

# Ramón

A Traditional Maya Superfood



## Social Attributes:

- Wild harvested by women's cooperatives in Guatemala
- Promotes sustainable livelihoods
- Supports enterprise development in forest communities

## Environmental Attributes:

- FSC and USDA Organic certified
- Encourages conservation by bringing value to the forest
- Protects the ecosystems of the Maya Biosphere Reserve





## A Traditional Maya Superfood

**Ramón seeds** are a traditional food of the **Maya**, whose name for the tree meant “**the corn tree**” since they ate the seeds like corn. The seeds were dried and ground into flour. The Maya stored them for lengthy periods of time to prevent famine. The flour was blended with corn flour and the seeds were also roasted, mixed with water and drunk as a beverage, which was considered to be highly nutritious for pregnant women.

### Nutrition Facts

Serving size 100 g  
Servings per container to be specified

Amount Per Serving

**Calories** 350      **Calories from Fat** 0

%Daily Value\*

**Total Fat** 0 g      0 %

Saturated Fat 0 g      0 %

Trans Fat 0 g

**Cholesterol** 0 mg      0 %

**Sodium** 15 mg      1 %

**Potassium** 1100 mg      31 %

**Total Carbohydrate** 76 g      25 %

Dietary Fiber 19 g      76 %

Sugars 9 g

**Protein** 9 g

Vitamin A 0 %      •      Vitamin C 0 %

Calcium 15 %      •      Iron 6 %

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your Calorie needs.

Calories: 2,000      2,500

Total Fat      Less than 65g      80g

Sat Fat      Less than 20g      25g

Cholesterol      Less than 300mg      300mg

Sodium      Less than 2,400mg      2,400mg

Potassium      3,500mg      3,500mg

Total Carbohydrate      300g      375g

Dietary Fiber      25g      30g

Calories per gram:

Fat 9

Carbohydrate 4

Protein 4



## Nutritious

**Ramón seeds** have twice the amount of **calcium** as corn, quinoa and oats. They are **high in fiber and potassium**. Studies show that the **antioxidants** in ramón seeds are at a level comparable to walnuts, which have the **highest level of antioxidants** of any tree nuts. The **protein** in ramón flour is high in **tryptophan**, the amino acid that helps **calm stress, anxiety and depression**. **Ramón seeds** do not contain tree allergens.

## Tasty

Fresh ramón seeds can be **boiled** like potatoes or they can be **dried and ground into flour**. The flour is **fat free and gluten free** making it an excellent addition to increase fiber and nutrients in **baked goods**.

Roasted ramón seeds have a **similar taste to coffee** with some **chocolate flavor notes**. However, its flavor as a raw seed is quite **neutral like a potato**. The transformation in flavor takes place during roasting when the flavor of the seed becomes like **dark roasted coffee**. The Maya were drinking a brew of roasted ramón seeds before the Spaniards ever brought coffee to America!

## Social Benefits

The harvest of ramón seeds takes place in **rural communities in the Maya Biosphere Reserve in Guatemala**. By giving value to this seed, we have provided **women the possibility to earn money** where **income opportunities** are scarce.

Additionally, via **educational workshops** in their villages that we support, women have been taught how to prepare ramón seeds to make **nutritious recipes** that provide free food for their families.

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## Product Specification Sheet

### Organic Ramon Seed Flour

#### Botanical Information

<b>Product Name</b>	Ramon Seed	<b>Country of Origin</b>	Guatemala
<b>Latin Binomial</b>	Brosimum alicastrum	<b>Certified Organic</b>	Yes
<b>Plant Variety</b>	N/A	<b>Kosher Certification</b>	No

#### Organoleptic Characteristics

<b>Appearance</b>	Flour
<b>Color</b>	Creamy grey
<b>Aroma</b>	Nutty
<b>Flavor</b>	Starchy Potato

#### Physical & Chemical Properties

<b>Moisture</b>	2-5%	<b>Particle Size:</b>	
<b>Bulk Density</b>	0.38	On US 60/ 250m	<5%
<b>Volatile Oil (%)</b>	NA	Through US 60/250m	>95%
<b>Allergens</b>	negative		

