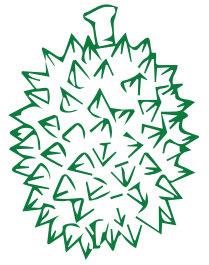


LOCALLY GROWN SUPERFOODS



The following list of fruits/vegetables/roots, - all classified as so called "Super-Foods" - are grown locally in Cai Be. All Super-Foods are subject to seasonal availability. Please pre-order your selection one day in advance and discuss with Ms. Loan the available options for consumption. Please note that 'Super Foods' are not celebrated for their delicate taste (usually unpleasantly bitter), but primarily consumed for their extraordinary health benefits.

KHOAI MON (same as: TARO ROOT)

Only 100 grams of taro root offers 11 percent of the RDA of dietary fiber, which is beneficial for optimum digestion. Unlike the potato, the taro root has a low glycemic index, which means that it does not cause blood sugar levels to spike after consumption. It ranks in the "low" category, with an index of 18. Potato, on the other hand, ranks "high" with an index of 111. Taro root is also a great source of potassium, vitamin C, calcium, vitamin E, B vitamins, magnesium, manganese and copper.

KHO QUA (same as: BITTER MELON)

The bitter melon – also known as bitter gourd – looks like a misshapen cucumber with warts and, as its name suggests, is acrid to taste. It is common in Vietnamese cooking and appreciated as a vitamin-rich immune booster. It is especially good for diabetics as it lowers blood sugar levels.

CAI THIA (same as: BOK CHOY)

Cai Thia is part of the cruciferous family (as is kale, cauliflower, Brussels sprouts, and broccoli). Cruciferous vegetables decrease the risk of certain cancers. What's more, Gai Lum contains omega-3 fatty acids, which are good for heart health. are tops for nutrition, being rich in vitamin C, beta-carotene, fibre and many B vitamins. Surprisingly they can contribute a lot of calcium and iron too. Because of their lower levels of oxalic acid (a compound that interferes with mineral absorption), the iron and calcium is more readily absorbed than traditional leafy greens such as spinach and silver beet. Best of all, they are light and low in kilojoules with almost no fat.

GAC (same as: 'THE ULTIMATE SUPER FRUIT')

The "gac" fruit (or red melon), often nicknamed the "fruit of paradise", is the fruit with the highest concentration of carotenoids in the world (a precursor to Vitamin A). The gac contains 75 times more lycopene (an antioxidant) than tomatoes. It can be considered the ultimate super fruit.

TRA TRAI NHAU (same as: NONI)

Tra Trai Nhou is an energizing superfood bursting with 17 amino acids, Vitamins A, C, E, B1, B2, B6, B12. This fruit is an immune boosting tonic perfect to keep colds and flu away. Tra Trai Nhou is also rich in iron, zinc, copper, calcium, magnesium and potassium making it an easy way to get all of your essential daily nutrients.

THE DURIAN LODGE AT MEKONG

SO NHA 100 TO 4 AP AN HOA XA, DONG HOA HIEP, 'CAI BE' (FLOATING MARKET), MEKONG DELTA, VIETNAM

PHONE: +84-93-549-1849 / E-MAIL: loan@grassl.li