



MC
Food Dist.

FRESH, FROZEN, FRUIT IQF, FLOUR AND SNACK

FRESH

Yautia
Pineapple MD2
Green Plantain
Boniato
Avocado
Ginger
Casava



Yautia



A tropical root vegetable from South America, malanga is good baked, mashed or roasted. Including this root vegetable in your diet can help you meet your daily fiber and potassium needs. Plus, it's considered one of the least allergenic foods, according to the University of Florida, making it a good choice for anyone with severe food allergies.

Pineapple MD2



Pineapples contain high amounts of vitamin C and manganese. These tropical treats are also a good way to get important dietary fiber and bromelain (an enzyme). As well as having high amounts of manganese, which is important for antioxidant defenses, pineapples also contain high amounts of thiamin, a B vitamin that is involved in energy production.

Green Plantain



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Sweet Potato



Boniato have the characteristic sweet potato flavor but milder than true sweet potatoes. They can be substituted into any sweet potato recipe.

There is no cholesterol in boniato, almost no fat and little protein. This tuber does have a lot of fiber and vitamin C. Fiber promotes colon health and vitamin C provides a wealth of antioxidant and anti-inflammatory protection for the whole body. Boniato also rank fairly low on the glycemic index. Try to make this interesting edible root vegetable part of your healthy whole food diet.

Avocado



The avocados are relatively high in fat and calories (138 calories and 14.1g fat in half a medium-sized avocado). But they're also one of the best foods you can eat, packed with nutrients and heart-healthy compounds. Here are five great reasons to eat them regularly.

Avocados are a great source of lutein, a carotenoid that works as an antioxidant, helps protect against eye disease, can help stabilize blood sugar, reduce cholesterol levels and protect the hair.

Ginger



Ginger is a common ingredient in Asian and Indian cuisine. However, ginger has been used for its medicinal properties for centuries among many cultures.

Many studies have suggested that increasing consumption of plant foods like ginger decreases the risk of obesity, diabetes, heart disease and overall mortality while promoting a healthy complexion and hair, increased energy and overall lower weight.

Casava



Cassava is very low in fats and protein than in cereals and pulses. Nonetheless, it has more protein than that of other tropical food sources like yam, potato, plantains, etc. As in other roots and tubers, cassava too is free from gluten. Gluten-free starch is used in special food preparations for celiac disease patients.

Young tender cassava (yuca) leaves are a good source of dietary proteins and vitamin K. Vitamin-K has a potential role in bone mass building by promoting osteotrophic activity in the bones. It also has established role in the treatment of

FROZEN

Yautia

Pineapple MD2

Green Plantain Peel



Yautia



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FRUIT IQF

Pineapple MD2

Guanabana

Passion Fruit



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Guanabana



This interesting fruit, is a large, spiny, green tropical fruit with a sweet flesh that is used to make beverages, ice creams and other sweet treats popular in South America. The flavour is delicious—like a combination of strawberry and pineapple with an underlying creamy flavor of coconut or banana. In one study, published in *Journal of Ethnopharmacology*, an extract of guanabana inhibited the growth of Herpes virus in the laboratory. In addition, the Cancer Center summarizes findings that suggest guanabana extracts might slow growth of cancer cells or make them more susceptible to anti-cancer drugs.

Passion Fruit



Maracuja is low in calories and high in vitamins. The fruit is believed to promote strong bones and provide energy. Passion fruit is rich in vitamin A and C, an antioxidant that protects you from the damage free radicals cause, preventing premature aging and keeping your immune system strong.

Fruit Pulp

Blackberry

Passion Fruit

Coconut

Tamarind

Lulo



Blackberry



foods like blackberry, cranberries, red cabbage and eggplants their iconic deep red, purple and blue hues. Anthocyanins are responsible for more than just the blackberry's pretty blue color – they also contribute to the popular fruit's numerous health benefits.

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Coconut



Coconut kernel protects against heart disease by increasing good cholesterol and lowering the ratio of bad and good cholesterol. It also helps treat malnutrition because it is easy to digest and absorb. By eating coconut, it kills disease-causing bacteria as fungi, yeasts and other viruses because of the antimicrobial effects of fatty acids.

Coconut kernel helps diabetic by slowing sugar release into the bloodstream also it prevents strokes and brain disorders such as Alzheimer's and Parkinson's. It boosts metabolism and increases energy because it is more likely to be burned as fuel than stored as body fat.

Tamarind



Tamarind has a lot of benefits including aids in digestion, it helps to manage diabetes, it boosts immune system. Also Tamarind beneficial in improving nerve function, aids in proper blood circulation in body. It helps to reduce blood pressure and cholesterol. And it is a good remedy for reducing joint pain, inflammation and gout.

Lulo



Lulo Fruit or Naranjilla Fruit contains lots of Vitamins A, C, B also iron, phosphorus, beta-carotene, magnesium, and calcium. Lulo is virtually fat free and very low in calories and is very high in antioxidants. This fruit is low in calories, contains iron, and seems to be a good diuretic; and as such may be great for weight loss.

Flour

Coconut Flour

Plantain Flour

Quinoa Flour

Banana Flour



Coconut Flour



Coconut flour is a gluten-free alternative to wheat flour. Gluten is a protein found in wheat, barley and rye -- making traditional breads and baked goods off-limits for people sensitive to the stuff. Coconut flour enables you to bake some of your favorite cookies, pancakes and cakes without the serious side effects that may come from ingesting wheat. Coconut flour does act differently in batters than traditional grain flours, though, so you'll need to seek out recipes that adjust the other recipe ingredients accordingly. Use coconut flour in baked goods for a lower-carb, high-fiber and gluten-free alternative to wheat flour.

Plantain Flour



Plantain flour is the product of dried and pulverized plantain slices. Plantain is rich in vitamins most especially Ascorbic acid (Vitamin C) and carotene and its low fat content makes it a delight for people suffering from cholesterol related ailments such as obesity, diabetes, gallstone e.t.c

Quinoa Flour



Quinoa, often described as a "superfood" or a "supergrain," has become popular among the health conscious, with good reason. Quinoa is packed with protein, fiber and various vitamins and minerals. It is also gluten-free and is recommended for people who are on a gluten-free diet.

Banana Flour



Banana flour is gluten free and grain free. It's simply made from dehydrated Banana Flour which is ground into a fine powder. This flour contains RS2, an important form of resistant starch that is found in few foods. Resistant starch, unlike normal starches, is not digested in the small intestine, which results in numerous health benefits like helping to manage type II diabetes.

Snack

Chips Plantain



Chips Plantain



Plantains are very reliable sources of starch and energy, contain a high amount of dietary fibre which helps ensure healthy bowels and reduces constipation, have more vitamin C than bananas. Consumption of foods rich in vitamin-C helps the body develop resistance against infectious agents and scavenge harmful oxygen- free radicals.



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