

PAPAYA CHUNKS



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?

PRODUCE PARTICULARS

The papaya is a tropical fruit high in vitamins C and A and lycopene which helps keep your heart healthy and strong.

One of the most popular tropical fruits worldwide, papaya is ranked fourth in total tropical fruit production after bananas, oranges, and mango.

Papayas are believed to aid in better digestion, offer immune system support and better heart health. Papaya is also believed to prevent cancer because of its powerful antioxidants.



Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
Calories	45
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	6%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.2mg	2%
Potassium 180mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram:	
Fat 9	Carbohydrate 4
	Protein 4

FRESHEALTH