

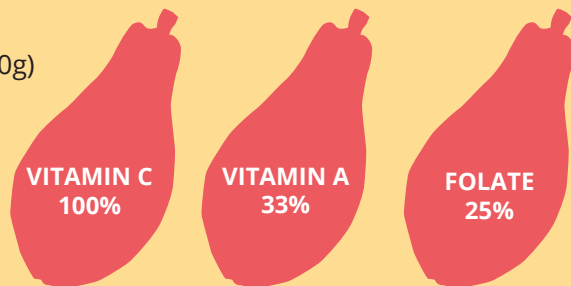


AUSTRALIAN PAPAYA FACTS & TIPS

VITAMIN RICH

Aussie papaya is bursting with vitamin C, vitamin A and folate.

Just one serve (150g) provides:



of your daily requirement.



BOOST YOUR IMMUNITY

Keep your body strong with a delicious dose of papaya. A single serve provides double your daily vitamin C requirements, helping keep your immune system in tip top shape.



GET YOUR GLOW ON

Papaya contains a unique bundle of antioxidants which are essential for healthy glowing skin. The tasty tropical fruit is also 90% water, to keep your skin hydrated and refreshed!



MUMS N BUBS

Expecting? Papaya is high in both folate and vitamin A, which are essential for the healthy development of babies in early pregnancy. The soft texture is also ideal for babies first food.



GOOD GUT HEALTH

Papaya contains both soluble and insoluble fibres - which are both essential for a healthy and happy gut.



FEEL FULLER FOR LONGER

Papaya is the perfect go-to snack. Not only is it low in kilojoules, it's also high in fibre and has a moderate GI, which helps keep you feeling fuller for longer.

GET MORE HEALTH INFO

Learn more about the health benefits of papaya in the Australian Papaya Health Review 2018.