



TROPICAL TREASURE

guava

Guava is full of vitamin C. In fact, one guava has about four times more vitamin C than an orange! Eating more fruit like guava can reduce your risk of high blood pressure, heart disease and stroke.

DID YOU KNOW?



- In the United States, guava is grown commercially in Florida, Hawaii and Puerto Rico.
- Guavas are rich in dietary fiber, vitamins A and C, folate and potassium.
- There are two types of guava that grow in Florida: pink guava and white Thai guava.
- Pink guavas should be allowed to ripen but the white Thai guava can be eaten while still firm.

WELLNESS TIP

When you're ready to commit to get fit, identify a reason to help motivate you.

SHOPPING, PREPARING AND STORING



- Upon ripening, the guava fruit softens and the skin turns from green to yellow green, and the flesh varies in color from white to yellowish, light- to dark-pink or red.
- When shopping, look for guava with no cuts, bruises or patches on the skin.

COOKING TIPS



- The fruit can be eaten fresh, or used to make guava paste, beverages and jellies.
- Sliced guava cubes are a great addition to fruit salads.
- Diced guava cooked with garlic and ginger makes a tasty sauce for chicken or pork.

TROPICAL FRUIT SALAD WITH GUAVA SAUCE

serves 4

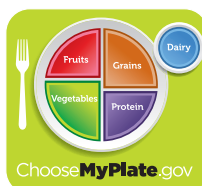
- 2 bananas, sliced
- 1 pear, sliced
- 4 kiwis, peeled and sliced
- 2 cups strawberries, sliced
- 2 tablespoons orange juice concentrate
- 1 guava



1. Combine all ingredients, except for orange juice and guava, in a large serving bowl.
2. Peel and slice guava into quarters and place in a blender with the orange juice concentrate. Puree until smooth.
3. Pour the mixture through a sieve to remove the seeds and pour over the fruit salad.
4. Serve.

Recipe adapted from Fruits and Veggies More Matters, Produce for Better Health Foundation

Calories: 159; Total Fat: 1 g; Saturated Fat: 0 g; Total Carbohydrates: 40 g; Protein: 3 g; Sodium: 4 mg



CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.

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