# GUAVA

## DID YOU KNOW?

- Guavas are tropical fruits that weigh about 25 to 500 grams and vary in appearance. chewy nature.
- Guavas are botanically classified as Psidium guajava and belong to the Myrtaceae family, which also includes cloves, allspice, and eucalyptus.
- Guavas are a source of vitamins A, B, and C. These vitamins are important for immune and brain function, cellular growth, skin health, energy and collagen production, and infection defense.

## FUN FACT!

Guavas are native to Mexico, Central America, the Caribbean, and South America. They are sown in tropical and subtropical climates where they may grow in wild forests, disturbed areas, and along riverbanks. Guavas have been consumed for over 5,000 years in their native regions.



@fcsnutrition

facebook.com/fcsnutrition

Visit **fcsnutrition.com** for menus and more info!

USDA is an equal opportunity provider, employer, and lender.