



ALL YOU NEED IN ECUADOR

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DRAGON FRUIT - PITAHAYA

The dragon fruit, is also known as "pitaya" or "pitahaya", which was discovered for the first time in the wild by the Spanish conquerors in Mexico, Colombia and Central America. Those who see it give it the name of "Pitahaya" which means "scaly fruit". There are 2 varieties, the yellow dragon fruit cultivated in subtropical zones of South America and the red dragon fruit.



Nutrition Facts	
Serving Size	1 medium dragon fruit
Amount Per Serving	
Calories	54
	% Daily Value*
Total Fat	0.40g
Water	84.40%
Protein	1.4g
Sodium ...mg	60mg
Total Carbohydrate	13.20g
Dietary Fiber	0.5g
Sugars	8g
Vitamin C	8mg
Phosphorus	26mg
Calcium	10mg
Iron	1.3mg

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.



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BENEFITS

- It has laxative properties.
- Delays cellular aging.
- Strengthens the immune system.
- Stimulates the production of white blood cells, red blood cells and platelets.
- Can prevent arteriosclerosis.
- It helps us regulate the intestinal transit.
- Reduces the risk of suffering cerebral and cardiac infarction.
- Reduces levels of uric acid or gout.
- It helps us prevent kidney stones.
- It is ideal to control weight because it contains low levels of calories, helps cleanse the blood by releasing it from fats, is appropriate to reduce cholesterol and helps bone formation and maintenance.

PROPERTIES

This fruit is rich in Vitamin C, it also contains vitamins of group B (such as B1 or thiamine, B3 or niacin and B2 or riboflavin), minerals such as calcium, phosphorus, iron, and has high water content and possesses vegetable protein and soluble fiber. The seeds, which are edible, contain beneficial fatty acids.



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