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# NUTRITION AND YOU...KIWI FRUIT

## FOOD FOR THOUGHT

Kiwi fruit is small, brown, and fuzzy on the outside; yet when cut open it has an inside that is bright green with tiny black seeds. The skin of kiwi fruit is usually peeled, and only the inside portion is eaten. Kiwi is a popular and tasty fruit. Try one!



## SHOP SMART

Kiwi fruit is available in Ohio year-round. For the sweetest tasting fruit, choose plump, fragrant kiwi that are slightly soft. Unripe kiwi fruit has a hard core and tart taste. Avoid purchasing fruit that is shriveled or mushy, or those with bruises or wet spots.

## EAT HEALTHY

### Kiwi fruit is:

- An excellent source of Vitamin C
- A good source of Vitamin E, potassium, and fiber

*Note: 1 cup of sliced kiwi provides 1 cup of your daily fruit requirement.*

## KEEP IT SAFE

These food safety tips will help protect you and your family:

- Wash hands for 20 seconds with warm water and soap before and after preparing food.
- Wash apples under cool, running water before eating or cutting them.
- To ripen firm kiwi fruit, leave them at room temperature for a few days.
- Ripen kiwi fruit faster by placing in a paper bag with an apple, pear, or banana.
- Ripe kiwi fruit keep for one to two weeks.

Your Local Story here:

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**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

COLLEGE OF EDUCATION AND  
HUMAN ECOLOGY

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# RECIPE

## Fruit Kabobs with Yogurt Dip

### Ingredients:

- 1 cup watermelon chunks
- 1 cup pineapple chunks
- 1 cup grapes, red seedless
- 1 cup stemmed strawberries
- 2 kiwis peeled and cut in quarters
- 8- 6 inch bamboo skewers
- 1 cup non-fat, lite yogurt, any flavor

### Instructions:

1. Put fruit chunks on bamboo skewers. Place fruit kabob on platter.
2. Place non-fat lite yogurt in bowl. Serve kabobs with yogurt on the side.

## Nutrition Facts – Fruit Kabobs with Yogurt Dip

Cost: Per Recipe: \$ 3.07                      Per Serving: \$ 0.38

Serving Size: 124 grams (1/8 of recipe)

Calories: 60                                      Calories from Fat: 0

Per Serving	% Daily Value*
Total Fat – 0 g	0%
Saturated Fat – 0 g	0%
Dietary Fiber – 1 g	4%
Sodium – 20 mg	1%
Sugars – 11 g	
Protein – 2 g	

\*Percent daily value  
Based on a 2,000  
calorie diet. Your  
daily values may  
be higher or lower  
depending on your  
caloric needs.

## FOCUS ON FITNESS

Replace a coffee break with a brisk 10-minute walk. Ask a friend to go with you.

## REMEMBER:

Stay hydrated! Drink water instead of sugary drinks.

## REFERENCES

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