



Papaya

Health Benefits of Papaya

The papaya is a tropical fruit native to Mexico and widely available in the US. It has a soft, inner pulp similar to sweet melon but with a creamy texture. It is rich in nutrients and fiber and can aid in digestion.

1 small or 1 cup cubed papaya provides:

- 62 calories, <1 gm protein, 3 gm fiber, no fat, no cholesterol

Potential benefits of papaya:

- Excellent source of antioxidants vitamin C, beta-carotene, lutein and zeaxanthin which fight inflammation and promote eye health
- Good source of potassium for healthy blood pressure and heart health
- Provides lycopene, known to aid in prevention of prostate cancer
- Contains *papain*, an enzyme which aids in digestion
- High in fiber which aids in reducing constipation, hemorrhoids and risk of colorectal cancer
- Papaya may cause allergic reactions in those allergic to latex
- Toss cubed fruit in salad, smoothies or cereal. Seeds are edible with a slight peppery flavor good in soups or dressings



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