

# Guava



## Nutritious and Yummy

- 4x more Vitamin C than oranges
- 4x more Fiber than pineapple
- 2x more lycopene than tomatoes
- More Potassium than bananas

## Many Flavors of Guava

There are at least more than 150 varieties of guava that come on a mix of different skin and pulp colors like green, white, pink and yellow

## Fruit Uses

Guava is commonly eaten fresh or made into beverages, jams and jellies, and other foods