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VIETNAM COOPERATIVE ALLIANCE



KEY AGRICULTURAL PRODUCTS OF VIETNAM

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KEY AGRICULTURAL PRODUCTS OF VIETNAM

COCOA

Cocoa is an extremely safe drinks and bring more benefits to health. Nutrition experts recommend that drinking 1 cup of 200ml hot cocoa every morning to get an efficient working day and maintain good health.

Cocoa comes from Central America and Mexico, it was discovered about 3,000 years ago. In Greek, cocoa means "food of the gods". In early 20th century, cocoa and chocolate drinks became a culinary culture characteristic of Europe and throughout the world.

Cocoa is evergreen trees, small woody with 4-8m height, living in natural conditions can often high 10-20m. Its fruits are big and easily to change. Here is some usefulness of an cocoa:



VCA's President Vo Kim Cu visits workshop of Cocoa finished products, Nam Truong Son Company



High nutrition

Many researchers have called cocoa powder as the new vitamin, it can have a positive effect on the heart and circulation. The high concentration of phenolic compounds protect the body against insects and pathogens. People can get the highest nutritional value, if combined cocoa with milk products such as coconut milk, soy milk, rice milk or even water.

Antioxidants

Hot cocoa is rich in antioxidants. Many scientific researches have proven that cocoa contains most of the antioxidants found in green tea, black tea and red wine. However, you must understand that drinking hot cocoa is also very important.

Many antioxidants are released when cocoa is heated up. The oxidants in hot cocoa brings many benefits for human health. It helps prevent free radicals to fight cell disease as well as a series of mitigating the effects of aging. Drinking hot cocoa can help you to extend your life.

Rich in flavonoids

Cocoa is rich in flavonoids. This is considered the drug helps the body handle Nitric Oxide and assists in improving blood flow, reduce blood pressure and improve heart health. The flavonoids also help prevent glomerules dissovle themselves to form blood clots.

Limiting diabetes

Besides, when the active element of phenolic antioxidants - catechins to be absorbed into the body, it will consume slowly and secrete the insulin regularly to stabilize blood sugar, absolutely harmless to diabetes patients.

Mental excitement

Very small amount of caffeine in cocoa help the cocoa you drink every day to have the same effectiveness as coffee and green tea, helps you to be more fresh at work and reduces chronic fatigue syndrome due to stress or a lot of exercise or work hardly.

Besides, when drinking cocoa every day, polyphenols will help to improve the levels of serotonin in the brain, against chronic fatigue and depression without causing side- effects to the cardiovascular and nervous systems as well as habit-forming like codeine.

Increased pleasure

Doctor Dora Akunyili of Nigerian Food & Pharmaceuticals Management Agency confirmed that the people who drinking hot cocoa every day will be stronger and better orgasms during sex because of the chocolate amphetamine component. This substance into the body will transmit signals to the brain, stimulates the pleasure center in the cortex, enhancing secretion of sex hormones. If you are having problems about sexual issues, a cup of cocoa every day can help you improve the situation.

Help to improve memory

The Britain's Daily Mail newspaper shows the research results of the scientists from Harvard Medical School (USA), said, epicatechin found in cocoa brings many usefulness for human health, should consider it as a vitamin.

The research shows that people who drink cocoa are rarely get high blood pressure and the incidence of cancer, heart disease and stroke are also lower than those who rarely or not drinking cocoa. Experts suggest that epicatechin can improve health effects by improving blood flow. This substance is also found in tea and some fruits and vegetables.

To be a relaxing drink

Hot cocoa is a great drink can be used anytime during the day. You can drink it if you are tired because of the pressures of work, you will feel more comfortable and relaxed. Drinking a cup of hot cocoa before going to sleep will also help you fall asleep easily.

Better than hot chocolate

Many people believe that hot chocolate is better than hot cocoa. But do you know that hot cocoa is made from pure cocoa powder, while hot chocolate is made from a part of cocoa powder and cream. Hot chocolate has high sugar but the fat content and nutrition value is less than cocoa.

Beauty Skin

For women over 30, cocoa helps restore the skin's elasticity, blearing the wrinkles and stretch. With the flavonoids extract, cocoa helps protect the collagen not to be damaged by the pollution of the environment .

Cocoa and dark chocolate are not only anti-aging but also make the skin very soft as baby skin, you will realize this when mask of pure cocoa (from 50-70%) 1-2

times. If you prefer, you can also use cocoa to exfoliating substance, then you do not need to use more moisturizer.