#### Microbiological Properties

<b>Total Plate Count</b>	<5,000 cfu/g
<b>Yeast and Mold</b>	<1,000 cfu/g
<b>Total Coliform</b>	Negative /1g
<b>Salmonella</b>	Negative / 25g
<b>E. Coli</b>	Negative / 1g
<b>Aflatoxines</b>	Negative / 50g

**Recommended Shelf Life:** 2 years



## Product Specification Sheet

### Organic Roasted Ramon Seed Flour

#### Botanical Information

<b>Product Name</b>	Ramon Seed	<b>Country of Origin</b>	Guatemala
<b>Latin Binomial</b>	Brosimum alicastrum	<b>Certified Organic</b>	Yes
<b>Plant Variety</b>	N/A	<b>Kosher Certification</b>	No

#### Organoleptic Characteristics

<b>Appearance</b>	Flour
<b>Color</b>	Brown
<b>Aroma</b>	Nutty, roasted
<b>Flavor</b>	Coffee-like with chocolate notes

#### Physical & Chemical Properties

<b>Moisture</b>	2-5%	<b>Particle Size:</b>	
<b>Bulk Density</b>	0.38	On US 60/ 250m	<5%
<b>Volatile Oil (%)</b>	NA	Through US 60/250m	>95%
<b>Color*</b>	70		
<b>Allergens</b>	negative		

#### Microbiological Properties

<b>Total Plate Count</b>	<5,000 cfu/g
<b>Yeast and Mold</b>	<1,000 cfu/g
<b>Total Coliform</b>	Negative /1g
<b>Salmonella</b>	Negative / 25g
<b>E. Coli</b>	Negative / 1g
<b>Aflatoxines</b>	Negative / 50g

- As measured on an Agron Color Process Analyzer



## Product Specification Sheet

# Organic Roasted Ramon Seed Granules (Tea bag Cut / All Purpose Grind)

### Botanical Information

<b>Product Name</b>	Ramon Seed	<b>Country of Origin</b>	Guatemala
<b>Latin Binomial</b>	Brosimum alicastrum	<b>Certified Organic</b>	Yes
<b>Plant Variety</b>	N/A	<b>Kosher Certification</b>	No

### Organoleptic Characteristics

<b>Appearance</b>	Granules
<b>Color</b>	Brown
<b>Aroma</b>	Nutty, roasted
<b>Flavor</b>	Coffee-like with chocolate notes

### Physical & Chemical Properties

<b>Moisture</b>	2-5%	<b>Particle Size:</b>	
<b>Bulk Density</b>	0.38	On US 16/ 1190m	<5%
<b>Volatile Oil (%)</b>	NA	On a US 50/300m	>95%
<b>Color*</b>	70	Under a US 50/300m	<5%
<b>Allergens</b>	negative		

