



**LITUS**  
Quality Colombian Produce

## YAM: PRODUCT SHEET

**PRODUCT:** Yam

**VARIETY:** Diamond

**SCIENTIFIC NAME:** *Dioscorea SPP*

**ORIGIN:** Colombia

**DESCRIPTION:** It is an edible tuber, brown to grey pink and with a hard skin. Its texture can vary from mild and damp to rough, dry and mealy. The interior is white and rich in starch. The yam is a food rich in carbohydrates, proteins, and a significant amount of vitamin C and vitamin B1. It supplies a substantial part of the needs of manganese and phosphorus in adults and, also copper and magnesium.



**SIZES:** Tubers from 0,5 Kg to 4 Kg

**PACKAGING:** The product is shipped in 50 pound corrugated cardboard boxes.

**PALLETIZING:** 50 pound box: 60 boxes per pallet, 20 pallets per container, 1200 boxes per container.