



BRAZIL NUT

Despite its name, the world's largest producer and exporter of “brazil nuts” is Bolivia, where they are called chestnuts. *Bertholletia excelsa* is a tree native to South America, specifically Bolivia, Brazil, southeastern Colombia, Guyana, Peru, east and northeast Argentina and southern Venezuela.

The tree that produces the walnut of the same name, is the only species of the genus *Bertholletia*. It is found as scattered trees or in groups up to 100, on well drained soils in large forests of the Amazon, Negro and Orinoco basins. It is a large tree that reaches between 30 and 50 m. in height. The trunk is 1 to 2 m in diameter.

The fruit takes 15 months to mature after pollination of the flowers, reaching between 10 and 15 cm in diameter and 1 to 2 kg in weight, with a woody skin 8 to 12 mm thick. In the interior contains 8 to 24 seeds in the form of a crescent, 4 to 5 cm long. A mature tree can give between 200 and 400 fruits.

Uses

- Brazil nuts can be eaten alone. In addition, you can also enjoy toast, salads or sweetened.
 - They can be used in chocolate bars and crispy bar preparations.
- Brazil nuts are ground and sprayed on fruit and vegetable salads.
 - Ideal for extracting oil.

Benefits

- Brazil nuts are high in calories, contain good amounts of vitamins, antioxidants and minerals.
- 100 g of Brazil Nut provide about 656 calories. Its high caloric content comes mainly from its fats. However, much of this fat content is monounsaturated fatty acids (MUFAs) such as palmitoleic acid (16: 1) and oleic acid (18: 1) that help lower LDL or "bad" cholesterol and increase Levels of HDL or good cholesterol in the blood. Research studies suggest that the Mediterranean diet that is rich in monounsaturated fatty acids offers protection against coronary artery disease and stroke, favoring the healthy profile of lipids in the blood.
 - Walnuts are also a great source of vitamin E. They contain approximately 7.87 mg per 100 g (approximately 52% RDA). Vitamin E is a powerful lipid-soluble antioxidant. It is required to maintain the integrity of the mucosa and skin, protecting it from harmful oxygen radicals.
- Brazil nuts have exceptionally high levels of selenium. 100 g of nuts provide approximately 1917 µg, or 3485% of the recommended daily intake of selenium, classifying them as the highest natural sources of this mineral. Proper selenium in the diet can help prevent coronary heart disease, liver cirrhosis and cancers.
- They are Gluten-FREE, making them a popular ingredient in the preparation of gluten-free food formulates. These formula preparations are, in fact, healthy alternatives in people with allergies to wheat foods and celiac disease.
- In addition, these creamy nuts are an excellent source of vitamins such as thiamine (51% RDA per



100 g), riboflavin, niacin, pantothenic acid, vitamin B-6 (pyridoxine) and folates. Taken together, these vitamins function as cofactors for enzymes during the metabolism of the cellular substrate within the body.

- In addition to selenium, they have excellent levels of other minerals such as copper, magnesium, manganese, potassium, calcium, iron, phosphorus and zinc. Copper helps prevent anemia and bone weakness (osteoporosis).

Shelf life of the product

360 days on refrigeration. Warehouse Storage temperature: 0 to 8°C.

Storage

Store in cool, dry area; after opening the package, place the Brazil nuts in a sealed airtight container or place original package in a resalable heavy-duty freezer bag.

Packing

Tri-laminated metalized bags.





EcoNatural Food
IMPORT - EXPORT

Vitamins		
Calcium	4	%
Vitamin E	8	%
phosphorus	20	%
Zinc	8	%
Copper	25	%
Iron	4	%
Tiamin	12	%
Folate	2	%
Magnesium	25	%
Selenium	780	%
Manganese	15	%

Nutritional Values		
Calories	170	Kcal
Total Fats	19	g.
Saturated fats	7	g.
Poli-unsaturated fats	7	g.
Mono-unsaturated fats	7	g.
Sodium	1	Mg.
Potasium	187	Mg.
Total Carbohydrate	3	g.
Dietary Fiber	2	g.
Protein	4	g.