



# **FRESH CARE**

**FRUITS & VEGETABLES**



*Think Fresh... Think Freshcare....*

Express Delivery **35003216** | **35003217** | **35003218**



*Think Fresh  
Think Freshcare*



# **FRESH CARE**

## **FRUITS & VEGETABLES**

We, Fresh Care Fruits & Vegetables is an upcoming leading importer, wholesaler and retailer of Fresh Fruits and Vegetables in the Bahrain market since 2003. All kinds of fruits and vegetables are imported from several countries like, Jordan, Kenya and United Arab Emirates etc. We have good cold storage facility, refrigeration containers, keeping capacity and have highly invested in facility cold storage which is well equipped with a number of refrigeration vehicles. The company has a good reputation for integrity, quality, Excellency in the market.

Ensuring the quality of our service, we see that the customers are fully satisfied with our unique products and services at the same time satisfying our suppliers and retailers. We have earned trusts of many global suppliers and have become an exclusive agent in this Trading business. We are mainly focusing all kinds of fruits and vegetables, importing from five continents and we are expanding into more countries, importing and distributing around all over the country.

We implemented specific criteria to select the right suppliers to deliver the best quality vegetables and fruits. This in turn let us deliver only the best products to our customers who are expecting only the best when they deal with "Fresh Care Fruits & Vegetables". This leads to fulfill our mission and vision.

We aim to lead the trading industry in the Kingdom of Bahrain to become the most reliable and valued partner for fresh fruits and vegetables. Our vision in order to attain our ambition, we set ourselves apart, in a class of our own and raise the standards of professionalism, ethics and customer servicing.



## RED ONION

Red onion contains only 32 calories and no fat or cholesterol. Red onions provide stronger protection against cancer.

1



## WHITE ONION

White onions contain 0.5 more grams of fiber and a higher amount of sulfur. It provides about 10 percent of the daily value for vitamin C and the same amount of calcium per serving.



2

## GOLDEN ONION

Golden Onion contains 231 calories, Sodium 540 mg., 48% Fat, 46% Carbs, 5% Protein. Golden Onion is providing stronger protection against Cancer.

3



## GREEN SQUASH

It provides only 17 calories per 100 g. It contains no saturated fats or cholesterol.

Its peel is good source of dietary fiber that helps reduce constipation and offers some protection against colon cancers.

4





## **TOMATO (Holland)**

It contains just 18 calories per 100 g. The antioxidants present in tomatoes are scientifically found to be protective against cancers, including colon, prostate, breast, endometrial, lung, and pancreatic tumors.

5



## **TOMATO (Special)**

It contains just 18 calories per 100 g. The antioxidants present in tomatoes are scientifically found to be protective against cancers, including colon, prostate, breast, endometrial, lung, and pancreatic tumors.



6



## TOMATO (Ordinary)

It contains just 18 calories per 100 g. The antioxidants present in tomatoes are scientifically found to be protective against cancers, including colon, prostate, breast, endometrial, lung, and pancreatic tumors.

7



## YELLOW SQUASH

It contains a very good source of potassium, an important intra-cellular electrolyte. Potassium is a heart-friendly electrolyte and helps bring the reduction in blood pressure and heart rates by countering pressure-effects of sodium.



8



## BABY CARROT

Baby Carrots are rich in poly-acetylene antioxidant, falcarinol. It helps fight against cancers by destroying pre-cancerous cells in the tumors.

9



## CHERRY TOMATO

Cherry Tomato carries average levels of vital B-complex vitamins such as folates, thiamin, niacin, riboflavin as well some essential minerals like iron, calcium, manganese and other trace elements.

10





## GINGER

It contains health benefiting essential oils such as gingerol, zingerone, shogaol, farnesene, and small amounts of  $\beta$ -phelladrene, cineol, and citral.

11



## GARLIC

Garlic is an excellent source of minerals and vitamins that are essential for optimum health. The bulbs are one of the richest sources of potassium, iron, calcium, magnesium, manganese, zinc, and selenium.

