



# THE UNBELIEVABLE KIWI



The kiwi is a dynamo of nutrition. Ounce for ounce, a kiwi has more vitamin C than oranges, strawberries or grapefruit. Two large kiwi supply more potassium than a medium banana and almost as much fiber as a cup of bran flakes. All this nutrition for only 45 calories per kiwi.



## BREAK “FAST” WITH KIWI

For breakfast, try adding kiwi to cereals or slicing on vanilla low-fat yogurt.

## SCOOP IT UP

Cut the fruit in half and scoop out the flesh with a spoon. The sweet and tart flavors mix well with other fruits, garden greens, and chicken dishes.

### *Did You Know?*

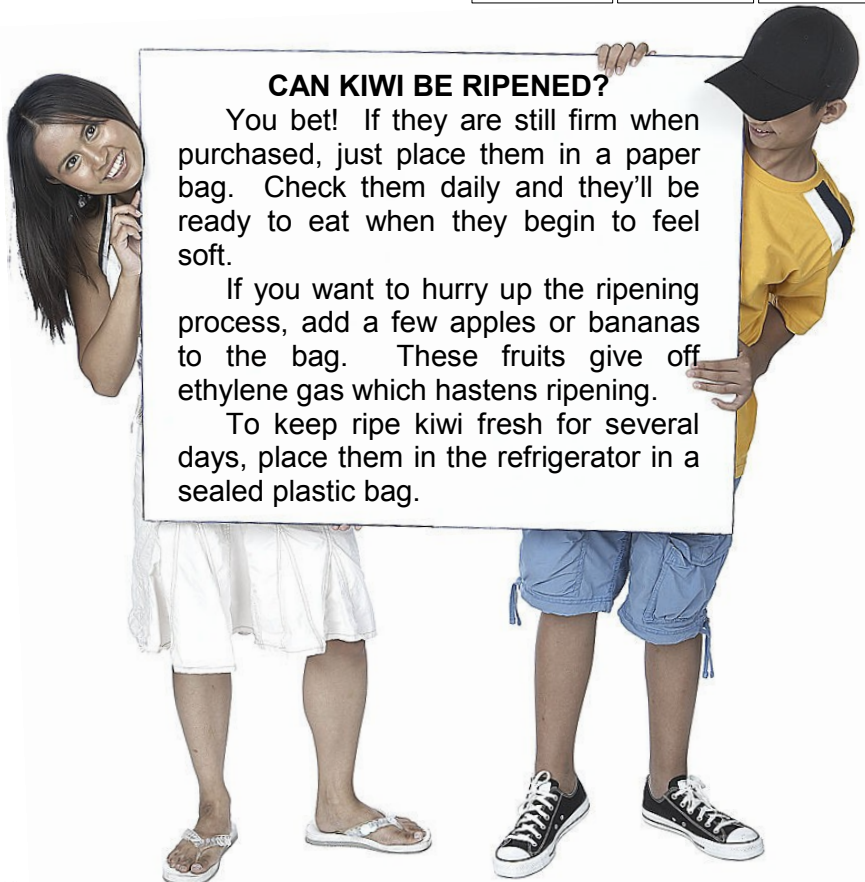
- The fruit was named by New Zealanders after the brown, fuzzy and flightless creature it resembles, the Kiwi bird.
- First brought to the United States in 1962, it took nearly 20 years for kiwi to become a popular fruit.
- Grown in both California and New Zealand, kiwi is harvested by people wearing white gloves to protect the fruit and prevent fingernail cuts in its delicate skin.
- The entire kiwi can be eaten--skin and all. Simply wash thoroughly, trim the ends and enjoy.

## CAN KIWI BE RIPENED?

You bet! If they are still firm when purchased, just place them in a paper bag. Check them daily and they'll be ready to eat when they begin to feel soft.

If you want to hurry up the ripening process, add a few apples or bananas to the bag. These fruits give off ethylene gas which hastens ripening.

To keep ripe kiwi fresh for several days, place them in the refrigerator in a sealed plastic bag.



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