

2024



ALPHA TRADES & GOODS

Fresh - Frozen - Freezedried
Fruits and Vegetables

Quality and Food Safety

We offer an extensive selection of premium fruits and vegetables, all certified by the FDA and holding reputable food safety certifications such as BRC, FSSC, and ISO 22000. Our commitment to quality and safety ensures customers receive the best possible products.

100% Natural Fruits and Vegetables

Our products are made with 100% natural fruits, ensuring they are free from any artificial additives or preservatives. This commitment to purity and quality allows you to enjoy the true taste of nature while maintaining a healthy lifestyle.

Explore our extensive selection of nutritious and delightful fruits offered in various forms and cuts. Our premium quality fruits are meticulously grown and harvested, then thoroughly cleaned for your safety. Employing advanced IQF freezing technology, we guarantee top-notch quality. Our packaging caters to your preferences, and we provide wholesale and retail private label options for your satisfaction.





Strawberry is considered as our main player , we offer a wide range of different varieties of strawberry , on all forms and cuts,with a top notch sensory specifications, ensuring food safety in every step of our process, available in 10 kg boxes and private label retail form.

Strawberries are well-known for their vibrant red color and sweet taste. They are not only delicious but also packed with essential vitamins and minerals that contribute to our overall health. Some key nutrients found in strawberries include vitamin C, which supports immune function and collagen production, and folate, important for cell growth and DNA synthesis. Additionally, they contain a variety of minerals like potassium, which helps maintain proper fluid balance in the body, and manganese, crucial for enzyme activation and bone health. Consuming strawberries can provide a tasty and nutritious way to meet your daily vitamin and mineral requirements.





A pomegranate is a nutrient-dense fruit, providing various health benefits. In a typical pomegranate, you can find vitamins like C, E, and K, minerals such as potassium and folate, and dietary fiber.

Additionally, it contains antioxidants and punicalagins, which may contribute to heart health and help combat inflammation.

Consuming pomegranate seeds can be a delicious and healthy way to incorporate more nutrients into your diet.



Banana contains about 105 calories, protein, carbohydrates, fiber and 14 grams of natural sugars), and 0 grams of fat.

Bananas are also a good source of vitamins, providing 17% of the daily recommended value of vitamin C and a small amount of vitamin B6.

Additionally, they contain several essential minerals such as potassium, manganese, magnesium, and phosphorus.



Grapes are a nutritious and delicious fruit, offering various health benefits. They are rich in vitamins, including Vitamin K, Vitamin C, and a small amount of B vitamins. Additionally, they provide essential minerals like potassium, copper, and manganese.

Figs are a nutritious and delicious fruit, offering a variety of essential vitamins, minerals, and dietary fibers. Figs contains about 74 calories, with a notable amount of dietary fiber, potassium, and vitamin B6. They also provide small amounts of other vitamins and minerals, including calcium, iron, magnesium, and copper.

Additionally, figs contain antioxidants and polyphenols, which contribute to their potential health benefits such as aiding digestion, supporting heart health, and promoting bone strength.



Peaches provide various essential vitamins and minerals. They contain Vitamin C for immune support, Vitamin A for eye health, and potassium for maintaining proper blood pressure. Peaches also provide dietary fiber for digestive health and a small amount of antioxidants, which can help protect cells from damage.