12





## MUSHROOM

mushrooms decreases the risk of obesity and overall mortality, diabetes, heart disease and promotes a healthy complexion and hair, increased energy, and overall lower weight.

13



## CUCUMBER

It is a very good source of potassium, an important intracellular electrolyte. 100 g of cucumber provides 147 mg of potassium but only 2 mg of sodium. Potassium is a heart friendly electrolyte helps bring a reduction in total blood pressure and heart rates by countering effects of sodium.

14





## BETROOT

It Contains High levels of homocysteine in the blood result in the development of coronary heart disease (CHD), stroke and peripheral vascular diseases.

15



## CARROT

It composes healthy levels of minerals like copper, calcium, potassium, manganese and phosphorus. Potassium is an important component of cell and body fluids that helps controlling heart rate and blood pressure by countering effects of sodium.



16



## **BITTER GUARD (Kerala)**

Bitter Gourd stimulates easy digestion and peristalsis of food through the bowel until it is excreted from the body. Thus, it helps in relieving indigestion and constipation problems.

17



## **CABBAGE ROUND**

Cabbage has very good levels of vitamin-C. 100 g of fresh napa provides about 45% of daily requirements of this vitamin.

Regular consumption of foods rich in vitamin C helps the body develop resistance against infectious agents and scavenge harmful, pro-inflammatory free radicals.

18





## CHINESE CABBAGE

Chinese cabbage has small levels of vitamin-A. However, it also contains flavonoid poly phenolic compounds such as carotenes, lutein and xanthins which convert to vitamin A in the body.

19



## CABBAGE FLAT (Jordan)

These compounds are known to offer protection against breast, colon and prostate cancers and help reduce LDL or «bad cholesterol» levels in the blood.

20





## CORN

Corn carries a very good amount of vitamin A, vitamin B-6 (pyridoxine), riboflavin, niacin and vitamin-C. Vitamin C is a powerful natural antioxidant.

21



## BABY CORN

Baby Corn is enriched with good amount of minerals like potassium, manganese, iron, copper, selenium, and magnesium. Iron is an important co-factor for cytochrome-oxidase enzymes during cellular metabolism.



22



## CAULIFLOWER

Fresh cauliflower is an excellent source of vitamin C; 100 g provides about 48.2 mg or 80% of daily recommended value. Vitamin-C is a proven antioxidant that helps fight against harmful free radicals, boosts immunity, and prevents infections and cancers.

23



## EGG PLANT

Eggplant is very low in calories and fats but rich in soluble fiber content. 100 g provides just 24 calories but contributes about 9% of RDA (recommended daily allowance) of fiber.

24





## EGG PLANT LONG

This vegetable is an also good source of minerals like manganese, copper, iron and potassium. Manganese is used as a co-factor for the antioxidant enzyme, superoxide dismutase.

25



## BROCCOLIN

This flower vegetable is a rich source of vitamin-K and B-complex group of vitamins like niacin (vit B-3), pantothenic acid (vit.B-5), pyridoxine (vit.B-6), and riboflavin.



26



## RED RADISH

They are one of very low calorie root vegetables. Fresh root provides just 16 calories per 100 g. Nonetheless; they are a very good source of antioxidants, electrolytes, minerals, vitamins and dietary fiber.

27



## WHITE RADISH

It contains many phytochemicals like indoles which are detoxifying agents and zeaxanthin, lutein and beta carotene, which are flavonoid antioxidants.

28





## LADIES FINGER

Fresh pods are the good source of folates; provide about 22% of RDA per 100 g. Consumption of foods rich in folates, especially during the pre-conception period helps decrease the incidence of neural tube defects in the offspring.

29



## FRENCH BEANS

French beans provide adequate amounts of minerals and vitamins. Some important minerals such as iron, copper, manganese, calcium, phosphorus, magnesium are concentrated in them.