Cocoa in Vietnam is grown in the Southeast and Central Highlands Region with the area of over 25,000 ha, the output of over 4000-5000 tons/year, Vietnam is striving to become cocoa cultivation and processing countries as Indonesia.

COFFEE

Coffee as herbs

Caffeine is the main active ingredient in the drinking coffee. Coffee bean is the main source for providing caffeine. Caffeine is also appeared in tea, cocoa, chocolate, some drinks, energy drinks and various types of pharmaceuticals. Depending on the type and mixing, each cup of coffee has between 100 and 170mg of caffeine, one cup of tea has 50mg, a chocolate bar of 200g includes 20 to 60 mg of caffeine, a 250cc coke includes about 35mg of caffeine, a can of Red Bull (energy drink) includes about 80mg.

No wonder many drivers said that the "energy drink" is the secret to anti-sleepiness while driving on the long road.

Central nervous system is very sensitive to coffee. Doses between 100 and 200mg nervous stimulant to help stay flexible thinking, stimulate circulation and respiration. However, with the higher dose, 4 or 5 cups of coffee in one day can cause nausea, nervousness, palpitations, pounding heart, insomnia. Depending on each person, these symptoms can last from 4 to 8 hours.

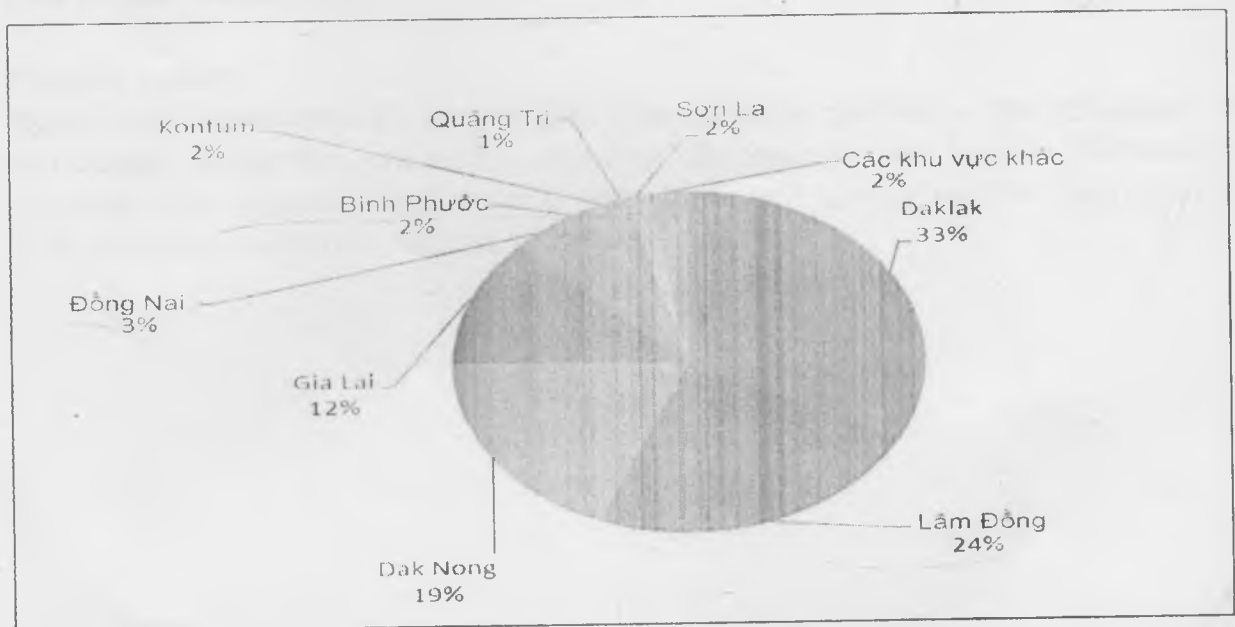
In pharmaceuticals, caffeine is a drug that stimulates the circulatory and respiratory, mild diuretic, can be used to support the heart or make breathing. Caffeine is often used to coordinate multiple medications like Excedrin fever, Midol, Anacin to relieve pain, reduce fatigue.

High antioxidants in coffee

Like many other coarse grains, coffee beans have a high content of polyphenols compounds are antioxidants. The roasting process will increase the rate of this compounds. According to a study by the University of Scranton, the proportion of antioxidants in coffee beans is higher than some other plants such as apples, tomatoes, canberries.



