



# FRESH FRUIT AND VEGETABLE PROGRAM

## Nutritional Education

# papaya

## NUTRITIONAL INFORMATION

Fresh, ripe Papaya is one of the fruits with the highest vitamin C content.

Papaya is also rich in many essential B-complex vitamins such as: Folic acid, vitamin B6, riboflavin, and vitamin B1.

## FUN FACT

Within many traditions, Papaya stands as a symbol of growth and resilience.