30



## LONG LETTUCE

Fresh leaves contain good amounts folates and vitamin C. Folates are part of co-factors in the enzyme metabolism required for DNA synthesis and therefore, play a vital role in prevention of the neural tube defects in the baby (fetus) during pregnancy.

31



## ROUND LETTUCE

Round lettuce contains Vitamin C is a powerful natural antioxidant; regular consumption of foods rich in vitamin C helps the body develop resistance against infectious agents and scavenge harmful, pro-inflammatory free radicals.

32





## BRUSSEL SPROUTS

Brussel sprouts are one of the low-glycemic nutritious vegetables that should be considered in weight reduction programs. 100 grams of brussel sprouts provide just 45 calories, nonetheless, they contain 3.38 g of protein, 3.80 g of dietary fiber (10% of RDA) and zero cholesterol.



## OAK LEAVES

oak leaf lettuce has been shown to lower cholesterol absorption, provide exceptionally high amounts of flavonoids and other antioxidants, and deliver plenty of pro-vitamin A which is crucial for good eye health.





## LOLLO BIONDA



## POMELOS

The reason that pomelos are popular is due to their very strong nutritional value, including their vitamins, minerals, and organic compounds like vitamin C, potassium, dietary fiber, vitamin B6, and magnesium.





## FRISEE LETTUCE

A green leafy vegetable, frisee is packed with nutrients, and very low in calories. It is an excellent source of folic acid, vitamin A and vitamin C, with approximately one third the daily recommended amount of each, in a single serving. Frisee lettuce is also a good source of vitamin K, and manganese.



## BOKCHYOY

100 g of bokchoy carries just 13 calories. It is one of the recommended vegetables in the weight reduction programs falling under “zero calorie or negative calorie” category of food items, which when eaten would add no extra calories into the body but facilitate calorie burn and thereby reduction of body weight.





## BOSTON LETTUCE

This food is low in Sodium, and very low in Saturated Fat and Cholesterol. It is also a good source of Thiamin, Riboflavin, Calcium, Magnesium and Phosphorus, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Vitamin B6, Folate, Iron, Potassium and Manganese.



## RADICCHIO

Radicchio, like other chicory class of vegetables, is very low in calories. 100 g fresh leaves carry just 23 calories.





## RED & YELLOW ENDIVES

Endive is one of the very low calorie leafy vegetables. 100 g fresh leaves carry just 17 calories; however, it contributes about 8% of daily-required intake (DRI) of fiber.



## PARSLEY ENGLISH

A sprig of parsley can provide much more than a decoration on your plate. Parsley contains two types of unusual components that provide unique health benefits. The first type is volatile oil components—including myristicin, limonene, eugenol, and alpha-thujene. The second type is flavonoids—including apiin, apigenin, crisoeriol, and luteolin.





## LOLLO ROSSO

Lollo Rosso provide vitamins A and C, folate, and iron. In 1999, scientists at the University of Glasgow found that LolloRosso has 100 times more antioxidants than common lettuce. It also contains the antioxidant quercetin, which is believed to help prevent asthma and allergies by acting as a natural antihistamine.





## MINT LEAF

Mint Leaf being a herb, and it contains many vitals minerals, vitamins that are selectively absent in the artificial sweeteners.

33



## ONION LEAF

Onion Leaf decreases blood vessel stiffness by facilitating release of nitric oxide (NO) and thereby brings a reduction in the total blood pressure.



34



## CORIANDER LEAF

The leaves and stem tips are also rich in numerous anti-oxidant polyphenolic flavonoids such as quercetin, kaempferol, rhamnetin, and epigenin.

35



## CURRY LEAVES

Curry leaves are natural flavouring agents with a number of important health benefits, which makes your food both healthy and tasty along with pleasing aroma.

36





## CELERY LEAVES

Celery leaves are a good source of vitamin-A. 100 g fresh celery comprises of 449 IU or 15% of daily-required levels of this vitamin. Vitamin-A and beta-carotene are natural flavonoid antioxidants.

