



# Starfruit

## Health Benefits of Starfruit

Starfruit is a crunchy, tropical fruit with five segments forming a star when cut crosswise. It has a light citrus flavor with edible seeds and skin, and is rich in antioxidants and dietary fiber.

### **1 3" raw starfruit provides:**

- 22 calories, 1 gm protein, 2.5 gm fiber, no fat, no cholesterol

### **Potential benefits of starfruit:**

- Provides about 35% RDA for vitamin C for healing tissues and neutralizing free radicals that contribute to aging and disease
- Provides about 25% of daily potassium for healthy blood pressure; Also contains minerals magnesium, phosphorus and calcium
- Contains both soluble and insoluble fiber for healthy blood sugars, lowering cholesterol and maintaining digestive health
- High in oxalates which may contribute to kidney stones with high intake, especially in susceptible individuals; Those with kidney disease should consult doctor before consuming starfruit
- Use in salads, drinks or smoothies, slice thin and dehydrate for star-shaped chips or top cereal, toast, pancakes or yogurt



For more Healthy Bytes Initiative information, visit:  
[www.advancedhealth.com/healthy-bytes-initiative](http://www.advancedhealth.com/healthy-bytes-initiative)

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