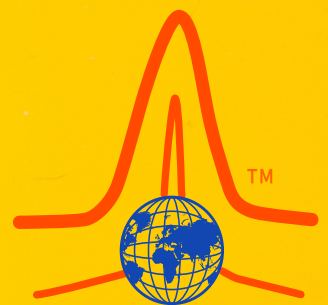


Healthy FOOD



Get health benefits due to
Cashew's nutrient content



संभावनालोकं नमस्कृत्य

Saluting the
world of possibilities

Cashews are commonly considered a healthful addition to one's diet when consumed in moderation. They are nutrient-rich and offer several potential health benefits. However, it's important to be mindful of portion sizes due to their relatively high calorie content.

Nutritional Profile of Cashews:

Cashews are a good source of various nutrients, including:

1. **Healthy Fats:** Cashews are rich in monounsaturated fats, which are considered heart-healthy fats that can help lower bad cholesterol levels and reduce the risk of heart disease.
2. **Protein:** Cashews provide a moderate amount of protein, making them a suitable option for vegetarians and vegans to meet their protein needs.
3. **Vitamins and Minerals:** Cashews contain vitamins such as vitamin E, K, and B vitamins, as well as minerals like magnesium, phosphorus, zinc, and copper.
4. **Antioxidants:** These nuts contain antioxidants like selenium and vitamin E, which help protect cells from damage caused by oxidative stress.





Health Benefits of Cashews:

- 1. Heart Health:** The healthy fats in cashews may help reduce the risk of heart disease by promoting healthy cholesterol levels and supporting overall cardiovascular health.
- 2. Weight Management:** Despite being calorie-dense, incorporating moderate amounts of cashews into your diet can provide satiety and contribute to feelings of fullness, potentially aiding in weight management.
- 3. Bone Health:** Cashews are a source of minerals like magnesium, phosphorus, and copper, which are important for maintaining strong bones.
- 4. Blood Sugar Control:** Some studies suggest that the consumption of nuts, including cashews, may contribute to improved blood sugar control, which can be beneficial for individuals with or at risk of type 2 diabetes.
- 5. Skin and Hair Health:** The vitamins and minerals in cashews, such as zinc and copper, play a role in maintaining healthy skin and hair.
- 6. Cognitive Health:** The monounsaturated fats and antioxidants in cashews may support brain health and cognitive function.

*Remember that a small handful of cashews daily can be a nutritious addition to your diet. Which may further improve your over all health. Always consult your Medical Doctor Registered Dietitian before usage.



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While cashews offer numerous health benefits, it's important to consume them in moderation due to their calorie content. Overeating cashews can lead to weight gain. A recommended serving size is usually a small handful (about 1 ounce or 28 grams) per day.

Precautions:

Some individuals may be allergic to tree nuts, including cashews. If you have a known nut allergy, it's important to avoid cashews and other nuts to prevent allergic reactions.

Incorporating cashews into a balanced diet can provide a range of health benefits due to their nutrient content. However, like all foods, they should be consumed as part of an overall healthy eating pattern, along with a variety of other nutrient-rich foods. If you have specific health concerns or dietary restrictions, it's advisable to consult a healthcare professional or registered dietitian before making significant changes to your diet.

We invite you to explore our website, discover our products, and join us in promoting a sustainable and healthy way of living. Thank you for being a part of our community, and we look forward to sharing more about our passion for Cashews. Together, we can create a more flavorful, sustainable, and prosperous world!

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