



Taiwan

ATEMOYA

A fruit more than delicious!

The pulp of the atemoya is as white as snow with a delicate, slightly al dente texture. Its sweet taste is complimented with just a hint of sour, giving it an absolutely characteristic taste of the tropics. It is also rich in vitamins, minerals, protein, and dietary fiber.



Minerals and electrolytes

Calcium, phosphorous, magnesium, and potassium are key elements in sustaining cardiovascular health. They help in maintaining the normal operation of the heart, muscles, and nerves.



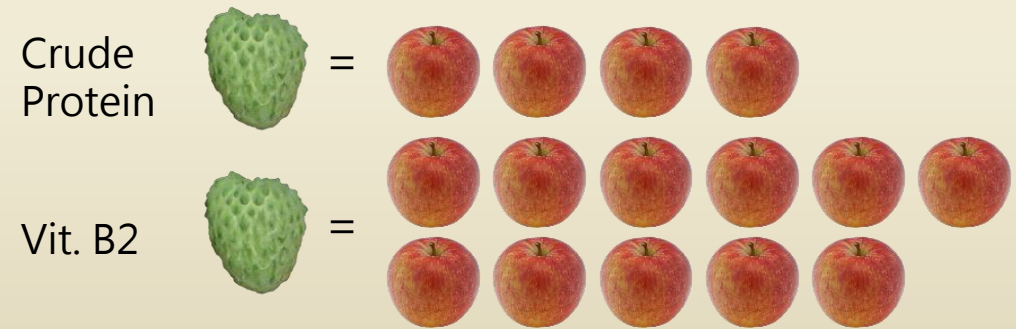
Vitamin C

Promotes the formation of collagen proteins which help wounds heal, maintain cell arrangement density, and serve as anti-oxidants.



Protein and vitamin B2

Protein, made up of amino acids, is an important component in the structure of human cells. Vitamin B2 helps sustain energy for proper metabolism so that the heart and nervous system may operate normally. Vitamin B2 also helps preserve the skin's health.



Dietary fiber

Dietary fiber increases the volume of food within the body, promoting gastrointestinal peristalsis. This in turn shortens the amount of time toxins come in contact with the intestinal wall.



行政院農業委員會臺東區農業改良場
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※ Comparisons between atemoya and apple are based on equal fresh fruit weight.



鳳梨釋迦

A TEMOYA



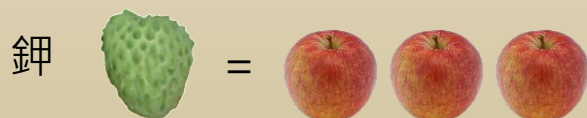
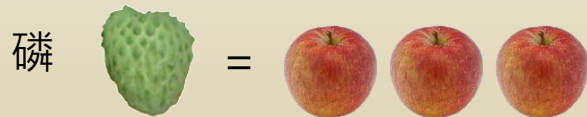
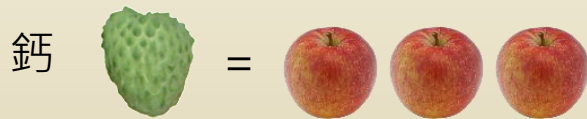
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鳳梨釋迦果肉潔白如玉、口感細緻Q彈，濃濃的甜味帶著微微地酸，十足的熱帶風味，且含豐富維生素、礦物質、蛋白質及膳食纖維等，是相當具有營養價值的生鮮水果。



礦物質及電解質

鈣、磷、鎂、鉀是重要的心血管保健元素，有助維持心臟、肌肉與神經之正常運作。



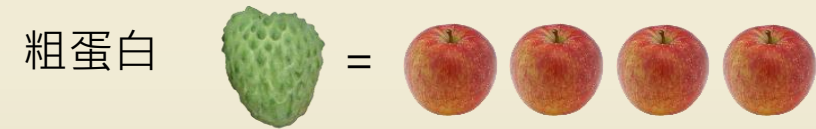
維生素C

可促進膠原蛋白形成，有助傷口癒合、維持細胞排列的緊密性、具抗氧化作用。



蛋白質、B2

蛋白質由胺基酸組成，是構成人體細胞的重要成分。而維生素B2有助於維持能量正常代謝，幫助心臟及神經系統的正常運作，並維持皮膚健康。



膳食纖維

可增加食物體積、促進腸胃蠕動，縮短腸壁與有害物質接觸時間。



※ 鳳梨釋迦與蘋果的營養成分比較，以相同鮮重之含量為比較基準