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Sugar and Organic Acid Composition in the Fruit Juice of Different *Actinidia* Varieties

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Soluble sugars, sugar alcohol, and organic acid contents in *Actinidia* fruits at the eating-ripe stage were determined in various genotypes using high-performance liquid chromatography: five *A. deliciosa*, seven *A. chinensis*, two *A. rufa*, eight *A. arguta*, and three interspecific hybrids. The main soluble sugars in *A. deliciosa* and *A. rufa* fruits were glucose and fructose, although sucrose was present in smaller amounts. In contrast, sucrose was the predominant sugar in *A. arguta* fruits, followed by fructose and glucose. Most *Actinidia* fruits tested here contained *myo*-inositol as a sugar alcohol component. In particular, *myo*-inositol contents in *A. arguta* fruits were 0.575–0.982 g/100 g fresh weight, which is the highest level among all foods. Regarding the organic acid component, citric and quinic acids predominated over malic acid in all *Actinidia* fruits tested. Compared to *A. deliciosa* and *A. chinensis*, the proportion of quinic acid was higher in *A. rufa* and lower in *A. arguta*.

Keywords: *Actinidia* spp., kiwifruit, sugar, organic acid, *myo*-inositol

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