37



## LEEKs

Leeks are a great source of vitamins that are essential for optimum health. Their leafy stems indeed contain several vital vitamins such as pyridoxine, folic acid, niacin, riboflavin, and thiamin in healthy proportions.



38



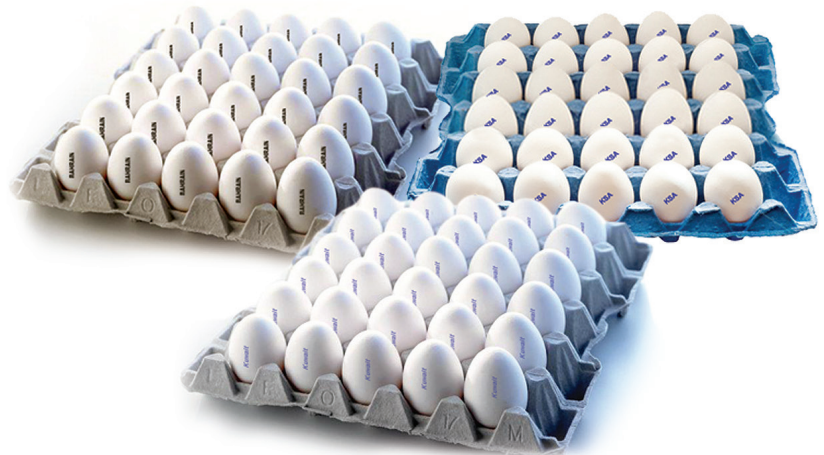
## INDIAN MIX VEGETABLES

39

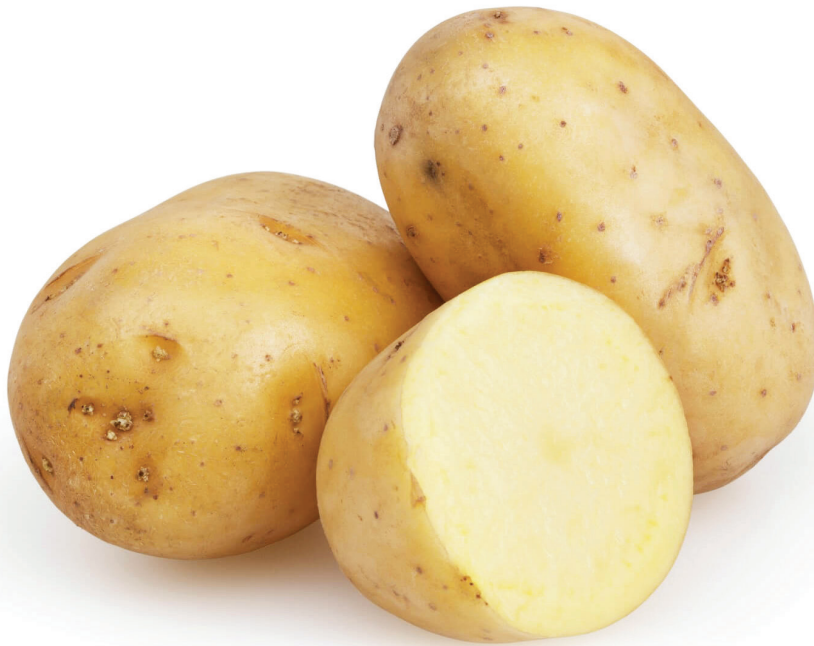


## EGG

Eggs are an all-natural source of high-quality protein and a number of other nutrients, all for 70 calories an egg. Cost-effective and versatile, the unique nutritional composition of eggs can help meet a variety of nutrient needs of children through older adults.



40



## POTATO

Potatoes are one of the finest sources of starch, vitamins, minerals and dietary fiber. 100 g provides 70 calories, however, they contain very little fat (just 0.1 g per 100 g) and no cholesterol.