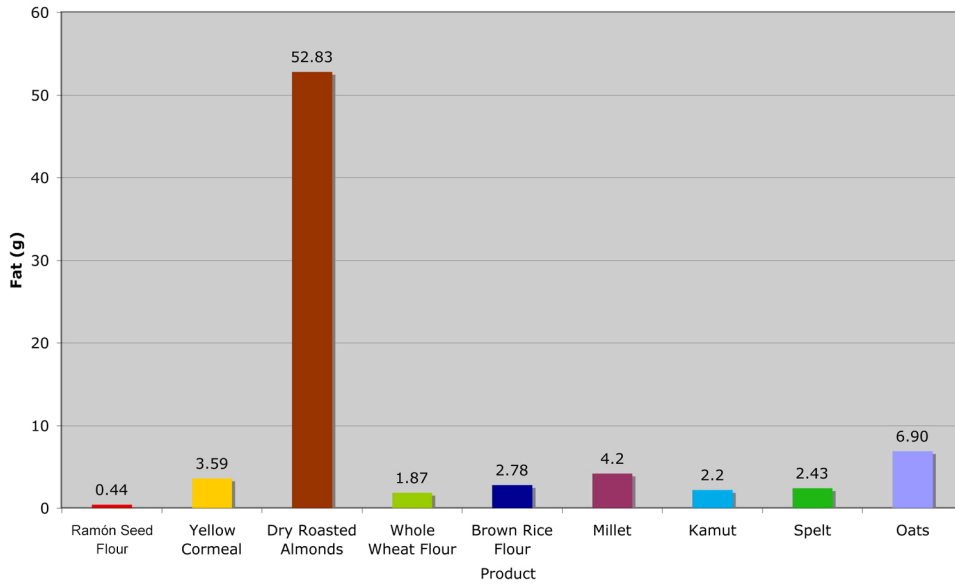
### Microbiological Properties

<b>Total Plate Count</b>	<5,000 cfu/g
<b>Yeast and Mold</b>	<1,000 cfu/g
<b>Total Coliform</b>	Negative /1g
<b>Salmonella</b>	Negative / 25g
<b>E. Coli</b>	Negative / 1g
<b>Aflatoxines</b>	Negative / 50g

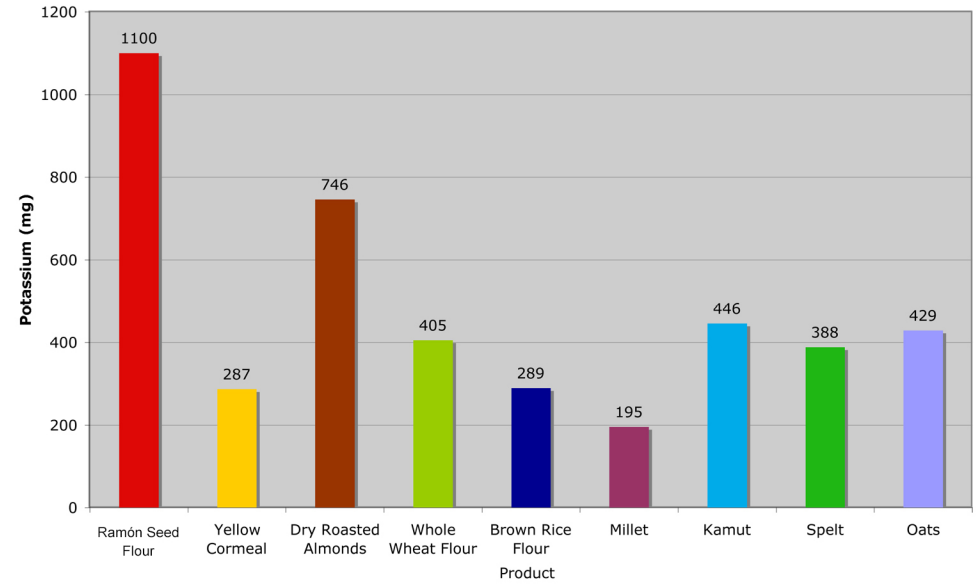
- As measured on an Agron Color Process Analyzer

