

# FRUIT OF THE WEEK

## (In our fruit bowl- Try It)



### Papaya

The taste is often compared to that of a melon, but less **sweet**, and with a softer texture

#### HEALTH BENEFITS

Papaya is rich in **Vitamin A**, **Vitamin C**, **Vitamin E** and **antioxidants** like **beta-carotene** which helps prevent your skin from free radical damage keeping wrinkles and other signs of ageing at bay. Papaya is a rich source of **antioxidants**, **phytonutrients** and **flavonoids** that prevent your cells from undergoing free radical damage