

Papaya fruit health benefits

- The papaya fruit is very low in calories contains no cholesterol.
- Papayas contain soft, easily digestible flesh with a good amount of soluble dietary fiber that helps to have normal bowel movements; thereby reducing constipation problems.
- Fresh, ripe papaya is one of the fruits with the highest Vitamin A and vitamin-C.
- Papaya fruit is also rich in many essential B-complex vitamins such as Folic acid, pyridoxine (vitamin B-6), riboflavin, and thiamine vitamin B-1.
- Papaya contains high level of Potassium and Calcium.

Principle	Nutrient Value	Percentage of RDA
Energy	39 Kcal	2%
Carbohydrates	9.81 g	7.5%
Protein	0.61 g	1%
Total Fat	0.14 g	0.5%
Cholesterol	0 mg	0%
Dietary Fiber	1.80 g	4.5%
Vitamin A	1094 IU	36%
Vitamin C	61.8 mg	103%
Vitamin E	0.73 mg	5%
Vitamin K	2.6 µg	2%
Calcium	24 mg	2.5%
Iron	0.10 mg	1%
Magnesium	10 mg	2.5%
Phosphorus	5 mg	1%
Zinc	0.07 mg	0.5%