



Kiwi Berries

HEALTH

Kiwi berries are rich in vitamin C and naturally low in fat, cholesterol and sodium. They are also high in fiber and a great source of potassium, vitamin E and magnesium. And they taste so goooooood!!!



6 oz

Nutrition Facts

Serving size 6 oz (170 g)
(pictured above)

Amount Per Serving

Calories 130 Calories from Fat 0

% Daily Value *

Total Fat 1 g 1%

Saturated Fat 0 g 0%

Cholesterol 0 g 0%

Sodium 0 mg 3%

Total Carbohydrate 30 g 5%

Dietary Fiber 8 g 22%

Sugars 13 g

Protein 2 g

Vitamin A 6% Vitamin C 120%

Calcium 10% Iron 4%

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

I had never heard of them until a lady in our laughter class said she tried them at Sam's Club. I asked her to bring me some next time she bought them. And low and behold another member of our morning laughter class brought them the next day. Ask your produce manager to stock them. They are in season in the fall and come from Oregon or the east coast.

YES they taste just like Kiwi, soft, sweet and YUMMY, but shaped like a grape and without the fuzz. I put a handful in the freezer to see how that works. I am sure you need to eat them frozen and not try to thaw them.

Kiwi berries should be placed on a paper towel in a glass pie dish and stored in dry refrigeration. The berries should not be damp because moisture speeds up the rate of decay. Shelf life, once they reach your market, is 7 to 14 days. For best flavor, they should be consumed within one week. Kiwi berries are ripe when the berry feels soft to the touch.

I will not let anyone walk through my mind with their dirty feet.

Mahatma Gandhi

With everything that has happened to you, you can either feel sorry for yourself or treat what has happened as a gift. Everything is either an opportunity to grow or an obstacle to keep you from growing. You get to choose.

Wayne Dyer