



## A New Variety of Kiwifruit

Zespri® SunGold Kiwifruit is a cross between Gold varieties of kiwifruit. Zespri® spent ten years developing the SunGold variety through natural crossbreeding methods. All Zespri® is non-GMO. The Zespri® brand is recognized as the world leader in premium quality kiwifruit.

## Nutrition Credentials

- Zespri® SunGold is an excellent source of vitamin C, containing three times more vitamin C than oranges. In fact, just one Zespri® SunGold covers your daily needs of vitamin C!
- A serving of Zespri® SunGold Kiwifruit provides as much potassium as a medium banana.
- Zespri® SunGold Kiwifruit is a good source of antioxidant vitamin E.

## Appearance

Zespri® SunGold Kiwifruit has a smooth, hairless skin and juicy, yellow flesh.

# INTRODUCING Zespri® SunGold Kiwifruit



Nutrition Facts	
Serving Size 2 Kiwifruit (162g)	
Amount Per Serving	
<b>Calories</b> 110	Calories from Fat 0
<small>% Daily Value*</small>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Potassium</b> 520mg	<b>15%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 2g	8%
Sugars 20g	
<b>Protein</b> 2g	
Vitamin A 0%	Vitamin C 430%
Calcium 2%	Iron 0%
Vitamin E 10%	

## Taste

Zespri® SunGold is sweeter than a green kiwifruit, it's refreshing, and has a tropical-sweet taste.

## Selection Perfection

Zespri® SunGold gets softer (and sweeter!) as it ripens. To pick the perfect SunGold Kiwifruit, hold it in the palm of your hand and squeeze very gently. A ripe kiwifruit will give to slight pressure.

## How To Enjoy

Just cut Zespri® SunGold in half and scoop it out. That's it - Cut, Scoop, Enjoy! Zespri® SunGold is an easy on-the-go snack when cut in half and placed in a bag with a spoon. Now that's portable nutrition!

## Availability

Look for Zespri® SunGold Kiwifruit in stores June through October.



## Get to know Zespri® Green Kiwifruit

The Zespri® Green Kiwifruit, also known as the Hayward variety, was developed in New Zealand in the 1920s. The Zespri® brand is recognized as the world leader in premium quality kiwifruit. Zespri® uses natural crossbreeding techniques and all Zespri® Kiwifruit is non-GMO.

## Nutrition Checklist

- ✓ A serving of Zespri® Green Kiwifruit has less than 100 calories, more vitamin C than an orange, and more potassium than a medium banana.
- ✓ A serving of Zespri® Green Kiwifruit is high in fiber, containing both soluble and insoluble fiber.
- ✓ Zespri® Green Kiwifruit contains actinidin, a natural digestive enzyme unique to kiwifruit.
- ✓ A serving of Zespri® Green Kiwifruit is a good source of folate.

## Appearance

Zespri® Green Kiwifruit is oval-shaped with fuzzy brown skin. It has a vibrant green flesh with small, black seeds.

## Taste

The Zespri® Green Kiwifruit is beloved for its refreshing, tangy-sweet taste.

# MEET Zespri® Green Kiwifruit



## Nutrition Facts

Serving Size 2 Medium Kiwifruit (148g)	
Amount Per Serving	
Calories 90	Calories from Fat 5
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Potassium</b> 460mg	<b>13%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 13g	
<b>Protein</b> 2g	
Vitamin A 0%	Vitamin C 230%
Calcium 6%	Iron 2%
Vitamin E 10%	

## Selection Perfection

To pick the perfect Green Kiwifruit, hold a kiwifruit in the palm of your hand and squeeze the kiwifruit very gently. A ripe kiwifruit will give to slight pressure.

## In the Kitchen

Add Zespri® Green Kiwifruit to yogurt, sandwiches, soups, smoothies, cereal and more! Zespri® Kiwifruit is a convenient and easy way to boost the nutrition and color on your plate. When preparing a recipe with meat, the actinidin in Zespri® Green Kiwifruit can serve as a tenderizer.

## Taste the Difference

Zespri® growers achieve the best-tasting fruit through a measure called the brix. The higher the brix, the sweeter the fruit. Growers measure the dry matter content (where all water is removed) to indicate how high the brix will be once the fruit is ripe. A higher dry matter means the better quality the kiwifruit will be – it stores better and tastes better. Zespri® sets guardrails for the brix for all varieties of their kiwifruit, which growers achieve by complying with Zespri®'s comprehensive quality system.

## Organic Variety

Zespri® Green Organic Kiwifruit is also available and is audited by BIO-GRO New Zealand (New Zealand's leading independent and internationally recognized certification agency) and complies with USDA certification.

## Availability

Look for Zespri® Green Kiwifruit in stores June through October.