

Guava

NUTRITION BENEFITS

- 1 Low in calories
- 2 Low in fat
- 3 Good source of fiber
- 4 Rich in vitamins C and A
- 5 Good source of potassium
- 6 Other B vitamins

A BRIEF HISTORY

Guava is a tropical fruit, thought to first have come from central America.



The scientific name for guava is *Psidium guajava*.



Guava can grow in both humid and dry conditions.

WAYS TO ENJOY GUAVA

- Put in a smoothie for added fiber and nutrients!
- Dice up and add to a fruit salad.
- Slice and enjoy on its own!

