



www.livaoexport.com

Product Catalog



LIVAO is a company dedicated to export bananas and others fruits with the levels of quality and standards required in the European Union and FDA.

Mision

Work in the most timely and efficient manner to meet the needs of our customers and suppliers, through hard teamwork by all who make LIVAO

Vision

Livao is displayed as an export that is oriented to the development of ours producers and clients and thus contribute to the sustainable development of Ecuador.



Product Catalog

TRADITIONAL FRUITS



BANANA

Characteristics

Ecuadorian bananas, Cavendish variety is located in one of the first places of consumer preference worldwide. It is rich in vitamins and has countless nutritional and therapeutic virtues. It is a complete and low-fat food. Ecuadorian Bananas are an excellent "fuel" for physical activity.



[Periods of harvest]



Benefits

One serving of banana is considered to be about 126 grams. One serving of banana contains 110 calories, 30 grams of carbohydrate and 1 gram of protein. Bananas are naturally free of fat, cholesterol, and sodium.²



BABY BANANA

Characteristics

Baby banana or orito; also denominated in English "Finger Banana" or "Lady Finger" by its dimensions similar to a finger. Exquisite smaller variant of banana, approximately 12 cm and with sweeter flavor. When ripe, it has yellow skin and almost white, creamy, high consistency. Source of vitamin B6.



[Periods of harvest]



Benefits

Baby bananas contain little to no fat and are low in calories. They are high in vitamin B6 and contain the amino acid tryptophan which helps the human body produce mood boosting serotonin. They contain vitamins A, B1, B2, C, E, K, Niacin and Pantothenic Acid.



HEALTHY FRUITS



LIME

SUTIL - TAHITI

Characteristics

Ecuador due to its geographical location is in an advantageous position for the production of lime and lemon. All regions of the country have suitable climatic and environmental conditions for the cultivation of these citrus fruits.



[Periods of harvest]



Benefits

Vitamin C has been shown to reduce all-cause mortality and act as an antioxidant. Antioxidants can help counteract harmful, disease-causing free radical cells. Limes are a highly concentrated source of vitamin C.



AVOCADO

HASS

Characteristics

Avocados are a stone fruit with a creamy texture. the versatile avocado is the only fruit that provides a substantial amount of healthy monounsaturated. Avocados are a naturally nutrient-dense food and contain nearly 20 vitamins and minerals.

The avocados are a great source of vitamins C, E, K, and B6-, as well as magnesium, and potassium. They also provide, beta-carotene, and omega3-.



[Periods of harvest]



Benefits

Consuming fruits and vegetables of all kinds has long been associated with a reduced risk of many lifestyle-related health conditions.

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



EXOTIC FRUITS



MANGO

TOMMY, ATAULFO, KENT

Characteristics

The fruits of the mango constitute a valuable dietary supplement, because it is very rich in vitamins A and C, minerals, fibers and anti-oxidizers; being low in calories, fatty and sodium. Their caloric value is of 64-62 calorías/100 g of pulp. In the following chart the nutritious value of the mango is shown in 100 g of eatable part



[Periods of harvest]



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PITAHAYA

DRAGON FRUIT

Characteristics

It moves very rapidly through your digestive system.

Pitahaya has numerous health benefits, and include a whole array of phytonutrients, including vitamins, minerals, fiber and antioxidants, the fruit may be beneficial at preventing complications associated with diabetes, may lower the risks of developing heart disease and developing high blood pressure.

The seeds contain omega3- fats, that can fight inflammation and autoimmune diseases.



[Periods of harvest]



Benefits

Consuming fruits and vegetables of all kinds has long been associated with a reduced risk of many lifestyle-related health conditions.

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



DEHYDRATED FRUITS



Fresh fruit

DEHYDRATED FRUITS



Characteristics

Dehydrated or dried fruit is %100 natural fresh fruit subjected to a dehydration or drying process reducing its internal water content, thus preserving all the virtues, properties and vitamins of the fresh fruit; Increasing the life of the fruit, Ideal for use as snacks or a mixture of cereals, granola, milk and yogurt.







www.livaoexport.com
Guayaquil-Ecuador



+593-985859567



ceo@livaoexport.com
sales@livaoexport.com



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