

# RIPE PAPAYA

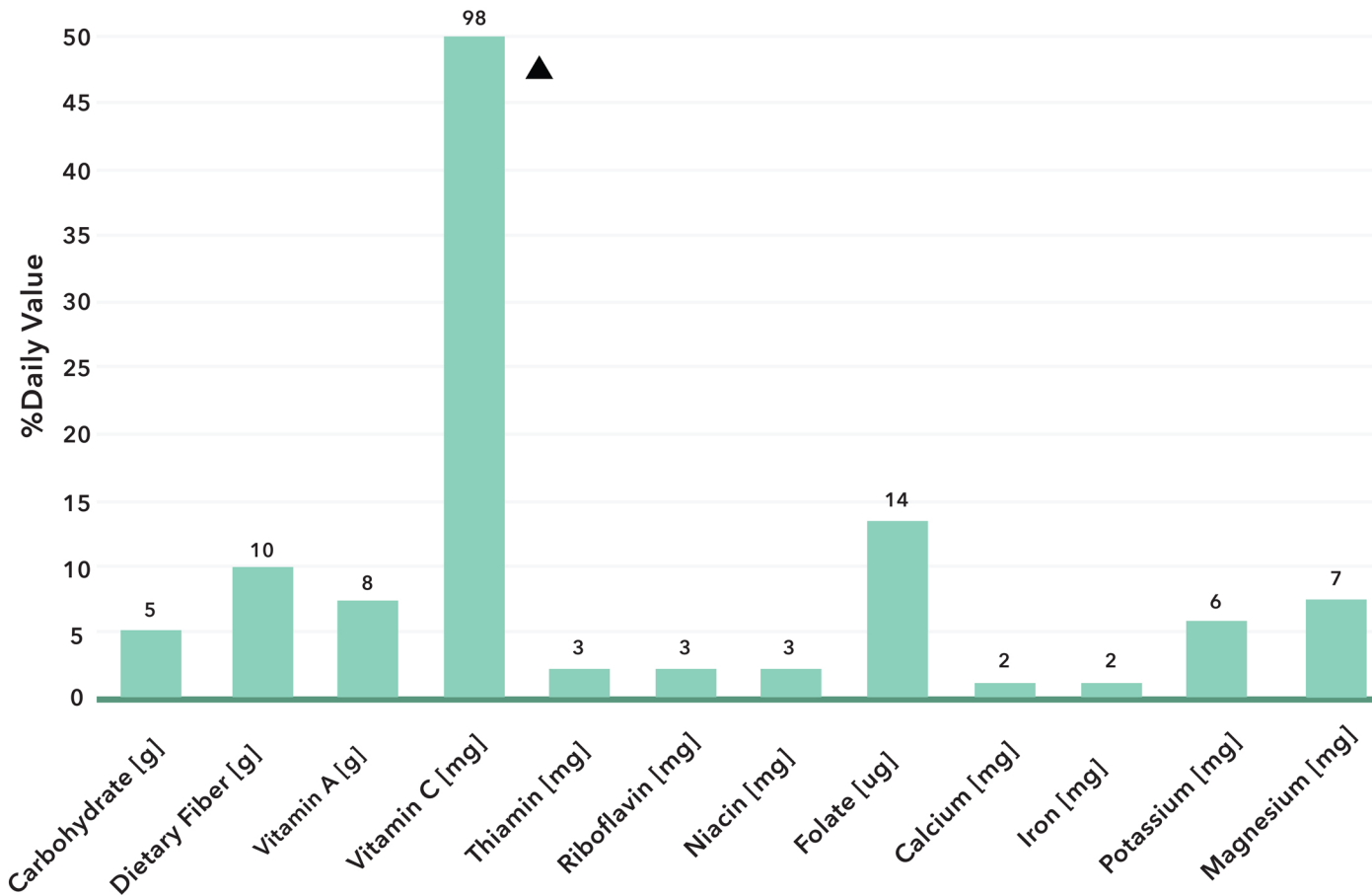


PAPAYA

# RIPE PAPAYA/PAPAYA

(CHamoru Name)

*Carica papaya*



\* ▲ = AMOUNT EXCEEDS GRAPH LIMITS

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

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**SEASON**  
Moderate  
availability  
year-round  
January through  
December

## DID YOU KNOW?

Papayas contain the enzyme papain which is involved in digestion.

Graph based upon  
USDA Database nutrient  
composition for 1 cup raw,  
red-fleshed, 1"  
pieces (145 g)

