



PAPAYA GAZETTE

HEALTH BENEFITS

Papaya offer not only the luscious taste and sunlit color of the tropics, but are rich sources of antioxidant nutrients such as carotenes, vitamin C and flavonoids; the B vitamins, folate and pantothenic acid; and the minerals, potassium and magnesium and fiber. Together, these nutrients promote the health of the cardiovascular system and protection against colon cancer.

1. PROTECTION AGAINST HEART DISEASE: Papaya may be helpful in the prevention of atherosclerosis and diabetic heart disease. It is an excellent source of vitamin C as well as vitamin E and beta-carotene, three very powerful antioxidants. Papaya is also a good source of fiber, which has been shown to lower high cholesterol levels.

2. CANCER PROTECTION: Papaya has also been shown to be helpful in the prevention of colon cancer. It's fiber is able to bind to cancer-causing toxins in the colon and keep them away from the healthy colon cells.

3. ANTI-INFLAMMATORY: Papaya contains several protein-digesting enzymes including papain and chymopapain. These enzymes have been shown to help lower inflammation and to improve healing from burns.

4. IMMUNE SUPPORT: Vitamin C and Vitamin A, which is made in the body from the beta-carotene in papaya, is needed for the proper function of a healthy immune system.

5 . M A C U L A R DEGENERATION: Papaya intake can be a protection against the severe form of this vision-destroying disease.

6 . R H E U M A T I O D ARTHRITIS: Vitamin C-rich papaya provide protection against inflammatory polyarthritis, a form of rheumatoid arthritis.

7. EMPHYSEMA: The benzo (A) pyrene in cigarette smoke causes vitamin A deficiency, but a diet rich in papaya vitamin A can help counter this effect, thus greatly reducing emphysema.

HOW TO ENJOY A PAPAYA?

Papaya may be used in many different ways. It may be consumed as is (chilling may be desirable), added to a fruit salad or to a host of different recipes.

A. Mix diced papaya, cilantro, jalapeno peppers and ginger together to make a unique salsa that goes great with shrimp, scallops and halibut.

B. Sprinkle papaya with fresh lime juice and enjoy as is.

C. Slice a small papaya lengthwise, remove the seeds and fill with fruit salad.

D. In a blender, combine papaya, strawberries and yogurt for a cold soup treat.

Jim Weathers

Martha's Best Papaya

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Papaya/1 cup cubes

Calories	55
Total fat (g)	0.2
Saturated fat (g)	0.1
Monoun-saturated fat (g)	0.1
Polyunsaturated fat (g)	0
Dietary fiber (g)	2.5
Protein (g)	1
Carbohydrate (g)	14
Cholesterol (mg)	0
Sodium (mg)	4
Vitamin C (mg)	87
Folate (mcg)	53

