

KIWIFRUIT: TOP OF NUTRITION VALUES

New Zealand Kiwifruit tops the nutritional value tables compared to all other fruit. It is one of the most nutritious fruits available, and is packed full of fibre, antioxidants, vitamins and minerals. Kiwifruit is a healthy and delicious option to complement your everyday diet.

The Gold kiwifruit is ranked as number one in nutritional value. It has a nutritional adequacy score of 18.8, making it one of the highest scoring fruits available in terms of nutrient richness. The nutrient adequacy of a certain food refers to how many nutrients it provides relative to its weight.

The high amount of vitamin C in kiwifruit is the primary driver of its high nutrient richness. Other key nutrients include fibre, folate and potassium. The combination of kiwifruit's unique attributes works within the body to provide significant health benefits.

As an 'ingredient supplier', Kiwifruit produces the world's best kiwifruit puree and are the leading provider of whole kiwifruit seeds and kiwifruit skin. Our products are 100% natural and are used in beverages, food, pharmaceuticals and nutraceuticals.

And we source all our fruit from accredited orchards in the heart of the New Zealand Kiwifruit Capital – The Bay of Plenty.

Make sure Kiwifruit is part of your food or beverage offering and give your customer some of the best nutrition available.

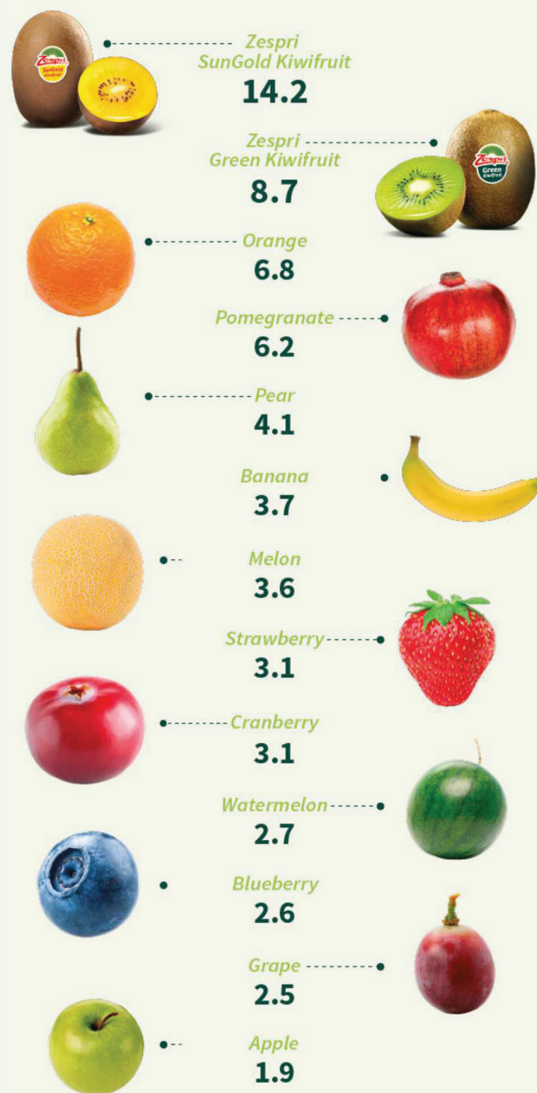
Note: This score shows the contribution which 100 g fruit makes to the reference values (RI) for a selection of 16 vitamins and minerals: fibre, calcium, iron, magnesium, potassium, zinc, vitamin C, thiamine (vitamin B1), riboflavin (vitamin B2), niacin, pantothenic acid, pyridoxine (vitamin B6), folate, vitamin B12, vitamin A and vitamin E.

The values used are recognised by the United States Department of Agriculture (USDA) Nutrient Database of 2009. The nutritional density is calculated by dividing the nutritional value by the caloric value.

Source: <https://www.zespri.eu/en/happy-healthy/nutrient-richness-kiwi>

Zespri® kiwifruit has the highest nutrient adequacy score of commonly eaten fruits

Nutrient adequacy score



Based on the method of Darmon N, et al (2005)



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