

FLAVOR AND DIVERSITY

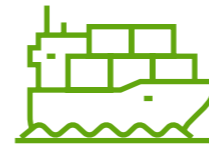


Costa Rica is home to 5% of the world's biodiversity and this is not only observed in our forests and wildlife, but also in the fruits we produce and export around the world.

Characteristics



In addition to traditional tropical fruits such as pineapple, banana and mango, Costa Rica offers a wide variety of exotic fruits, including rambutan, pitahaya, star fruit and cape gooseberry.



The largest consumer of Costa Rican fruit is the United States. This North American country imported 42.2% of the product that crossed Costa Rica's borders and consumed four times the amount acquired by the second largest importer of Costa Rican fruits.

Benefits



The pineapple is a fruit that is low in calories and rich in nutrients. It contains a water content of 85% and helps fight fluid retention, hypertension, cholesterol and anemia.



Like pineapples, cantaloupes are also low in calories but rich in calcium, potassium and vitamin C.



A banana, a fruit of easy consumption, provides 20% of the recommended daily dose of vitamins B6 and C. It is also rich in bioactive compounds with antioxidant and anti-tumor potential. It even increases serotonin levels, helping prevent depression.



Watermelon helps relieve muscle aches and supports skin and hair health.



Mangoes are the most consumed fruit in the world thanks to their sweet taste and many beneficial nutrients that support healthy skin, eyes, hair, bones and immune system.

Certifications

The exotic nature of the photographs does not exempt these fruits from meeting the highest quality standards and certifications required by the countries that consume them. These are some of the certifications that Costa Rican fruits have been awarded:



Why buy in Costa Rica?

In addition to providing the world with quality, innovation and diversity, Costa Rican products are backed by the **best foreign trade promoter in the world, PROCOMER**, the institution responsible for promoting the export of Costa Rican goods and services across the globe. In addition to this, the trade promoter strives to simplify and facilitate export procedures, satisfying the demands of international buyers of the ample and diverse Costa Rican offer, through long-term commercial relationships.

iPROCOMER, YOUR BUSINESS PARTNER IN COSTA RICA!