



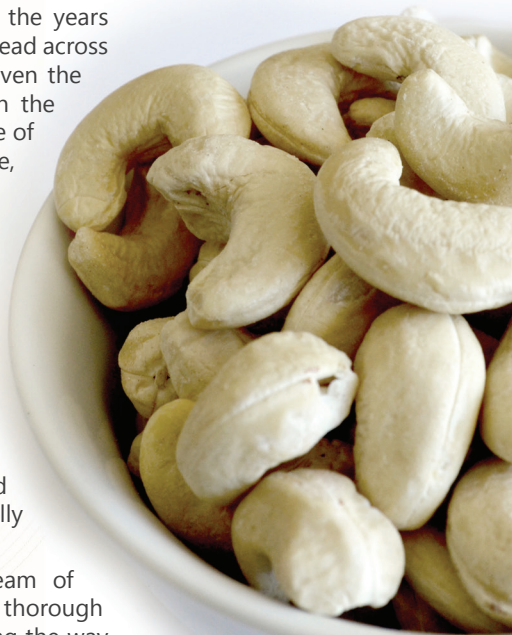
Healthy **Diet.**  
Tasty **Bite.**

## Profile

Afeef Cashew Company is a leading Exporter of Cashew Nuts from Kerala with over a hundred business tie-ups across the world. The company traces its roots to the erstwhile Abbas Cashew Company and over the years have built a sense of trust among its clients spread across the globe. It is this special bond that has driven the company forward and enabled it to grow in the sphere of cashew industry. Today, the presence of Afeef Cashews can be felt across USA, Europe, Australia, Middle East, and Thailand.

With processing plants all over the country and four decades of experience in the industry, Afeef Cashew Company has become the leading supplier of cashew nuts with a production capacity of 70 Metric Tonnes a day. At present, the company procures raw cashew nuts from Indonesia, Vietnam, and the African continent due to their superior quality and high yield. Besides these, high quality cashew nuts are also sourced from certain selected spots in India especially Kollam – the cashew capital of India.

The company is driven by a dedicated team of employees with impeccable work ethics and a thorough knowledge of market dynamics, thereby paving the way for growth by opening up new avenues in the global cashew market.



## Mission

To become the leading supplier of quality Cashew Nuts in the world by adopting a customer- focused and quality-centric approach achieved through constant improvement of overall standards.



## Core Values

- ▶ Sustainable growth and development
- ▶ Hard-work and productivity
- ▶ Quality-centric approach
- ▶ Impeccable customer support
- ▶ Passion and commitment



Renowned across the world as the cashew capital of India, Kollam, formerly known as Quilon, is called the gateway to the Kerala backwaters. Kollam enjoys a pride of place in the trading tradition of India, as the erstwhile hub of spice exports, and presently, as the heart of India's cashew industry. Renowned for its beaches, backwaters, fresh water lakes, idyllic village life, and a distinct cuisine with a delicious accent on seafood, Kollam sure will delight you. It takes the credit for being the hub of the country's cashew trading and processing industry. Affording an impeccable blend of scenic surrounding, tradition and hospitality, Kollam is often referred to as the dreamland of Kerala or dreamland of backwaters as 30 per cent of the district is covered by the Ashtamudi Lake. Coir production, handloom industry, clay and wood-based industries contribute to the industrial health of the region.

Kollam – The Cashew City is dotted with traditional and modern cashew processing plants and exports cashew worth Rs.50, 000 million every year. Kollam accounts for 75 percent of all cashews processing in the country as the cashew industry is centralized in this district and is approved by the central government as the “Centre of Cashew Industry.”

Of the many cashew-processing units at Kollam, Afeef Cashews is an established name since the last four decades. The company has a total production capacity of 70 Metric Tonnes per day with exports to over 100 companies around the globe.





# THE CASHEW CAPITAL OF INDIA QUILON.



## Nutrition and Health Benefits of Cashews

"Cashews often called 'super nuts' are a great source of nutrition. It is extremely rich in copper, manganese, magnesium, and tryptophan, and also contains many other essential nutrients such as protein, iron, selenium, photochemical, and antioxidants. Like fruits and vegetables, nuts should also be included in the daily diet to make it wholesome and healthy. Eating a handful of nuts (30–50gms) regularly reduces the risk of heart disease, type-2 diabetes, and obesity. So always remember to include a smatter of nuts in your daily diet to stay healthy and live longer.

### Prevents Cancer

Yes, it can! Cashew Nuts are rich in proanthocyanidins, a class of flavanols that actually starve tumours and stop cancer cells from dividing. Studies have also shown that cashew nuts can reduce colon cancer risk. The high copper content, phytochemicals, and antioxidants eliminate free radicals and prevent heart disease and cancer.

So isn't this reason enough to fill your tins with 'super nuts'?

## It's Good For The Nerves

The high concentration of magnesium in Cashew Nuts keeps the nerves, blood vessels, and muscles relaxed. Studies have established that magnesium helps to reduce the frequency of migraine attacks, lowers blood pressure, and helps to prevent heart attacks.

So grab a pack, escape to a cosy corner, relax, and snack on 'em... Cashew Nuts.

## Prevent Gallstones Too

Data collected from 80,718 women by a Nurses' Health Study program proves that women who eat at least an ounce of Cashew Nuts each week have a 25 per cent lower risk of developing gallstones.

So start dating Cashew Nuts every week and eat them too!



# Nutrition Facts

Serving Size 1/4 cup (30g)

Serving Per Container 3

**Calories** 170

Calories from Fat 130

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*	* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
<b>Total Fat</b> 14g	<b>22%</b>	<b>Total Carbohydrate</b> 9g	<b>3%</b>	Calories	2,000 2,500
Saturated Fat 2.5g	<b>13%</b>	Dietary Fiber 1g	<b>4%</b>	Less than65g	80g
Trans Fat 0g		Sugars 2g		Less than20g	25g
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Protein</b> 5g	<b>10%</b>	Less than300mg	300mg
<b>Sodium</b> 0mg	<b>0%</b>			Less than2400mg	2400mg
Calcium 2%				Total Carbs	300g
				Dietary Fiber	25g 30g

Source : Wiki

Nuts for a  
Healthy Life

For a  
tasty variation,  
add Cashew to  
your usual  
Satay sauce.

Cashews add a  
great finishing touch  
to any stir-fry





**bsi.**



HACCP (Hazard Analysis Critical Control Point) is an internationally accepted technique for preventing microbiological, chemical and physical contamination along the food supply chain.

BSI British Standards develops standards and standardization solutions to meet the needs of business and society. BSI British Standards is recognized by the UK Government as the National Standards Body (NSB) for the UK and we develop, publish and market standards and related information products.

ISO 22000:2005 specifies requirements for a food safety management system where an organization in the food chain needs to demonstrate its ability to control food safety hazards

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