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Alimentos

NutriNaturales

Ixlu-Peten, Guatemala

C.A.



ANSA

Creating jobs through
traditional Maya Seed products



ABOUT ANSA

Alimentos NutriNaturales S.A., or ANSA, is a business run by women in Ixlu, Guatemala. Situated within the Maya Biosphere Reserve, ANSA is both providing jobs to local women and helping preserve the protected forest. Directly employing 20 women and paying about 300 others to collect ramon seed, ANSA makes and sells ramon-based products, such as cookies, a coffee substitute, and flour.

"Selling ramon provides an important source of income for women in the community who would otherwise not have jobs."

Olda Miriam Cruz, ANSA President

WHAT IS RAMON SEED?

A TRADITIONAL MAYAN STAPLE

An important staple in the traditional Mayan diet, ramon seed (or Maya Nut) is a highly nutritious seed that comes from ramon trees, common in the tropical Maya Biosphere Reserve. The seeds fall to the ground and are collected by women who sell them to ANSA by the pound, to be dried and ground up into powder. The seeds can also be boiled and eaten whole.

HEALTH BENEFITS

- High in fiber, potassium, magnesium, folate, calcium, and antioxidants
- Naturally caffeine- and gluten-free (no processing or chemicals)
- Non-acidic, which helps restore alkaline balance
- Used by traditional healers and native Mayans to treat various ailments such as arthritis, osteoporosis, and asthma.
- Nutrients give a natural energy boost

Ramon seed powder can be a nutritious additive to a variety of foods and drinks such as smoothies, bread, tortillas, salads, coffee, tea, cookies, soup, sauces, desserts, and much more.

