



**Useful nutrition tips from
Natalie Greene, RD**

Going Tropical...

- Papaya** (1/3 of 5 inch fruit) = 39 calories
- Guava** (1, 4 inch fruit) = 51 calories
- Mango** (1/2 of 6 inch fruit) = 65 calories
- Lychee** (10 fruits) = 66 calories
- Banana** (1, 6 inch fruit) = 92 calories
- Passion Fruit** (5 fruits) = 97 calories

Tropical fruits are a great way to have something sweet and nutritious while keeping the calories light!

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