# Ramón Seed Nutrition Charts

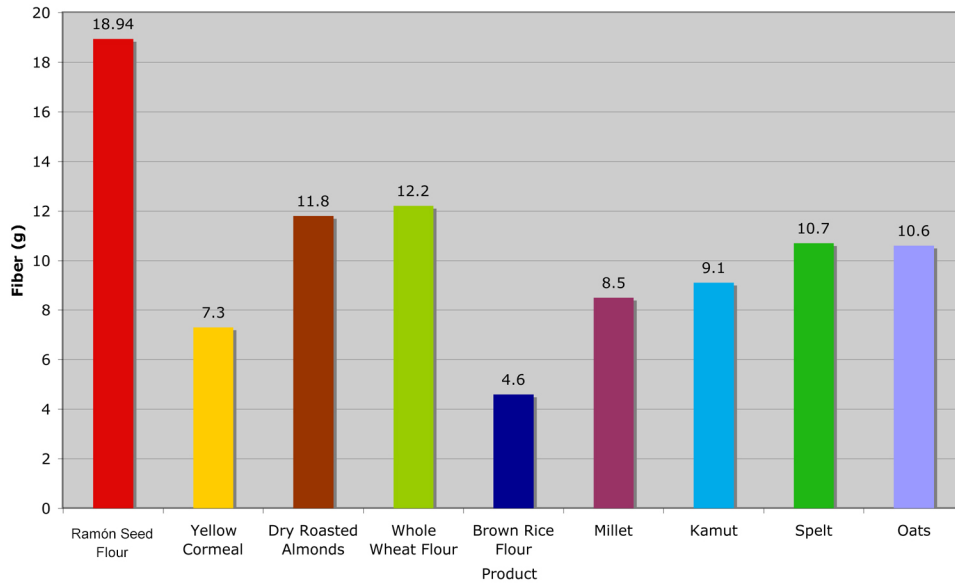
Fat (g) per 100 gram serving



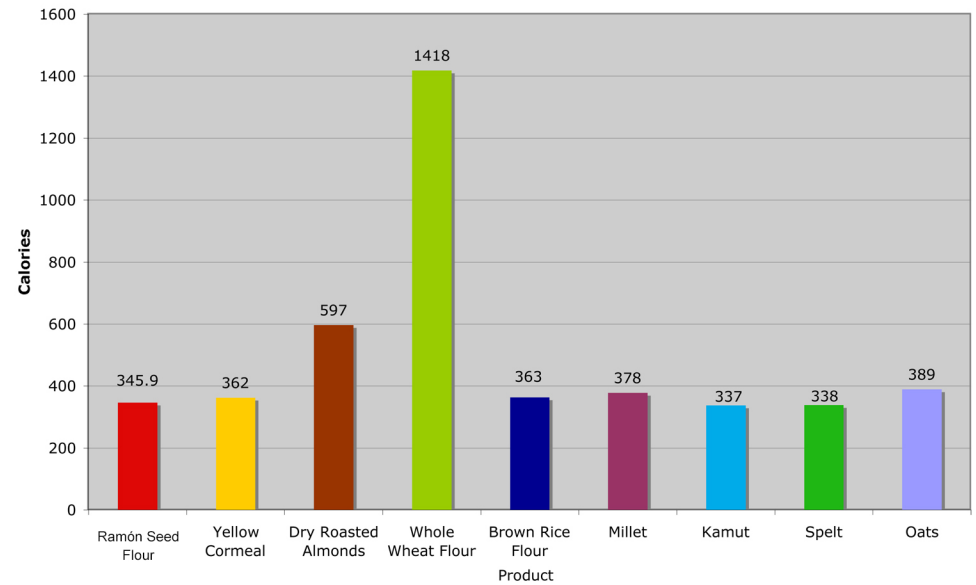
Potassium (mg) per 100 g serving



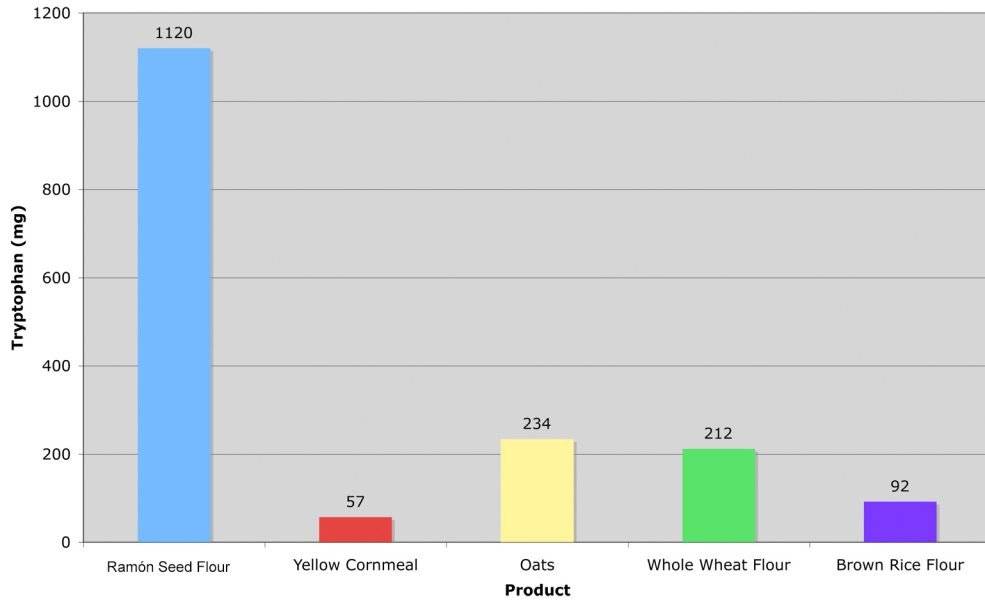
