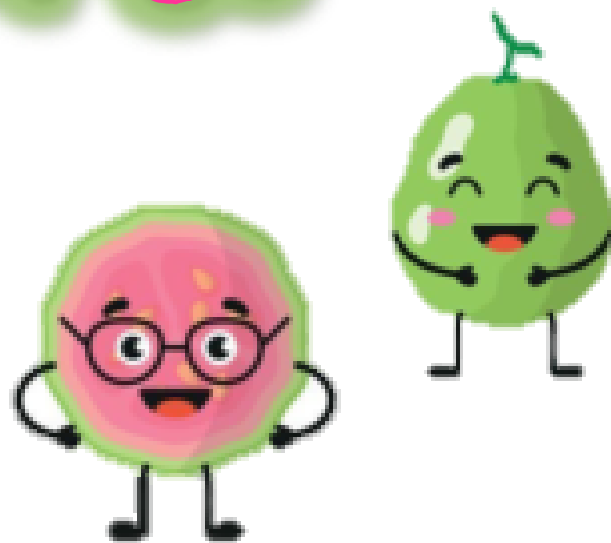


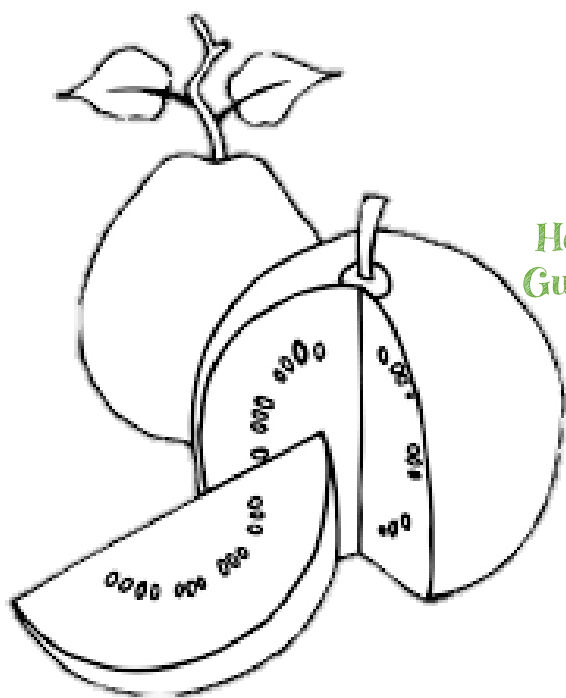
Guava

Nutritional Information

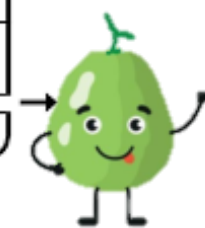
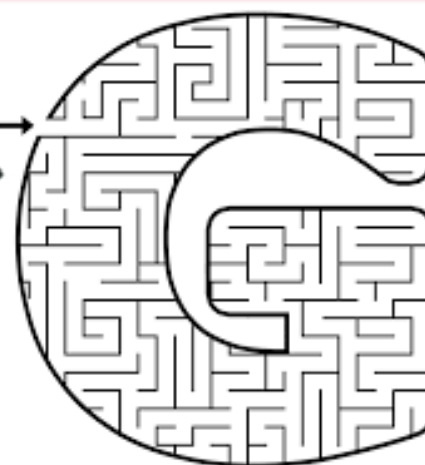
Guavas are an excellent source of vitamin C, providing three times that of the recommended daily allowance. They also supply potassium and pectin, which helps you lower your blood cholesterol. The small seeds should be eaten with the fruit as they provide many health benefits as well.



Color the Guava!



Help Gweneth
Guava find her
friend!



Fun Facts

The whole fruit is edible, including the rind and seeds, and tastes fruity and slightly floral, like a cross between a strawberry and a pear.