41



## SNAKE GOURD

Some of the most important health benefits of snake gourd include its ability to improve the strength of the immune system, reduce fevers, detoxify the body, improve the digestive processes of the body, increase hydration in the body, treat diabetes, boost the strength and quality of the hair, and aid in weight loss.

42





## SWEET CHILLI

Sweet Chilly are an excellent source of vitamin A (in the form of carotenoids), vitamin C and vitamin B6. They are a very good source of folate, molybdenum, vitamin E, dietary fiber, vitamin B2, pantothenic acid, niacin and potassium.

43



## CHILLI JORDAN



44



## CHILLY COLOUR

45



## GREEN CAPSICUM

The health benefits of capsicum include relief from cancer, peptic ulcer, menopausal problems, low risk of cardiovascular disease and diabetes. It has anti-inflammatory, analgesic properties and may also provide relief in pain related to arthritis. It also provides relief from fibromyalgia, skin aging and psoriasis.

46





## RED CAPSICUM

The health benefits of capsicum include relief from cancer, peptic ulcer, menopausal problems, low risk of cardiovascular disease and diabetes. It has anti-inflammatory, analgesic properties and may also provide relief in pain related to arthritis. It also provides relief from fibromyalgia, skin aging and psoriasis.

47



## PURPLE CAPSICUM

The health benefits of capsicum include relief from cancer, peptic ulcer, menopausal problems, low risk of cardiovascular disease and diabetes. It has anti-inflammatory, analgesic properties and may also provide relief in pain related to arthritis. It also provides relief from fibromyalgia, skin aging and psoriasis.

48



## ORANGE CAPSICUM

The health benefits of capsicum include relief from cancer, peptic ulcer, menopausal problems, low risk of cardiovascular disease and diabetes. It has anti-inflammatory, analgesic properties and may also provide relief in pain related to arthritis. It also provides relief from fibromyalgia, skin aging and psoriasis.

49



## YELLOW CAPSICUM

The health benefits of capsicum include relief from cancer, peptic ulcer, menopausal problems, low risk of cardiovascular disease and diabetes. It has anti-inflammatory, analgesic properties and may also provide relief in pain related to arthritis. It also provides relief from fibromyalgia, skin aging and psoriasis.

50





## MARROW

Marrow is particularly important in the diets of certain cultural groups because it provides a high level of nutrients in a low-calorie vegetable. It is a significant source of vitamin A, vitamin C, dietary fiber, calcium, and iron.

51



## LONG BEANS

long beans provide 18.8 mg or 31% of vitamin C.

Vitamin C is a powerful water-soluble antioxidant and when adequately provided in the diet, it helps build immunity against infections, help maintain blood vessel elasticity, and offer some protection from cancers.

52





## SWEET POTATO

Sweet potato is one of the high calorie starch foods (provide 90 calories/100 g vis a vis to 70 calories/100 g in potato). The tuber, however, contains no saturated fats or cholesterol, and is rich source of dietary fiber, anti-oxidants, vitamins, and minerals than potatoes.



## PERSIMMON

Persimmon fruit is moderately high in calories (provides 70 calories/100 g) but very low in fats. Its smooth textured flesh is a very good source of dietary fiber. 100 g of fresh fruit holds 3.6 g or 9.5% of recommended daily intake of soluble and insoluble fiber.



## DRAGON FRUIT

Dragon fruit has a number of health benefits including its ability to lower cholesterol, boost the immune system, prevent cancer and heart disease, aid in weight loss, improve digestion, boost energy, defend against bacteria and fungi, and help in the overall functioning of the body's systems.



## GRAPEFRUIT

grapefruit is very low in calories, consists of just 42 calories per 100 g. Nonetheless; it is rich in dietary insoluble fiber pectin, which works as bulk laxative. Dietary fiber helps to protect the colon mucous membrane by decreasing exposure time to toxic substances in the colon as well as binding to cancer-causing chemicals in the colon.





## APRICOT

The impressive health benefits of apricots are due to the content of vitamins, including vitamins A, C, K, E, and niacin in significant amounts, as well as a number of other essential vitamins in trace amounts (less than 5% of daily requirement), as well as their mineral content.

