

# STARFRUIT



**BILEMBINES**

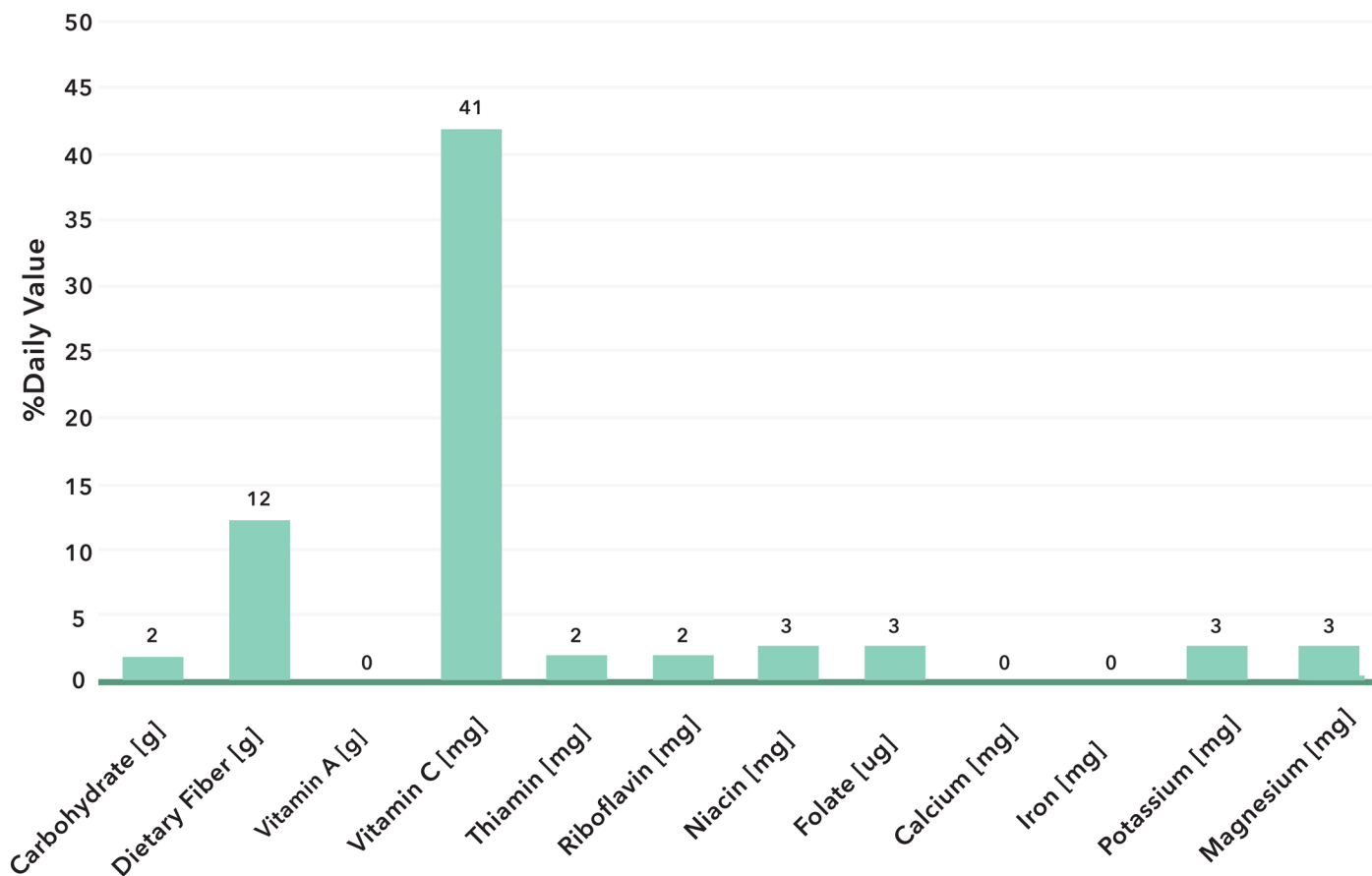
# STARFRUIT/BILEMBINES

*Averrhoa carambola*

(CHamoru Name)

SEASON

Moderate  
availability year  
round January  
through Dea



## DID YOU KNOW?

Starfruit is a healthy snack rich in vitamin C, but can be harmful for people with kidney disease.

Graph based upon Hawaii Foods database nutrient composition for 1 cup sliced, raw (108 g)

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

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