


Studies have shown garlic can control acne, suppress the growth of tumors, and is a potent antioxidant good for cardiovascular health. Other studies show garlic can reduce LDL or "bad" cholesterol and is a good blood-thinning agent to avoid blood clots that could lead to heart attack or stroke.

Ingredients: dried garlic. No preservatives, sugar or artificial colour added.

Dried GARLIC




Naturally grown and dried in Uganda
Product of: Healthy Diet Foods LTD
info@healthydietfoods.net

Pineapples contain bromelain, an enzyme that breaks down proteins. The bromelain from pineapples is used as an anti-inflammatory agent. Pineapples are fat free, cholesterol free, and high in vitamin C

Ingredients: dried pineapple. No preservatives, sugar or artificial colour added.

Dried PINEAPPLE




Naturally grown and dried in Uganda
Product of: Healthy Diet Foods LTD
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Mangoes are a superior source of vitamin A-based beta carotene, important in cancer prevention. Mangoes also have a ton of vitamin C. Mangoes also provide several B vitamins, minerals calcium and magnesium.

Ingredients: dried mango. No preservatives, sugar or artificial colour added.

Dried MANGO




Naturally grown and dried in Uganda
Product of: Healthy Diet Foods LTD
info@healthydietfoods.net

Containing three natural sugars - sucrose, fructose and glucose - combined with fiber; a banana gives an instant, sustained and substantial boost of energy.

Ingredients: dried bananas. No preservatives, sugar or artificial colour added.

Dried APPLEBANANAS




Naturally grown and dried in Uganda
Product of: Healthy Diet Foods LTD
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Different parts of the jackfruit tree have medicinal properties. The pulp and seeds are used as a tonic, the warmed leaves have healing properties if placed on wounds, and the latex, mixed with vinegar promotes healing.

Ingredients: dried jackfruit. No preservatives, sugar or artificial colour added.

Dried JACKFRUIT




Naturally grown and dried in Uganda
Product of: Healthy Diet Foods LTD
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Green papaya is an enzyme-rich vegetable known for being a strong digestive aid and also promoting healthy skin. Papaya is an excellent source of vitamins A, C, B complex, amino acids, calcium and iron.

Ingredients: dried papaya. No preservatives, sugar or artificial colour added.

Dried PAPAYA




Naturally grown and dried in Uganda
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Tomato products are beneficial in aggressive cancers that have also spread to other parts of the body. Tomatoes are good for the eyes. Tomatoes are high in Vitamin A, Vitamin C, Calcium and Potassium

No preservatives, sugar or artificial colour added.

Dried TOMATOES




Naturally grown and dried in Uganda
Product of: Healthy Diet Foods LTD
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Onions are rich in vitamin C and fiber and contain chemicals that help fight the disease causing free radicals. When you eat half a raw onion a day, your good type HDL cholesterol goes up an average of 30 percent.

Onions increase circulation, lower blood pressure, and prevent blood clotting.

Ingredients: dried onion. No preservatives, sugar or artificial colour added.

Dried ONION



Naturally grown and dried in Uganda
Product of: Healthy Diet Foods LTD
info@healthydietfoods.net

Weight:

Do not put in refrigerator. Avoid direct sunlight. Once opened store in airtight container.

Best before:

Packed for:




Recyclable where facilities exist

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Ginger has been used heavily in preserves, chutneys, vegetable and meat dishes. In Ayurveda it is regarded highly for use against colds, coughs, bronchitis, indigestion, diarrhea, nausea, headaches, and as a stimulant.

Ingredients: dried ginger. No preservatives, sugar or artificial colour added.

Dried GINGER



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