

GUAVA

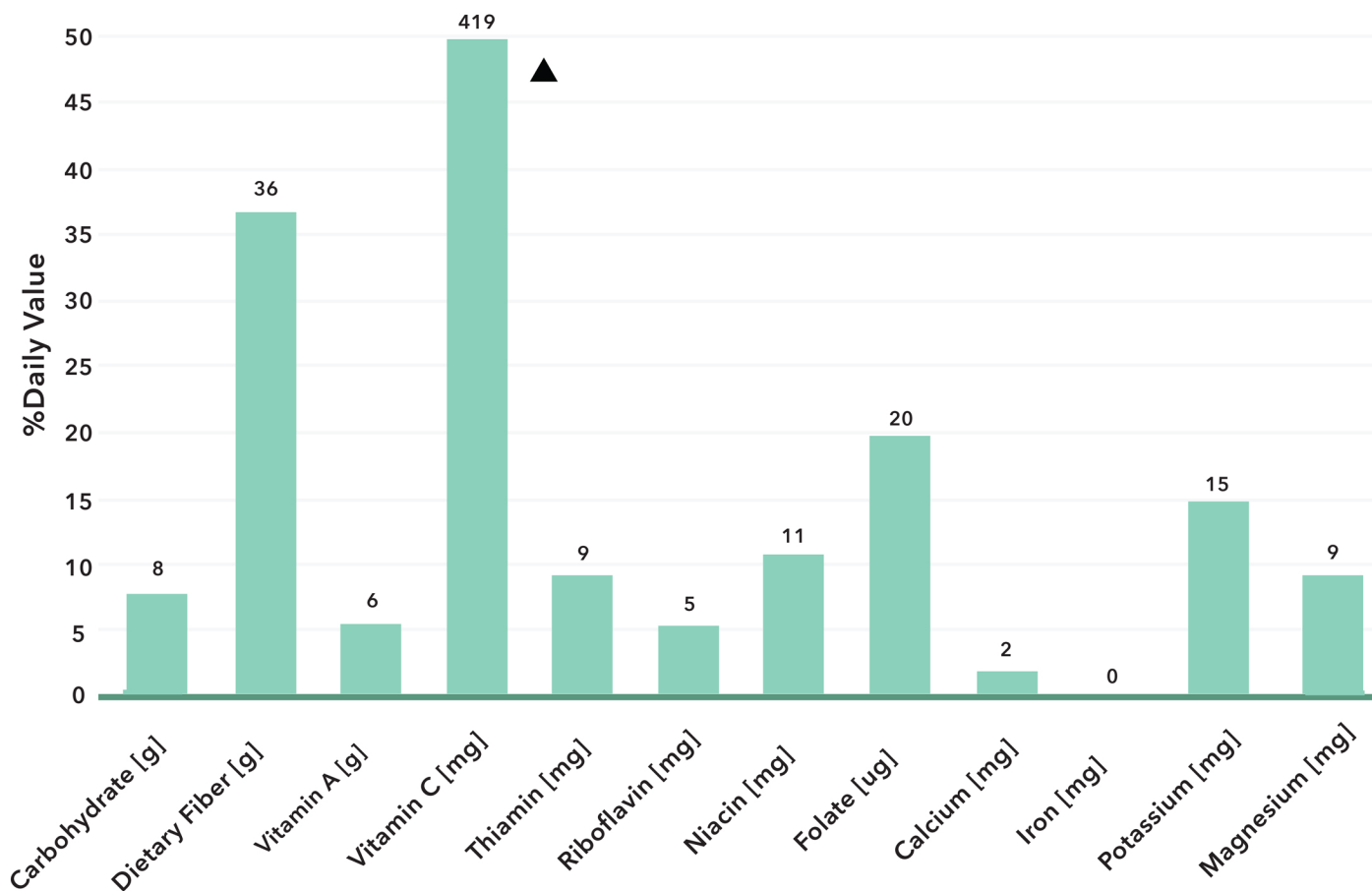


ÅBAS

GUAVA / ǺBAS

(CHamoru Name)

Psidium guajava



* ▲ = AMOUNT EXCEEDS GRAPH LIMITS

*PERCENT DAILY VALUE (%DV) IS BASED ON A 2,000 KCAL DIET

Published by the College of Natural & Applied Sciences (CNAS), University of Guam, in cooperation with the U.S. Department of Agriculture, under Dr. Lee S. Yudin, Director/Dean and through the collaboration of Kristi Hammond, Kevin Dema-Ala, and Dr. Tanisha F. Aflague. University of Guam, CNAS, UOG Station, Mangilao, Guam 96923. Copyright 2018. For reproduction and use permission, contact cnasteam@triton.uog.edu, (671) 735-2000. The University of Guam is an equal opportunity/affirmative action institution providing programs and services to the people of Guam without regard to race, sex, gender identity and expression, age, religion, color, national origin, ancestry, disability, marital status, arrest and court record, sexual orientation, or status as a covered veteran. Find CNAS publications at www.uog.edu/extension/popular-publications.

SEASON

Peak availability
April through
September;
moderate
availability
year-round
January through
December

DID YOU KNOW?

A cup of guava
has over 400%
of your daily
vitamin C needs.
That's a lot of
antioxidants!

Graph based upon Hawaii
Foods database nutrient
composition for 1 cup
(165 g)

