

KIWI-CALORIEËN

EN GLYCEMISCHE INDEX



**ENERGIE-
EFFICIËNT**

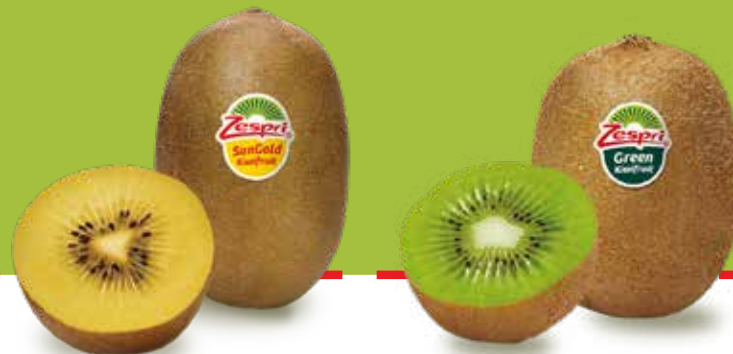
**61-63 KCAL /
100 G^{1,3-4}**



**LAAG
GLYCEMISCHE
INDEX¹**

38-39

**1 MIDDELGROTE KIWI
≈ 45-55 KCAL**



1. The New Zealand Institute for Plant & Food Research Limited. (2015). New Zealand Food Composition Database: New Zealand FOODfiles 2014 Version 01. Retrieved March 30, 2015 from <http://www.foodcomposition.co.nz/foodfiles>.
3. There are a number of equations to calculate energy as noted by the European Commission (2014). This calculation 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
4. Monro JA. Kiwifruit, carbohydrate availability, and the glycemic response. *Adv Food Nutr Res.* 2013;68:257-71.