Table 1. Nutrient content of Zespri SunGold and Zespri Green kiwifruit

Nutrient		Units/100 g Edible Flesh	Zespri® Green*	Zespri® SunGold**
Proximates	Water	g	83.5	82.4
(EC) EU	† Energy	kcal	81	79
(USDA) US	† Energy	kcal	57	63
	Protein	g	1.2	1.02
	Total lipid (fat)	g	0.7	0.28
	Ash	g	0.65	0.47
	Carbohydrate, available	g	9.1	15.8
	Fibre, total dietary	g	3	1.4
	Sugars, total	g	8.8	12.3
Minerals	Calcium, Ca	mg	27	17
	Iron, Fe	mg	0.2	0.21
	Magnesium, Mg	mg	N/A	12
	Phosphorus, P	mg	34	25
	Potassium, K	mg	300	315
	Sodium, Na	mg	2.3	3
	Zinc, Zn	mg	0.1	0.08
	Copper, Cu	mg	N/A	0.151
	Manganese, Mn	mg	N/A	0.048
	Selenium, Se	µg	0.6	0.4
Vitamins	Vitamin C, total ascorbic acid	mg	85.1	161.3
	Vitamin B1 - thiamin	mg	0	0
	Vitamin B2 - riboflavin	mg	0.05	0.074
	Vitamin B3 - niacin	mg	0.83	0.231
	Vitamin B5 - panthothenic acid	mg	N/A	0.12
	Vitamin B6 - pyrridoxine	mg	0.07	0.079
	Vitamin B9 - folate (DFE)	µg	38	31
	Choline	mg	N/A	1.9
	Vitamin B12	µg	0	0.08
	Vitamin A	µg	9	N/A
	Vitamin A, retinol activity equivalents (RAE)	µg	N/A	1
	Vitamin A	IU	N/A	23
	Vitamin E - α-tocapherol	mg	0.86	1.4
	Vitamin K	µg	N/A	6.1
Other	Carotene, beta	µg	54	14
	Lutein + zeaxanthin	µg	N/A	24
NUTRIENT ADEQUACY SCORE			11.4	18.8
NUTRIENT DENSITY		/100 kcal	20	29.8
GLYCAEMIC INDEX			39	38

Sources of data

* Crop & Food Research, New Zealand Nutrient composition of New Zealand Zespri Green kiwifruit, 2015.

** Combined data from NVIG2010, Japan market analysis 2010 and ZESPRI analysis 2011.

† There are a number of equations to calculate energy as noted by the European Commission (2014) and USDA (2009). The first line in the table refers to the European Commission legislature that calculates energy as total carbohydrate plus fibre http://ec.europa.eu/food/safety/labelling_nutrition/labelling_legislation/index_en.htm

The second line in the table refers to USDA legislature that calculates energy as total carbohydrate by difference minus insoluble fibre http://www.fda.gov/food/guidanceregulation/guidancedocumentsregulatoryinformation/labelingnutrition/ucm2006828.htm

Nutrient Adequacy Score and Nutrient Density calculated based on the methods of Darmon N, et al. A Nutrient Density Standard for Vegetables and Fruits: Nutrients per Calorie and Nutrients per Unit Cost. J Am Diet Assoc 2005:105:1881-7