

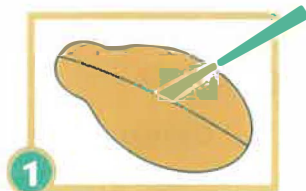
When is a Papaya ready to eat?



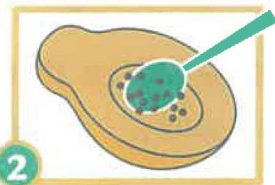
	1/4 ripe	1/2 ripe	3/4 ripe	Fully ripe
Appearance	Green, with slight yellow tinge	1/3 yellow, 2/3 green	1/2 yellow, 1/2 green	Mostly yellow or yellow-orange
Days to Ripen (at room temperature)	5-7	2-4	1-2	ready to eat

A papaya is ready to eat when the stem end gives to a gentle squeeze.

How to eat a Papaya



1
chill the papaya before eating, wash it, cut it lengthwise



2
scoop out the seeds



3
optional: squeeze lemon or lime juice on top



4
eat it with a spoon



Hawaii PAPAYA



The perfect fruit for health

Bring home goodness with Aloha

Superior taste — Unsurpassed health benefit



Warm, sunlit days and cool nights, combined with rich, volcanic soil kissed by tropical rains, comprise the perfect growing conditions that allow Hawaii to produce the finest papayas in the world. Hawaii papaya's sweet, juicy flavor is quite simply the essence of the tropics.

- No trans-fat or cholesterol and very low in sodium
- Exceptionally high in vitamins A, C, E, and beta-carotene
- A good source of fiber and Vitamin B
- Supports a healthy immune system
- Helpful in the prevention of colon cancer and other cancers
- Enzymes in papayas promote good digestive health
- Nutrients and enzymes in papayas help reduce inflammation and improve healing from burns

How do Hawaii Papayas Compare Nutritionally to Popular Fruits?

	Papaya	Apple	Banana	Blueberry	Orange
Calories	39	52	89	57	49
Total Fat*	0	0	1%	1%	0
Cholesterol (mg)	0	0	0	0	0
Carbohydrates (g)	10	14	23	15	13
Sodium (mg)	3	1	1	1	1
Fiber, total dietary (g)	1.8	2.4	2.6	2.4	2.2
Calcium (mg)	24	6	5	6	43
Potassium (mg)	257	107	358	77	166
Vitamin A*	22%	1%	1%	1%	5%
Vitamin B (mcg)	38	3	20	6	34
Vitamin C*	103%	8%	15%	16%	99%
Vitamin E (mg)	0.73	0.18	0.10	0.57	0.15
Vitamin K (mcg)	2.6	2.2	0.5	19.3	0
Beta Carotene (mcg)	276	27	26	32	87

Based on 100 gram samples. Source USDA National Nutrition Database for Standard Reference (2009) and NutritionData.com

* Percent Daily Values are based on a 2,000 calorie diet.