 2 medium kiwifruit (without the peel). All kiwifruit are not the same size, but you can use this to estimate the nutrition content for a smaller or larger kiwifruit.

Recipe:

Fresh Fruit Salad

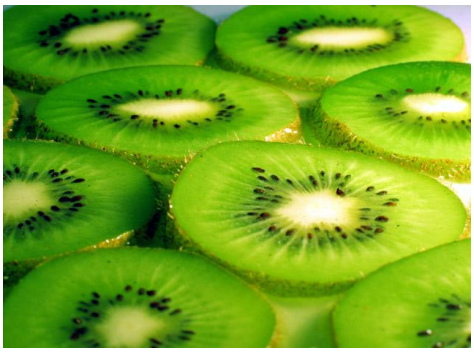
Preparation Time: 10 minutes
Serves 6
Cups of Fruit per Serving: 1

Ingredients:

Dressing:
¼ cup low-fat sour cream
1 cup low-fat cottage cheese, creamed
1 cup low-fat vanilla yogurt
1 tablespoon honey
2 teaspoons lime juice

Salad:
1 cup seedless green or red grapes
1 banana, sliced
1 (16 oz.) can pineapple chunks, drained
1 cup cantaloupe, cubed
1 kiwifruit, peeled and sliced

Preparation:
1.) Combine sour cream, cottage cheese, and yogurt. Mix well.
2.) Blend in honey and lime juice.
3.) To make salad, combine first four fruits with a little of the dressing.
4.) Garnish with slices of kiwifruit.
5.) Serve remaining dressing separately.



Nutrition Information per Serving:
Calories 210, Total Fat 3 g, Saturated Fat 2 g, Cholesterol 0 mg, Sodium 190 mg, Carbohydrates 41 g, Dietary Fiber 3 g, Protein 8 g.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.