

## Fresh Fruit & Vegetable Program: April 2023

### Featured Fresh Fruit: **GUAVA**



#### Health Benefits:

1. Fiber: heart healthy, digestive system & stable energy
2. Vitamin C: supports immune system, healthy skin, and healing
3. Folate: brain and nervous system, blood production



#### Fun Facts:

1. Guava is grown on a tree and is native to Central and South America, Mexico, and the Caribbean.
2. Guava comes in different shapes and varieties and the inside flesh can be white, yellow, pink, or red!
3. Guava leaves are sometimes used in hair products because they are believed to help with hair growth and prevent hair loss!

