

Nutritional qualities of
Zespri® SunGold kiwifruit



Zespri® SunGold kiwifruit is an exciting new variety of kiwifruit. Smooth and hairless, the Zespri® SunGold yellow flesh kiwifruit is sweet, juicy and refreshing.

Offering more vitamin C than an orange

as well as fibre, folate, and potassium, Zespri® SunGold kiwifruit punches above its weight as a nutritious fruit. It is also sweet, juicy and refreshing.



3X

Weight for weight, Zespri® SunGold kiwifruit contains three times as much vitamin C as you find in an orange.

That's 161 mg vitamin per 100 grams. Vitamin C, a powerful antioxidant, is essential for normal immune function, skin health, and helps to reduce tiredness and fatigue.

Zespri® SunGold kiwifruit per 100g

Energy (kcal)	79 (63)	Sugars (g)	12.3 (9.8)	Potassium (mg)	315 (252)	Calcium (mg)	17.3 (13.8)
Fat (g)	0 (0)	Fibre (g)	1.4 (1.1)	Magnesium (mg)	12.3 (9.8)	Glycaemic index	38 (30.4)
Sodium (mg)	0 (0)	Folate (mcg)	30.6 (24.5)	Phosphorus (mg)	25.2 (20.1)		
Protein (g)	1.0 (0.8)	Vitamin C (mg)	161 (129)				



No1

Zespri® SunGold kiwifruit Officially one of the most nutritious fruits

Using the Nutrient Adequacy Score, calculated by comparing 17 nutrients per 100g of fruit against reference values, **Zespri® SunGold kiwifruit scored 18.8** while apples scored 1.8 and oranges score 8.1.

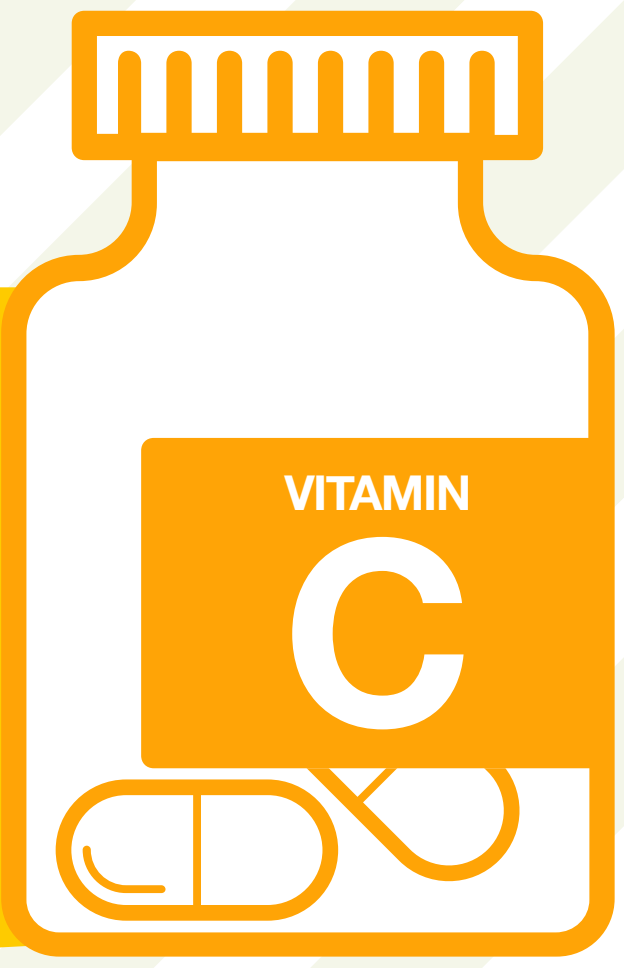


The nutrients in **Zespri® SunGold kiwifruit** allow the use of several authorised European health claims:



Zespri® SunGold kiwifruit is high in vitamin C (>30% NRV) and a source of folate and potassium (>15% NRV) according to EU food law.

As **Zespri® SunGold kiwifruit** contains more than 1.5g fibre per 100 kcal, it can be promoted as a source of fibre.



Normal immune function

due to the rich vitamin C and folate content.



Antioxidant protection

as vitamin C is a powerful antioxidant helping to protect cells from oxidative damage.



Skin health

vitamin C has an important role in collagen production.



Muscle function

thanks to the potassium content.



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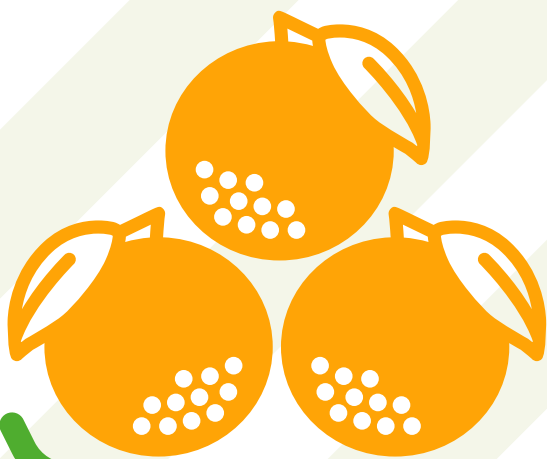
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