Currently, Vietnam has over 600,000 hectares of coffee, distribution from the North to the South of Vietnam with estimated output of 2 million tons per year; become the key product of Vietnam to export many countries around the world.



Coffee distribution in Vietnam

DRAGON FRUIT IN LONG AN PROVINCE

Dragon fruit is a favorite fruit of many people by its soft and cool. In its season, this is pretty cheap but has many usefulness for health no less than expensive fruits.

Antioxidant

Dragon fruit is rich in antioxidants, help reduce the effects of free radical damage in the body cells. In addition, this fruit has anti-cancer effects.

Strengthen the resistance

Dragon fruit is a good source of vitamin C. The vitamin C has an important role to support the immune system and can even speed up and reducing the severity of the common cold.

Improve digestive system

Eating dragon fruit can also help to clean the digestive system. Dragon fruit has a very high fiber content, can improve poor digestion and reduces constipation.

Reduce arthritis

One of the best usefulness of dragon fruit is to reduce arthritis. The dragon fruit is known as anti-inflammatory. People with arthritis are encouraged to add dragon fruit in their healthy diet.

Prevent cancer

Apart from the vitamin C, dragon fruit also contains carotene – the substance of anti-cancer properties, including reducing the number of tumors. Moreover, lycopene - the substance that make dragon fruit shell turning red, has been shown to be associated with reduced risk of prostate cancer.



VCA President visits Tam Vu Dragon fruit cooperative – Long An province
President of VCA – Mr. VO KIM CU visits Tam Vu Dragon Fruit Cooperative

Good for eyes

Dragon fruit is very rich of vitamin a in the form of carotene – an substance is essential for the retina, the brightness and the vision of the eyes. Many problems relating to eyes especially macular degeneration related to age, can be caused by a deficiency of vitamin A. Dragon fruit has affect to maintain and improve the vision of eyes.

Good for blood

Iron content in the dragon fruit also is quite high. Iron is an essential component for the production of hemoglobin in the human body. We can supplement adequate iron to prevent anemia by eating dragon.

Good for the heart

Blue dragon fruits can help to improve the health of heart by reducing the bad cholesterol level and supplement the good cholesterol. This fruit is rich in single unsaturated fat that will helps the heart to rest in the best condition.

At present, blue dragon fruits is cultivated many in Binh Thuan and Long An provinces. The area in the whole country now is 28,700 hectares, the output is estimated of 520,000 tons/year. This fruit has the great advantage potential for the exportation.

Seedless lemon:

Seedless lemon fruit is a source of supplying the abundant vitamin C. Besides, this kind of fruit has other unnumbered uses such as preventing and treating the osteitis and articulation, skin nourishment, cholesterol reduce, cold release and treatment for snake or insect bite

Seedless lemon fruits have been imported from California (America) to Vietnam for about 10 years. This kind of tree can be with the height of 6 meters without thorn, the fruit with the round shape and without seeds (or there are only some seeds).

About the quality of this fruit:

Many people like this kind of fruits and it is the valuable exported product because it has the thin cover, it water is less sour and there is no bitter taste.



Mr. Vo Kim Cu, President of VCA, attending the Trade Fair of Agricultural products in the South of Vietnam

The seedless lemon fruits can have the productivity of 150 – 200 kilos/year/a plant. This kind of plant also has the high ability to protest against the diseases, especially it can protest against the yellow leaf and vein diseases as other kinds of tree with segment.

At present, there are over 46,000 hectares planting seedless lemon. This is the agricultural product with the competitive advantage in the exportation.

Green skin pomelo:

Pomelo is one of the fruits that have many vitamins, it is not only easy to eat with the sweat taste, but it has also a few calorie. The pomelo also helps to keep a nice skin and very good for our health. It can prevent and treat some kinds of diseases such as high blood pressure, stomach-ache, glycosuria

Pomelo has the scientific name of Citrus Osb, belonging to the orange and lemon variety. The pomelo segment is sweat and acidulous. Other nutritional components is equal with oranges and mandarins. Pomelo also has many good uses for our health.

Pomelo has many nutritional components for people health with the abundant vitamin C and A, which will increase the resistance ability for the health. With only half of a pomelo, you will have enough 78% for daily vitamin C needs for your health.

