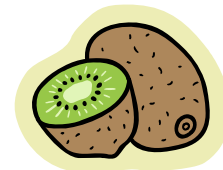


Kiwifruit



Cool Off with Kiwi: Juicy, Refreshing and Packed with Vitamin C!

Nutrition Tips:

- Kiwi is a good source of Vitamin C and dietary fiber.
- One half cup of sliced kiwi provides 140% of your daily Vitamin C.
- Kiwi is low in calories and fat-free.

How to Pick the Perfect Kiwi:

- Choose a kiwi with no bruises or soft spots.
- A kiwifruit is ripe when plump and slightly soft to the touch with a fragrant smell.
- Most kiwifruits are small in size, brown and fuzzy on the outside and on the inside.
- Buy firm kiwi and let them ripe at home for a juicer flavor.

Increase your Kiwi Intake:

- Add kiwi to tossed green salads.
- Mix diced kiwi with your favorite breakfast cereal.
- Dip kiwi slices into a low-fat yogurt for a snack.

For more information on fruits and vegetables visit this website:

<http://www.fruitsandveggiesmatter.gov/month/kiwi.html>



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Kiwifruit Recipe

Strawberry-Kiwi Salsa

Makes about 2 ½ cups

Ingredients

- 1 can (8 oz.) pineapple tidbits, drained
- 2 kiwi, peeled and diced
- 1 cup strawberries, chopped
- 1 tablespoon white wine vinegar
- 1 green onion, chopped

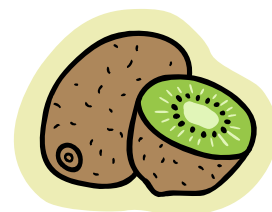
Directions

In medium bowl, mix ingredients well. Chill in refrigerator for at least one hour prior to serving to let flavors blend. Serve with tortilla chips or use to top fish or chicken.

Nutrition

Per 2 Tablespoons: 15 calories, 0 g fat, 0 g protein, 3 g carbohydrate, <1 g fiber, 0 mg sodium

This recipe is a Foot Steps to Health recipe and a 500 Club approved.



For previous nutrition material, recipes and future nutrition kiosks visit:

<http://www.childhoodobesitycoalition.org/>