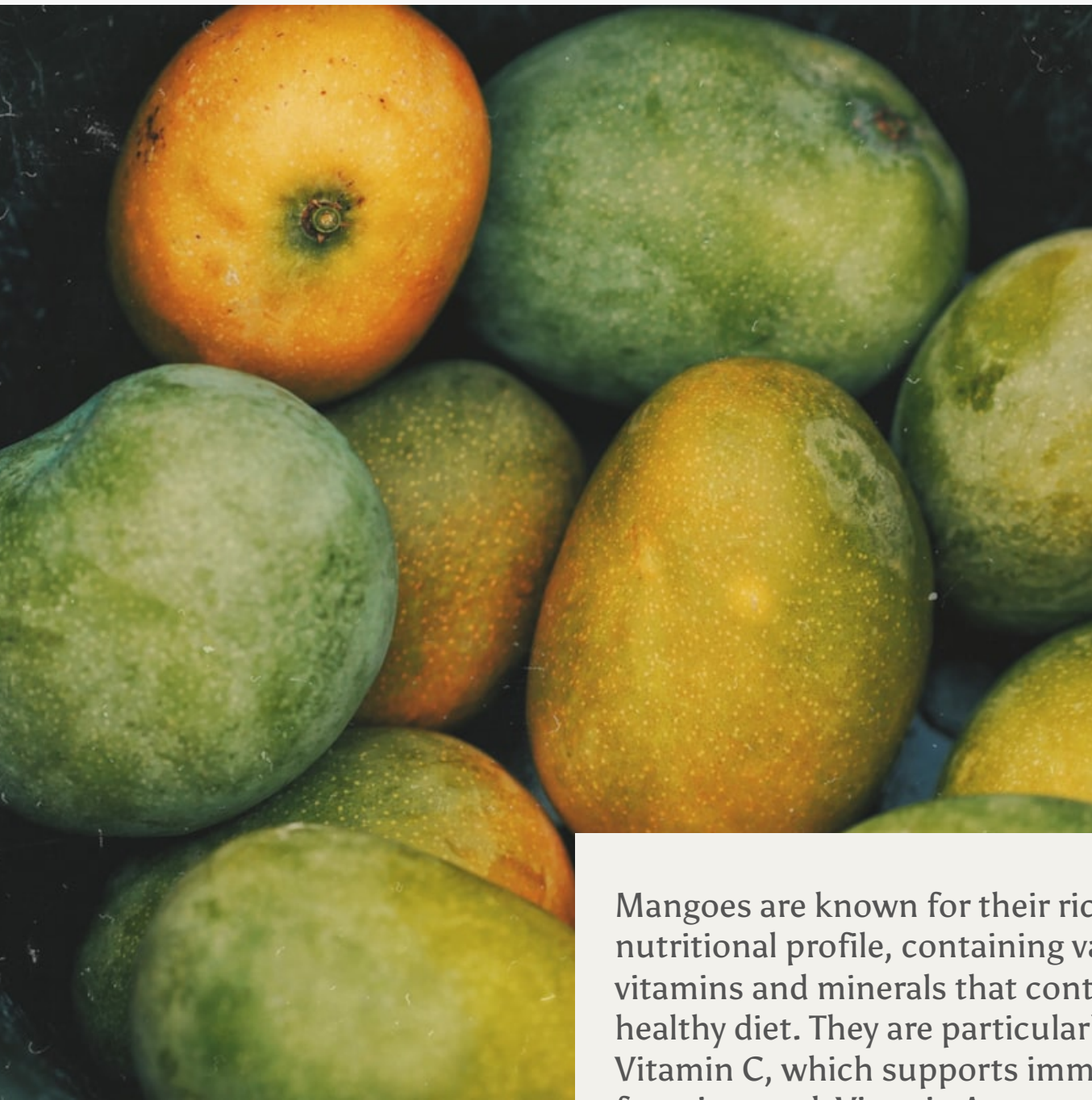
Kiwis are nutritious fruits packed with essential vitamins, minerals, and antioxidants. One kiwi contains approximately 61 calories, 1 gram of protein, 14 grams of carbohydrates, and 2 grams of dietary fiber. It is rich in Vitamin C, providing around 273% of the daily recommended value, and also contains Vitamins E and K, as well as minerals like potassium and copper. Kiwis are known for their high levels of antioxidants, particularly actinidin, which aids digestion, and lutein, beneficial for eye health.



Dates are a nutritious and natural sweetener, providing a good source of dietary fiber, essential minerals such as potassium, copper, and magnesium, and vitamins like B6. They also contain antioxidants and have a low glycemic index, making them a healthy choice for snacking or incorporating into various recipes.

