

PAPAYA CHUNK



FOOD FACTS

- The papaya is a tropical fruit high in vitamins C and A and lycopene which helps keep your heart healthy and strong.
- The health benefits of papaya include better digestion, immune system support and better heart health. Papaya is also believed to prevent cancer because of its powerful antioxidants.
- One of the most popular tropical fruits worldwide, papaya is ranked fourth in total tropical fruit production after bananas, oranges, and mango.

2 oz proportioned serving

Nutrition Facts	
Portion Size	57 g
Amount Per Portion	
Calories	24
% Daily Value *	
Total Fat 0.1g	0 %
Sodium 4.5mg	0 %
Total Carbohydrate 6.1g	2 %
Dietary Fiber 1g	4 %
Sugar 4.4g	
Protein 0.3g	1 %
Vitamin D 0mcg	0 %
Calcium 11mg	1 %
Iron 0.1mg	1 %
Potassium 103mg	2 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.

DID YOU KNOW?

The papaya was introduced to Hawaii in the early 1800s. Today, **Hawaii** is the only U.S. state that grows papayas commercially.

Can you find Hawaii on a map?