53



## BERRY FRUIT

Some of the most important health benefits of berry include its ability to reduce inflammation, prevent certain cancers, soothe gastrointestinal issues, heal the skin, lower blood pressure, improving sight, slowing the aging process, and aid the immune system.

54





## PEACHES FLAT

The health benefits of peach fruit include relief from hypokalemia, cancer, obesity, cholesterol, blood stasis and neurodegenerative diseases. It helps in maintaining healthy vision, skin care, nervous system, healthy bones, and teeth.

55



## YAPPEAR

More than 3,000 known varieties of pears exist, Pears are wonderfully sweet fall fruits that pack a nutritional punch in a small 100-calorie package. Each variety has subtle differences in flavor and nutritional profile, yet all can be a nutritious addition to your diet.

56



## WHITE GRAPES



57



## BLACK GRAPES

Calories and Fiber. A 1.5 cup serving of black grapes contains 90 calories, nearly all of which come from carbohydrates. One serving of black grapes contains 24 grams of carbohydrates, which provides 8 percent of the daily value, based on a 2,000-calorie diet.



58



## RED GRAPES

Grapes contain powerful antioxidants known as polyphenols, which may slow or prevent many types of cancer, including esophageal, lung, mouth, pharynx, endometrial, pancreatic, prostate and colon.

59



## CHERRY

Sweet cherries also contain a small amount of quercetin, which is among the most potent in terms of antioxidant activity and a wide range of other health-promoting properties. Sweet cherries contain fiber, vitamin C, carotenoids, and anthocyanins, each of which may help play a role in cancer prevention.

60





## PEACHES

Peaches also offer a rich treasure of minerals such as calcium, potassium, magnesium, iron, manganese, phosphorous, zinc, and copper. Peaches are low in calories, contain no saturated fat or cholesterol, and are a good source of dietary fiber.

61



## PAPAYA

Papayas offer not only the luscious taste and sunlit color of the tropics, but are rich sources of antioxidant nutrients such as carotenes, vitamin C and flavonoids; the B vitamins, folate and pantothenic acid; and the minerals, potassium, copper, and magnesium; and fiber.

62





## WATERMELON

Watermelons are mostly water, about 92 percent, but this refreshing fruit is soaked with nutrients. Each juicy bite has significant levels of vitamins A, B6 and C, lots of lycopene, antioxidants and amino acids. There's even a modest amount of potassium.

63



## SWEET MELON

Nutritional Value of Galia Melons. Galia melons are high in vitamin C, vitamin A, carotenoids, bioflavonoids, various minerals, like potassium, calcium, and iron, as well as significant levels of dietary fiber, including pectin. Also, it has no fat, no cholesterol, and is low in calories.

64





## ROCKMELON

Beta-carotene is the precursor to vitamin A, so rockmelon boasts all the benefits of a vitamin A-rich food, like decreased inflammation and a lower risk of developing cancer, heart disease and cataracts in the eyes.

65



## PINEAPPLE

Aside from the interesting story and appearance of this fruit, it is also a storehouse of huge health benefits due to its wealth of nutrients, vitamins, and minerals, including potassium, copper, manganese, calcium, magnesium, vitamin C

66





## LONGAN

Longan is used as remedy for stomach ache, insomnia, amnesia, and dropsy. - The fruit is said to invigorate the heart and spleen, nourish the blood and have a calming effect on the nervous system.

67



## YELLOW PLUMS

Plums contains vitamin C and phytonutrients such as lutein, cryptoxanthin, zeaxanthin, neochlorogenic and chlorogenic acid.

These components possess effective antioxidant qualities which help in preventing the damage caused by oxygen radicals called superoxide anion radicals.

68





## NECTARINE

Fresh nectarines carry small amounts of vitamin C. 100 g provides 5.4 mg or about 9% of daily-recommended levels. Vitamin-C has anti-oxidant effects and is required for connective tissue formation within the human body.