Apples are known for their rich nutritional profile, providing a variety of vitamins and minerals that contribute to overall health. They are particularly abundant in vitamin C, which supports immune function and collagen production, as well as vitamin K, essential for blood clotting and bone health. Additionally, apples contain minerals like potassium, which helps regulate blood pressure, and small amounts of calcium and magnesium, important for bone and muscle function. Consuming apples can provide a range of health benefits due to their vitamin and mineral content.





Mangoes are known for their rich nutritional profile, containing various vitamins and minerals that contribute to a healthy diet. They are particularly high in Vitamin C, which supports immune function, and Vitamin A, essential for maintaining good vision and skin health. Additionally, mangoes contain minerals such as potassium, which helps regulate blood pressure, and small amounts of iron, magnesium, and phosphorus, contributing to overall well-being. Consuming mangoes can provide a natural source of these vital nutrients, making them a delicious and nutritious choice for your daily diet.



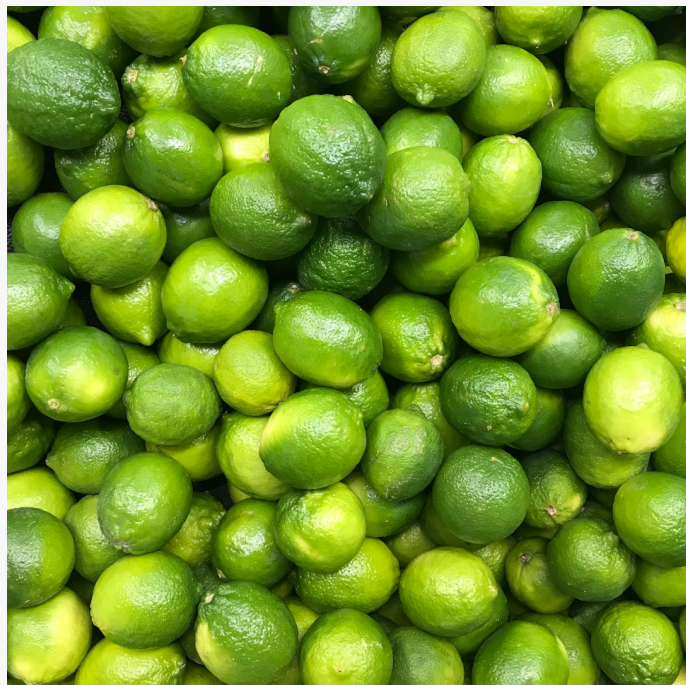


Citrus fruits, such as oranges, lemons, and grapefruits, offer numerous benefits and advantages for our health and well-being. They are rich in vitamin C, which supports the immune system, and contain various antioxidants that help protect cells from damage. Additionally, these fruits provide dietary fiber, which promotes digestive health, and they may contribute to heart health by lowering blood pressure and reducing the risk of stroke. Incorporating citrus fruits into your diet can contribute to overall wellness and provide a tasty, refreshing source of essential nutrients.



Lemons are low in calories but rich in essential nutrients. They contain vitamin C, which supports immune function and skin health.

Additionally, lemons provide small amounts of vitamin B6, potassium, folate, and fiber. Incorporating lemons into your diet can contribute to overall well-being, while their high vitamin C content also acts as an antioxidant, protecting cells from oxidative stress.



Limes are a rich source of vitamins, particularly vitamin C, and also contain small amounts of vitamins B1, B3, and B6. They are low in calories, with about 23 calories per 100 grams, and provide minerals like potassium, calcium, and iron. Additionally, limes contain antioxidants and dietary fiber, contributing to overall health and well-being.

Mandarin oranges, also known as tangerines, are small, sweet citrus fruits packed with essential nutrients. They are a rich source of vitamin C, dietary fiber, vitamin A, and various antioxidants. Additionally, they contain a small amount of minerals like potassium, calcium, and magnesium.



Plums are nutritious fruits that offer a variety of health benefits. They are rich in vitamins, minerals, and dietary fiber. One serving of plums provides vitamin C, vitamin K, potassium, and copper, contributing to a well-rounded diet. Additionally, plums contain antioxidants and phytonutrients, which can help protect against cellular damage and support overall health.