Fiber (g) per 100 Grams



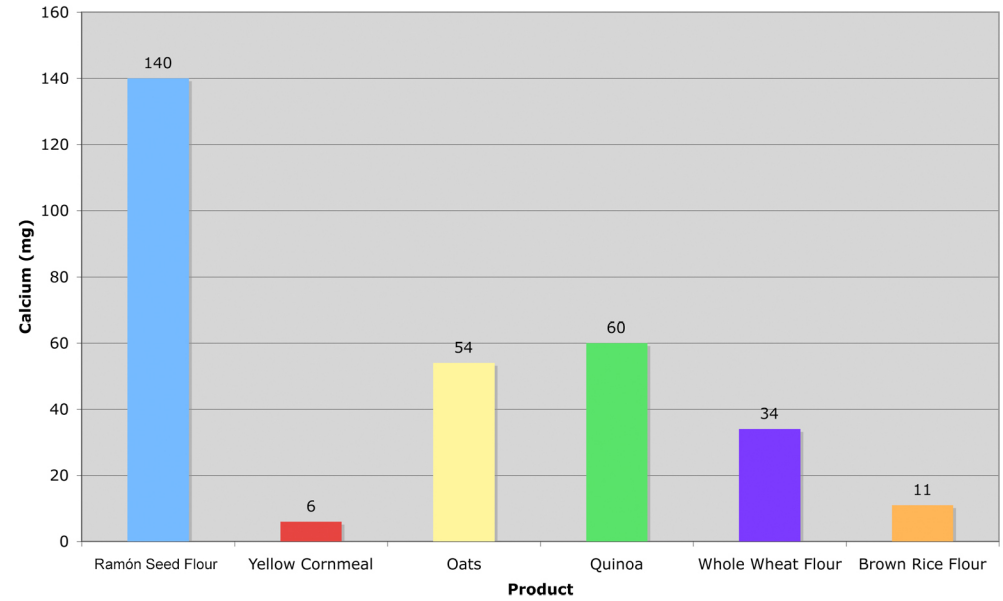
Calories per 100 Gram Serving



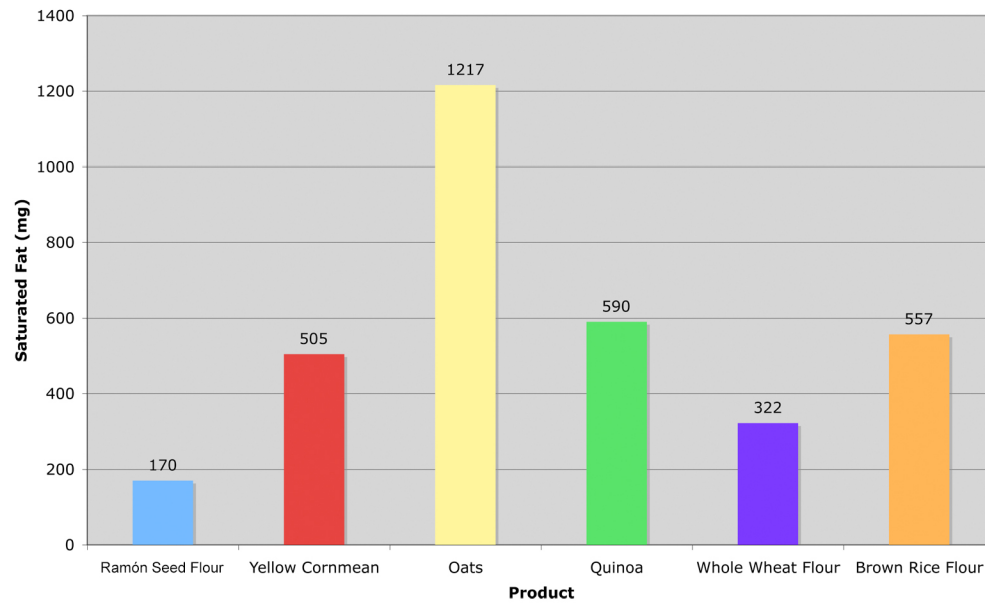
**Tryptophan (mg) per 100 gram serving**



