

# FOOD FACTS

## Starfruit



### NUTRITION

- Star fruit is low in sugar, but high in potassium, vitamin C, and antioxidants.
- Vitamin C helps your body fight off infections and keeps your immune system working top notch.
- Potassium keeps your muscles strong and helps your heart beat regular.

### DYK

- Star fruit is also known as Carambola. It is thought to have originated in Sri Lanka, but has been cultivated in Southeast Asia, the South Pacific, and parts of East Asia. Kiwi was first discovered in China.
- The juice of a sour star fruit can be used to clean tarnished brass.

### PREPARATION & STORAGE

- Fruit that has light green coloring should be left at room temperature until ripe and yellow in coloring; then stored in refrigeration.
- Star fruit is great to eat alone, add to a salad, cook with meat, or used as a garnish.

Follow the link below for a video of a Vietnamese folktale featuring Starfruit:

[The Starfruit Tree](#)

