



## BTW... Did you know...?

Guinep is also known as Spanish lime, Skinip, Quenepa, Honeyberry, Mamoncillo, Mapo — and yes, even “Ackee” in Barbados. It is also a healthy choice! Here are 10 reasons to grab a bunch when next you see them --- and make it a habit!



Guineps are a low fat/low calorie food and are literally cholesterol free. With only 58 calories per serving, guineps make a great snack choice for those trying to lose excess weight.



Guineps contain amino acids which can help to lower blood sugar levels.



Guineps contain vitamins A and C, which are excellent for boosting the immune system. Vitamin A also helps to prevent the formation of urinary stones.



The fruit contains fibre, which is great for preventing constipation and lowering cholesterol.



Guineps contain calcium, which is a great mineral for strengthening bones and teeth.



Guineps contain important antioxidants (Phenolic Compounds) that can help to prevent cardiovascular disease and strokes.



They contain phosphorus, a mineral important for digestion and regulating hormones.



Guineps also contain a large amount of tryptophan, which is important for producing serotonin, feel-good feelings and good sleep.



The pulp of the guinep fruit can also be made into a refreshing juice, a jam, sauce, and used in desserts.

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