

## Today's Feature



## How to Eat Kiwi

- Eat it like an apple—skin and all.
  - The skin is loaded with nutrients and lots of fiber.
- Peel it and slice it.
- Cut and Sloop
  - Don't worry, it's ok to Sloop.
  - Cut your Kiwi in half.
  - Spoon out the sweet and juicy inside.
- Kiwi fruit packs a lot of nutrition into a small fuzzy package.



## Nutrition Facts

Serving Size 2 medium fruits (172g)  
Servings Per Container

Amount Per Serving

**Calories 100**      **Calories from Fat 10**

% Daily Value\*

**Total Fat 1g**      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 5mg**      **0%**

**Total Carbohydrate 24g**      **8%**

Dietary Fiber 3g      **12%**

Sugars 19g

**Protein 2g**

Vitamin A 2%      • Vitamin C 300%

Calcium 4%      • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4