



Kiwi

Health Benefits of Kiwi (kiwifruit)

Green or yellow kiwifruit are best known for their high vitamin C, their role in digestive health and capacity to lower cholesterol and blood pressure for heart health. They are sweet but low in sugar.

1 medium kiwi provides:

- 42 Calories, 1 gm protein, 2 gm fiber, .4 gm fat, no cholesterol

Potential benefits of consuming kiwifruit:

- Excellent source of vit C which fights free radicals, builds collagen for healthy skin, improves immunity & aids iron absorption
- More antioxidants include vitamins E, K, beta-carotene & selenium
- Rich in B vitamins, especially folate, and 10 minerals including potassium which lowers blood pressure and supports heart health
- Fiber feeds healthy gut bacteria which produce compounds that protect against inflammation, heart disease & diabetes
- Unique combination of nutrients improve digestion & sleep
- Skins of yellow kiwi are edible and increase vit E, folate & fiber

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www.advancedhealth.com/healthy-bytes-initiative

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Give Your Family More of the Good Stuff!



Shop and Save

- Choose slightly firm, unblemished fuzzy kiwifruit. Size of the fruit does not affect the taste.
- Press the outside of the fruit with your thumb. If it gives to a little pressure, it's ripe. If the kiwi feels hard, it's not ready to eat but could be ripened at home.
- US grown fuzzy kiwifruit are available from November through May. From June through October, the fruit is coming from outside the US and may be more expensive.
- Hardy kiwi (kiwi berries) are available in September and October near their growing areas. They may be available in stores and farmers markets in Oregon.

Kiwi Basics

Kiwifruit is an excellent source of vitamin C and vitamin K.



Types of Kiwi



Fuzzy kiwi - the most common type. They are about the size and shape of a

large egg. The brown fuzzy skin is edible but most often removed. The flesh is usually bright green with tiny black seeds. Some varieties have golden flesh.



Hardy kiwi (kiwi berries or grape kiwi) - small, smooth skinned fruits, about



1-inch long. Skin may be green or purple-red depending on the variety. The inside usually looks like the fuzzy variety but can also be red or yellow. Sweeter and more aromatic than fuzzy kiwi. These do not store long and are usually available in September and October.

Store Well Waste Less



- Unripe kiwi can be held in a plastic bag in the refrigerator for up to 6 weeks.
- To ripen, put firm kiwifruit in a paper bag on the counter away from heat and light. To speed ripening, place an apple or banana in the bag with the kiwi.

- Ripe kiwi will keep for several days at room temperature and up to four weeks in the refrigerator.
- Kiwifruit can be frozen sliced, crushed or whole. They can also be dried as slices or fruit leather.

How to peel Kiwi:

Use a vegetable peeler, a paring knife or a spoon. To use a spoon: Slice off both ends of the kiwi. Insert a soup spoon just under the skin at a cut edge. Gently turn the kiwi in a circular motion keeping the spoon as close to the peel as possible without breaking it.

Cooking with Kiwi

Quick Fix:

- ✿ Slice the kiwi in half and eat the flesh with a spoon.
- ✿ Include in a sack lunch.
- ✿ Make a smoothie or frozen pops.
- ✿ Add to any fruit salad or make fruit kabobs.
- ✿ Make a yogurt and kiwi parfait.

Go to
FoodHero.org
for easy, tasty
kiwi recipes

Kiwi Salsa

Ingredients:

- 1 cup **kiwi**, peeled and chopped (about 2 kiwi)
- 1 Tablespoon **onion**, finely chopped (try red or sweet)
- 1 Tablespoon **jalapeno pepper**, minced (seeds removed)
- 1 Tablespoon **cilantro**, finely chopped
- 1 Tablespoon fresh **lime juice**
- $\frac{1}{8}$ teaspoon **salt**

Directions:

1. Combine all ingredients in a medium bowl and stir gently to combine.
2. Refrigerate leftovers within 2 hours.

Notes:

- Try with tacos, tostadas, fish, chicken and more.
- Texture will be best when freshly made.

Makes 1 cup

Prep time: 15 minutes

Kiwi Pineapple Slaw

Ingredients:

- 1 cup **pineapple** in juice, undrained
- 3 cups **cabbage**, finely shredded
- 1½ cups **kiwi**, peeled and chopped (about 3 medium kiwi)
- $\frac{1}{2}$ cup **celery**, chopped
- $\frac{1}{4}$ cup **raisins**
- $\frac{1}{4}$ cup light **mayonnaise**

Directions:

1. Drain pineapple, reserving 3 Tablespoons juice. Cut pineapple into bite-sized pieces, if needed.
2. Combine drained pineapple, cabbage, kiwi, celery, and raisins in a large bowl.
3. Stir reserved pineapple juice into mayonnaise until smooth. Add to cabbage mixture, tossing gently.
4. Refrigerate leftovers within 2 hours.

Makes 4 cups

Prep time: 15 minutes



**Kids
Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- ✿ use a can opener.
- ✿ measure ingredients.
- ✿ chop or slice vegetables if they are ready to use a knife. Ripe kiwi can be cut with a plastic knife and peeled with a spoon.