69



## MANGO STEEM

Mangosteen is good source of vitamin C and provides about 12% of RDA per 100 g. Vitamin-C is a powerful water soluble anti-oxidant. Consumption of fruits rich in vitamin-C helps human body develop resistance against viral-flu and help scavenge harmful, pro-inflammatory free-radicals.

70



## LITCHI

Litchi, like citrus fruits, is an excellent source of vitamin C; 100 g fresh fruits provide 71.5 mg or 119% of daily-recommended value. Studies suggest that consumption of fruits rich in vitamin C helps human body develop resistance against infectious agents and scavenge harmful, pro-inflammatory free radicals.

71



## RAMBUTAN

Rambutan fruit has abundant amounts of carbohydrates, fats, proteins, phosphorus, iron, vitamin C and also calcium. The stem consists of saponin, tannin, iron, pectin ingredients and also flavonoids. The seeds of the fruit include polifenol and fat.

72





## RED PEAR

Pears are a good source of dietary fiber. 100 g fruit provides 3.1 g or 8% of fiber per 100 g. Regular eating of this fruit may offer protection against colon cancer. Most of the fiber in them is non soluble polysaccharide (NSP), which functions as a good bulk laxative in the gut.

73



## PEARS (GREEN)

Pears are a good source of dietary fiber. 100 g fruit provides 3.1 g or 8% of fiber per 100 g. Regular eating of this fruit may offer protection against colon cancer. Most of the fiber in them is non soluble polysaccharide (NSP), which functions as a good bulk laxative in the gut.



74



## MANDARIN

Mandarins contain a high level of Vitamin C which provides a number of health benefits. Vitamin C helps to fight a number of unstable molecules in our body known as free radicals through its antioxidant properties. The antioxidants present in mandarins disarm free radical and prevent cellular damage.

75



## RED & BLACK PLUMS

Benefits of plums include relief from indigestion, influenza infectivity and anxiety-related problems. They help in treating cancer, osteoporosis & diabetes



76



## BANANA PHILIPPINE

Bananas are a smart, convenient addition to a healthy lifestyle. With 110 nutrient-dense calories per serving (126 grams, or one medium-sized banana) it is deliciously easy to add Bananas to your family's routine.

77



## RASAKADALI BANANA

Banana's are good for heart and nerves, Bcoz they are rich in Potasiun. It helps the body's circulatory system deliver oxygen to the Brain. This also helps maintain a regular heartbeat and a balance of water in the body.

78





## YELLOW BANANA (INDIA)

Yellow Banana having 17 percent fiber, 16 Percent Vitamin C and 9 percentage of potassium which all are most required nutrition's to human body. 100 grams of plantain having 125 calories of energy.

79



## ORANGE VALENCIA

Nutrition info displayed such as percent meal value and PFC balance scales are based on a 1800 calorie diet for women between ages 18 and 29 years old weighing around 112 pounds and daily nutritional requirements.

80





## ORANGE NAVEL

Most citrus fruits have a good deal of vitamin C, and oranges have high levels even compared to their tangy brethren. Vitamin C protects cells by scavenging and neutralizing free radicals, explains a 2010 article in the medical journal *Pharmacognosy Reviews*.

81



## GUAVA

Guava is low in calories and fats but carry several vital vitamins, minerals, and antioxidant poly-phenolic and flavonoid compounds that play a pivotal role in the prevention of cancers, aging, infections, etc.

82



## CHIKOO

Chikoo is one of the high calorie fruits; 100 g provides 83 calories (almost same as that of calories in sweet potato, and banana). Additionally, it is a very good source of dietary fiber (5.6 g/100g), which makes it an excellent bulk laxative.



83



## PINEAPPLE (PHILIPPINE)

100 g fruit provides just about 50 calories equivalent to that of apples. Its flesh contains no saturated fats or cholesterol; however, it is rich source of soluble and insoluble dietary fiber like pectin.