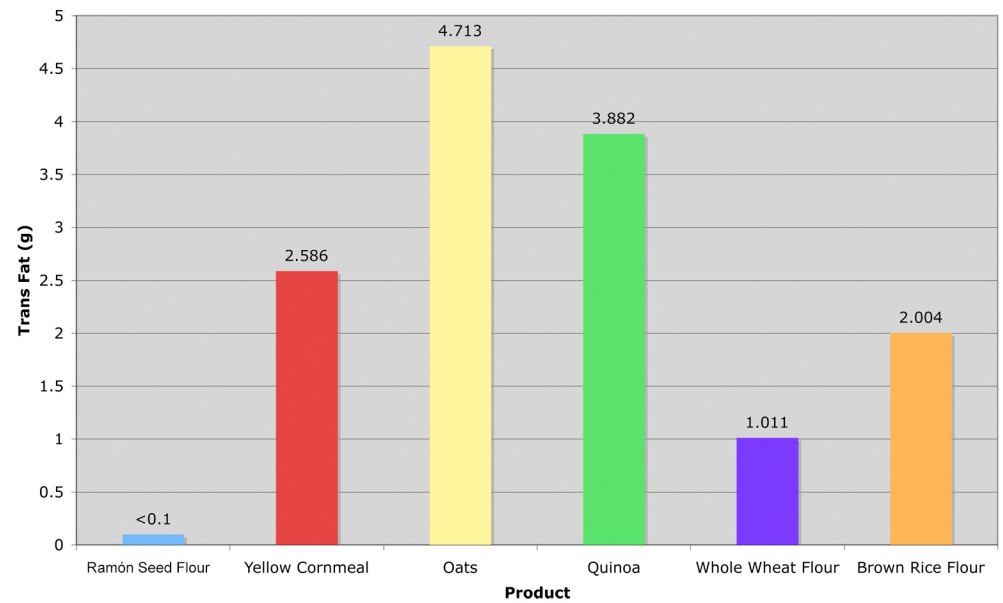
**Calcium (mg) per 100 gram serving**



**Saturated Fat (mg) per 100 g serving**



**Trans Fat (g) per 100 gram serving**



## Certified Organic Ramon Nut Flour

<b>Nutrition Facts</b>	
Serving size 100 g	
Servings per container to be specified	
<b>Amount Per Serving</b>	
<b>Calories</b> 350	Calories from Fat 0
<b>%Daily Value*</b>	
<b>Total Fat</b> 0 g	<b>0 %</b>
Saturated Fat 0 g	<b>0 %</b>
<i>Trans</i> Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 15 mg	<b>1 %</b>
<b>Potassium</b> 1100 mg	<b>31 %</b>
<b>Total Carbohydrate</b> 76 g	<b>25 %</b>
Dietary Fiber 19 g	<b>76 %</b>
Sugars 9 g	
<b>Protein</b> 9 g	
Vitamin A 0 %	• Vitamin C 0 %
Calcium 15 %	• Iron 6 %
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your Calorie needs.	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Potassium	3,500mg    3,500mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9	Carbohydrate 4    Protein 4

### About this effort:

This project is a public-private partnership between the Community Concessions of the Maya Biosphere Reserve in Northern Guatemala, Rainforest Alliance, The University of Minnesota Center for Integrated Natural Resources and Agricultural Management (CINRAM) and Teeccino, a natural beverage company.

We are working together to promote Ramon in the market to provide income and livelihood support to communities in Guatemala who have been key players in the conservation of the forests of the Maya Biophere Reserve, an important UNESCO biodiversity reserve.

For further information, please contact Teeccino or Dean Current at the University of Minnesota. Contact information is listed on the second page and at the bottom of the Teeccino fact sheets in this booklet.

### U.S.A. NUTRITION LABEL

Serving size was provided by the client. Note, the equivalent household measure corresponding to the declared serving weight must be indicated. Note, the USFDA reference amount for this product category (flour) is 30 g. Manufacturers must choose serving size that closely approximates the reference amount.

Cross Reference: COA-CHG-31763670-0  
 Sample ids: 309317985 and 309447127