Did you know?





1 GUAVA PASTRY = 10 GUAVAS
379 CALORIES EACH
37 CALORIES EACH



PAPAYA SMOOTHIE (WITH EVAPORATED AND CONDENSED MILK) =

343 CALORIES



FRESH PAPAYA
(1 CUP) =

60 CALORIES



















*Nova Southeastern University Quality of Life Grant funded www.NSUCaribbeanhealth.com