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Treat yourself with tropical fruit

Your list of fruits is growing each week, so add papaya to that list.

Papaya is a tropical fruit and is available in your local fruit stores. Papaya is a rich source of potassium with ± 781 milligrams per fruit. Several major studies have linked potassium intake with a decrease in stroke risk.

Add diced papaya to garden salads, breakfast cereals and grilled dishes for a sweet treat. Another good source of potassium is bananas.

Until next time have a blessed week!

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