



TROPICAL TREASURE guava

Guava grows in many tropical and subtropical regions throughout the world. In the United States, guava is grown commercially in Florida, Hawaii and Puerto Rico.

Guava is full of vitamin C. In fact, a guava has about four times more vitamin C than an orange! Eating more fruit like guava can reduce your risk of high blood pressure, heart disease and stroke.

Did you know?

- Guavas are rich in dietary fiber, vitamins A and C, folate and potassium.
- There are two types of guava that grow in Florida: pink guava and white Thai guava.
- Pink guavas should be allowed to ripen but the white Thai guava can be eaten while still firm.

Guavas can help curb your appetite. A medium-sized guava is very filling, making it the perfect choice for a mid-day snack.

Shopping, Preparing and Storing

- Upon ripening, the fruit softens and the skin turns from green to yellow green, and the flesh varies in color from white to yellowish, light- to dark-pink or red.
- When shopping, look for guava with no cuts, bruises or patches on the skin.
- If you need to speed up the ripening process, put a guava in a paper bag with a banana or apple.

Cooking Tips

- The fruit can be eaten fresh, cut up in fruit salads or used to make guava paste, ice cream, beverages and jellies.
- Sliced guava cubes are a great addition to fruit salads.
- Guava is not just for dessert! Diced guava cooked with garlic and ginger can make a great sauce for chicken or pork.

GUAVA AND BLUEBERRY SMOOTHIE

- ½ guava fruit, diced
- 1 cup blueberries
- ½ cup spinach
- 1 cup low-fat milk
- Ice, as needed



1. Blend in a blender until smooth and creamy. Enjoy!



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FRUITS

Make most of your choices whole or cut fruit instead of juice.

VEGETABLES

Eat a variety every day. Fresh, canned or frozen.

GRAINS

Make at least half of your grains whole grains.

DAIRY

For adults and children 2 years and older, drink 1 percent low-fat or fat-free milk.

PROTEIN

Choose lean meat, poultry without the skin, seafood, beans and peas, eggs, processed soy or nuts.