



# Kiwi, Fresh

MyPlate Food Group: **Fruit**



### Nutrition Information

- 1 cup of fresh kiwi or 2 medium kiwis count as 1 cup of fruit in the ChooseMyPlate.gov Fruit group.
- Kiwis are naturally low in fat, sodium, and calories. Kiwi does not have cholesterol.
- Kiwis are high in Vitamin C. Vitamin C helps to boost the immune system.

### Uses and Tips

- Cut-up kiwi makes a great snack any time of the day.
- Fresh kiwi does not need to be cooked or heated. Before eating, rinse kiwi before you peel it and enjoy.
- Fresh kiwi can be used to add sweetness to other foods. For example, it can be added to plain yogurt or oatmeal.
- Try adding thin slices of kiwi to replace jam on a peanut butter sandwich or to replace syrup on pancakes and waffles.
- When kiwis are in season they are at their peak flavor and may be less expensive.

### Storing Foods at Home

- Do not wash kiwi until ready to eat.
- Ripe kiwi should be stored in the refrigerator in a loosely sealed plastic bag.

## MyPlate Facts

- Fiber from fruit helps to keep your heart healthy and reduce cholesterol.
- Fiber is important for bowel function and helps prevent constipation.
- Eating a diet full of fruits and vegetables may reduce the risk for heart disease and may help prevent some cancers.
- All forms of fruit count as part of the Fruit Group. Fruits can be fresh, canned, frozen, or dried!

# USDA Foods

## Kiwi Pineapple Slaw

Makes 4-6 servings

### Ingredients:

- 1 cup pineapple in juice, undrained
- 3 cups cabbage, finely shredded (½ head)
- 1 ½ cups kiwi, peeled and chopped (about 3 medium kiwi)
- ½ cup celery, chopped (about 1 stalk)
- ¼ cup raisins
- ¼ cup light mayonnaise

**Directions:** Wash hands with soap and water.

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 for at least two hours before serving.

Recipe adapted from FoodHero.org

## Fruit Pizza

Makes 2 servings

### Ingredients:

- 1 English muffin, whole grain
- 2 tablespoons cream cheese, reduced fat or fat-free
- 2 tablespoons strawberries, sliced
- 2 tablespoons blueberries
- 2 tablespoons kiwi, peeled and sliced

**Directions:** Wash hands with soap and water.

1. Split open the English muffin and toast the halves until lightly browned.
2. Spread cream cheese on both halves.
3. Divide the fruit between the two muffin halves and arrange on top of cream cheese.
4. These are best when served immediately.

*Substitution: Don't have English muffins? Use whole grain tortillas instead. You can also use any fruit you may have available including peaches, pears, cherries, or apples!*

Recipe adapted from FoodHero.org