



Guava (*Psidium guajava*)

Revitalize with a low calorie and highly nutritious Guava

An ideal summer food high in carotenoids

Flavour likened to a cross between pears and strawberries.

Free of saturated fats, LDL cholesterol and sodium and full of essential nutrients for a healthy lifestyle

Guava is an exceptional fruit, being low in calories and fats, free of LDL cholesterols, saturated fats and sodium, and yet they are packed full of key nutrients such as vitamins A, B, C, carotenoids, folate, pectin, potassium, fibre, fatty acids, calcium and iron. Guava has been reported to help reduce triglyceride levels (a risk indicator for heart disease), and may also reduce hypertension, while increasing the level of high-density lipoprotein ('good') cholesterol.

# NU Guava

*pronounced as: gwah-vah*

Native to tropical America, from Mexico to Peru, Guava thrives in the richness of the Amazon basin, where this fruit often grows well beyond the size of a tennis ball. Guava represents an important constituent of the Brazilian diet, either eaten fresh or made into delicious juices, ice cream, and preserves.

Not only is Guava an important source of nutrients, enriching the diet of the indigenous peoples throughout the rainforest, but so the leaves and bark of the guava tree also have a long history of medicinal uses, many of which are still employed today.

To understand why Guava is so good for you, you only have to take a look at its chemical breakdown; the fruit is rich in tannins, phenols, triterpenes, flavonoids, essential oils, saponins, carotenoids, lectins, vitamins, fibre and fatty acids. Guava fruit also contains more vitamin C than citrus fruits, therefore making it an

important source of antioxidants, and also contains appreciable amounts of vitamins A and B, vital for keeping the body healthy. Calcium, not often found in fruits and vegetables, is present in Guava, along with other minerals needed in a healthy diet. Guava fruit is also a good source of pectin—a dietary fibre, and carotenoids, which have a protective effect against the harmful rays of the sun. Much of guava's therapeutic activity is attributed to its flavonoid content, which has demonstrated antibacterial activity.

So it can certainly be said that a guava a day will keep the doctor away! Perfect as a health boosting juice, or as a vital ingredient in a tropical smoothie