Pomelo fruits also help us to protest against some normal influenza diseases. According to doctors, you should have pomelo fruits in the breakfast time and it can be used as salad and it will be very delicious disserts.

Leaves, flowers and cover of pomelo fruits all have the essential oil so they are used to release the cold. Pink and white pomelo fruits all have the pre-vitamin A and other substances that help our body to protest against the diseases.

Grapefruit helps to balance blood cholesterol levels, rich of pectin, a special fiber types.

The studies have shown that eating grapefruit helps saliva, thus like to "support" digestive system. You can eat grapefruit or drink grapefruit juice so that it can highly effective in preventing many other related diseases caused by excess acid.

Grapefruit provides a large amount of fiber, which is useful against constipation and is seen as a kind of "functional foods". It can prevent dysentery, diarrhea, and enteritis.

As the experts said, grapefruit is considered as a "panacea", especially for patients with diabetes. Grapefruit juice contains insulin, which uses to support patients with diabetes and hypertension. Eating grapefruit regularly to minimize the risk of diabetes.

In addition, the diabetic patients are encouraged to eat 3 segments of grapefruit every day. The persons at high risk for diabetes should also apply it. The diet person should eat grapefruit regularly, because grapefruit has the ability to "burn" the extra fat and calories.

Grapefruit contains quinine, it is useful in the treatment of malaria, cold and reduce stress and fatigue. By the way of drinking a glass of grapefruit juice mixed with lemon juice, you will see the effects.

The scientists have proved that grapefruit has the ability to reduce the risk of prostate cancer, because it contains a large amount of lycopene (antioxidant). We also found that, in grapefruit contains phenolic acids, it can prevent cancers and other chronic diseases such as arthritis, lupus.

Eating grapefruit everyday will help patients with rheumatoid arthritis,... or minimize the pain, due to biochemical substances in grapefruit has the ability to control the factors causing the pain.

Grapefruit peel is used to treat phlegm in the throat and lungs. Pomelo leaves used to treat cough, fever, headache and inflammation of the tonsils.

Grapefruit is a delicious fruit, rich of vitamins. We just usually eat citrus and discard seeds, pulp, peel without knowing that wasted a source of pectin, which is surrounded seed coat mucilage and grapefruit pulp, will be used to treat many diseases.

Pectin is a type of fiber, soluble in water, which increases the viscosity. Pectin is found in many fruits, but in the pulp and peel of grapefruit seeds with a high prevalence and the most easy to extract.

In the pharmaceutical industry, pectin is used oral preparations, injections (intramuscular, subcutaneous) to hemostatic before and after surgery ear - nose - throat,... Pectin solution 5% is used as a disinfectant H₂O₂ (hydrogen peroxide) in oral and maxillofacial surgery, otolaryngology (no irritant and hemostasis), ...

After eating grapefruit, we can extract the seed coat around grapefruit pectin source for drug prevention and treatment of diseases mentioned above. For example:

- Select the seeds (took about 20 seeds to processing Pectin used in 1 day), the remainder to dry or drying (casing), packed in PE bags to use later.
- Put grapefruit seeds into the cup, pour boiling water (70-80⁰C) flooded grain, use fork to stir about 5-6 minutes, then decant into a cup all own mucus. Continue doing so until the end of mucus obtained.

Do it 5 -6 times with the high-protein seed grapefruit and just 3 times with low Pectin.

After get Pectin water, we may be used to treat some diseases with doses as follows:

Uses of Pectin:

- Anti-constipation, dyslipidemia, cardiovascular disease: Take 50ml 60 minutes after main meals
- Reduced-fat, preventing diabetes: Take 50ml 5-10 minutes before main meal.
- Anti-bleeding (teeth, epistaxis, menorrhagia), take 20ml x 3 times an hour.

After 3 hours, keep in fridge (can be preserved within 48 hours). Pectin will curdle like white jelly.

- Lengthen the time to digest food, increased absorption of nutrients in food.
- Slimming (by creating lasting satiety abdomen, reduce energy intake, thus aiding weight loss in obese people).

- To reduce lipid absorption.
- Reduce cholesterol.
- Control hyperglycemia in people with diabetes.
- Anti-constipation.
- Stop the bleeding.
- Antiseptic.

Currently, Vietnam has more than 20,000 hectares of green grapefruit concentrated mainly in Ben Tre, Binh Duong, Binh PhuocThe markets such as Germany, Japan, the United States are targeting on this Vietnamese fruits.