

## Health benefits of guava fruit

- Guava is low in calories and fats but carry several vital vitamins, minerals, and antioxidant poly-phenolic and flavonoid compounds that play a pivotal role in the prevention of cancers, aging, infections, etc.
- The fruit is very rich source of soluble dietary fiber (5.4 g per 100 g of fruit, about 14% of DRA), which makes it a good bulk laxative. The fiber content helps protect the colon mucous membrane by decreasing exposure time to toxins as well as binding to cancer-causing chemicals in the colon.
- Guava-fruit is an excellent source of antioxidant vitamin-C. 100 g fresh fruit provides 228 mg of this vitamin, more than three times the required DRI (daily-recommended intake). Flesh just underneath its outer thick rind contains exceptionally higher levels of vitamin C than its inner creamy pulp.

Principle	Nutrient Value	Percentage of RDA
Energy	68 Kcal	3.5%
Carbohydrates	14.3 g	11.5%
Protein	2.55 g	5%
Total Fat	0.95 g	3%
Cholesterol	0 mg	0%
Dietary Fiber	5.4 g	14%
Thiamin	0.067 mg	5.5%
Vitamin A	624 IU	21%
Vitamin C	228 mg	396%
Vitamin E	0.73 mg	5%
Vitamin K	2.6 µg	2%
Calcium	18 mg	2%
Copper	0.230 mg	2.5%
Iron	0.26 mg	3%
Magnesium	22 mg	5.5%
Manganese	0.150 mg	6.5%
Phosphorus	11 mg	2%
Selenium	0.6 mcg	1%
Zinc	0.23 mg	2%