84





## AVOCADO (KENYA/S.AFRICA)

The avocado is a tree that is native to South Central Mexico, classified as a member of the flowering plant family Lauraceae. Avocado additionally refers to the tree's fruit, which is botanically a large berry containing a single seed.

85



## AVOCADO (AUSTRALIA/USA)

They are a very good source of soluble and insoluble dietary fiber. 100 g fruit provides 6.7 g or about 18% of recommended daily intake. Dietary fiber helps lower blood cholesterol levels and prevent constipation.

85





## POMEGRANATE

Nutritionists recommend pomegranate in the diet for weight reduction and cholesterol controlling programs. Regular inclusion of fruits in the diet boosts immunity, improves circulation, and offers protection from cancers.

87



## LEMON (SOUTH AFRICA)

Lemon's acidic taste is because of citric acid. Citric acid constitutes up to 8% in its juice. Citric acid is a natural preservative, aids in smooth digestion, and helps dissolve kidney stones.

88





## LEMON GREEN

lemon's acidic taste is because of citric acid. Citric acid constitutes up to 8% in its juice. Citric acid is a natural preservative, aids in smooth digestion, and helps dissolve kidney stones.

89



## MANGO (PAKISTAN)

The mango is a juicy stone fruit belonging to the genus *Mangifera*, consisting of numerous tropical fruiting trees, cultivated mostly for edible fruit. The majority of these species are found in nature as wild mangoes.

90





## MANGO (INDIA)

Fresh mango is a good source of potassium. 100 g fruit provides 156 mg of potassium while just 2 mg of sodium. Potassium is an important component of cell and body fluids that helps controlling heart rate and blood pressure.

91



## MANGO (AUSTRALIA)

Australian mangoes are high in energy, low in fat, and are a great source of three times your recommended daily intake of Vitamin A and Vitamin C.



92



## KIWI (NEW ZEALAND)

Kiwifruit is moderately good in calories, comparable to that of grapes. 100 g of kiwi berry holds 61 calories. Nonetheless, it has several health giving anti-oxidants, minerals, vitamins and fiber.

93



## KIWI (CHILE/ITALY)

Kiwifruit is moderately good in calories, comparable to that of grapes. 100 g of kiwi berry holds 61 calories. Nonetheless, it has several health giving anti-oxidants, minerals, vitamins and fiber.



94



## RED APPLE

The apple tree is a deciduous tree in the rose family best known for its sweet, pomaceous fruit, the apple. It is cultivated worldwide as a fruit tree, and is the most widely grown species in the genus *Malus*.

95



## GREEN APPLE

Apple fruit contains good quantities of vitamin-C and beta-carotene. Vitamin C is a powerful natural antioxidant. Consumption of foods rich in vitamin C helps the body develop resistance against infectious agents and scavenge harmful, pro-inflammatory free radicals from the body.

96





## GALA APPLE

Apple fruit contains good quantities of vitamin-C and beta-carotene. Vitamin C is a powerful natural antioxidant. Consumption of foods rich in vitamin C helps the body develop resistance against infectious agents and scavenge harmful, pro-inflammatory free radicals from the body.

97



## GOLDEN APPLE

Apple fruit contains good quantities of vitamin-C and beta-carotene. Vitamin C is a powerful natural antioxidant. Consumption of foods rich in vitamin C helps the body develop resistance against infectious agents and scavenge harmful, pro-inflammatory free radicals from the body.

98





## STRAWBERRY

Strawberry is low in calories (32 cal/100 g) and fats but rich source of health promoting phyto-nutrients, minerals, and vitamins that are essential for optimum health.

99



## FIGS

Dried figs are an excellent source of minerals, vitamins and anti-oxidants. In fact, dried figs possess higher concentrations of energy, minerals and vitamins. 100 g dried figs provide 249 calories.

100





# **FRESH CARE**

**FRUITS & VEGETABLES**

**IMPORT & EXPORT**

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