

# VALOR CALÓRICO

# E ÍNDICE GLUCÉMICO



**EFICIENTE**  
ENERGÉTICAMENTE<sup>1,3-4</sup>

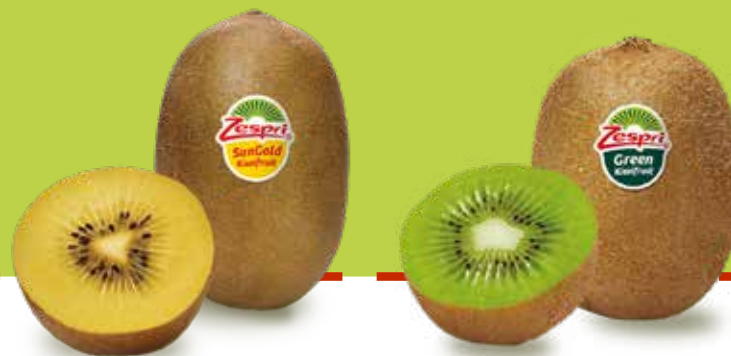
**61-63 KCAL / 100 G**



**BAJO**  
ÍNDICE GLUCÉMICO<sup>1</sup>

**48-51**

**1 KIWI DE TAMAÑO MEDIO**  
**≈ 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](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.