

Fresh Fruit and Vegetable

Child Nutrition Program Resources

Resource Order Form



KIWI FRUIT

Kiwi has a brown fuzzy skin and is green inside. You can eat the skin of a kiwi or peel it before eating.

PRODUCE PARTICULARS

Another name for kiwi is a Chinese gooseberry

Kiwi has lots of vitamin C which keeps our bodies healthy

Nutrition Facts	
Serving Size 1 Kiwi	
% Daily Value	
Total Fat	0%
Saturated Fat	0%
Cholesterol	0%
Sodium	0%
Potassium	0%
Total Carbohydrate	0%
Dietary Fiber	0%
Sugars	0%
Protein	0%
Vitamin C	100%
Calcium	0%
Iron	0%
Magnesium	0%