Oranges are known for their rich nutritional profile, making them a popular choice for a healthy diet. They are particularly high in vitamin C, which supports the immune system and helps the body absorb iron.

Additionally, oranges contain dietary fiber, folate, and various phytonutrients that contribute to overall well-being. They also provide small amounts of other essential nutrients like vitamin B1, calcium, and potassium. Incorporating oranges into your diet can provide numerous health benefits.



Vegetables are an essential part of a balanced diet, providing a plethora of nutritional values, vitamins, and minerals. They are rich in dietary fiber, which aids in digestion and can help lower the risk of chronic diseases. Various vitamins, such as Vitamin C, Vitamin K, and the B-complex vitamins, are abundant in vegetables and contribute to overall health and well-being. Moreover, they contain essential minerals like potassium, calcium, and iron that play crucial roles in maintaining a healthy body. Incorporating a diverse variety of vegetables into your meals ensures you receive a wide range of these vital nutrients, promoting a healthy lifestyle.





Broccoli is rich in essential vitamins and minerals. It is particularly high in vitamin C, vitamin K, and folate, which contribute to a healthy immune system, blood clotting, and proper cell function. Additionally, it contains minerals like calcium, potassium, and phosphorus that support bone health, maintain fluid balance, and aid in energy production.



Potatoes are not only a rich source of carbohydrates, but they also contain various essential vitamins and minerals. Some of the key vitamins found in potatoes include Vitamin C, which supports the immune system and helps with skin health, and Vitamin B6, which plays a role in brain development and function. Additionally, potatoes provide minerals such as potassium, which is crucial for maintaining healthy blood pressure and heart function, and small amounts of iron, phosphorus, and magnesium.



Peas are particularly rich in vitamins A, C, and K, as well as minerals like iron, potassium, and phosphorus. Consuming peas can help support a variety of bodily functions, including vision, immune system, and bone health.

Okra, scientifically known as *Abelmoschus esculentus*, is a nutritious vegetable packed with numerous benefits and advantages. It is rich in minerals such as calcium, potassium, and magnesium, which contribute to maintaining strong bones, regulating blood pressure, and supporting muscle function. Additionally, okra is a good source of vitamins like Vitamin A, Vitamin C, and Vitamin K, which play crucial roles in maintaining healthy eyesight, boosting immunity, and promoting blood clotting. Consuming okra can also provide dietary fiber, aiding digestion and promoting overall gut health.



Carrots are highly beneficial for our health due to their rich nutrient content, including minerals and vitamins. They are an excellent source of vitamin A, which promotes good vision and supports the immune system. Additionally, carrots contain vitamin C, vitamin K, potassium, and fiber, all of which contribute to maintaining a healthy heart, strong bones, and a well-functioning digestive system.



Green beans are rich in minerals such as iron, calcium, and potassium, which contribute to bone health and maintaining proper blood pressure levels.

Additionally, green beans are a good source of vitamins, including vitamin C, vitamin A, and vitamin K, which support immune function, eye health, and blood clotting.





Artichokes are nutritious vegetables, offering a good amount of fiber, vitamins, and minerals. They are particularly rich in vitamin C, folate, and potassium. Additionally, they contain antioxidants and have been known to support digestive health and heart health.



Tomatoes are not only a versatile ingredient in various dishes but also offer numerous health benefits due to their nutritional values. They are rich in vitamins, including Vitamin C, Vitamin K, and small amounts of Vitamins A and E. Tomatoes also contain essential minerals like potassium, phosphorus, and copper, as well as dietary fibers and antioxidants like lycopene, which is known for its role in supporting heart health and potentially reducing the risk of certain cancers.



Cauliflower is a nutrient-dense vegetable, rich in essential vitamins and minerals. It is particularly high in vitamin C, which supports immune function and collagen production, as well as vitamin K, crucial for blood clotting and bone health. Additionally, cauliflower contains vitamins B1, B2, and B3, which contribute to energy metabolism and a healthy nervous system. Furthermore, it provides minerals such as potassium, phosphorus, and magnesium, all of which contribute to maintaining proper bodily functions.



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