

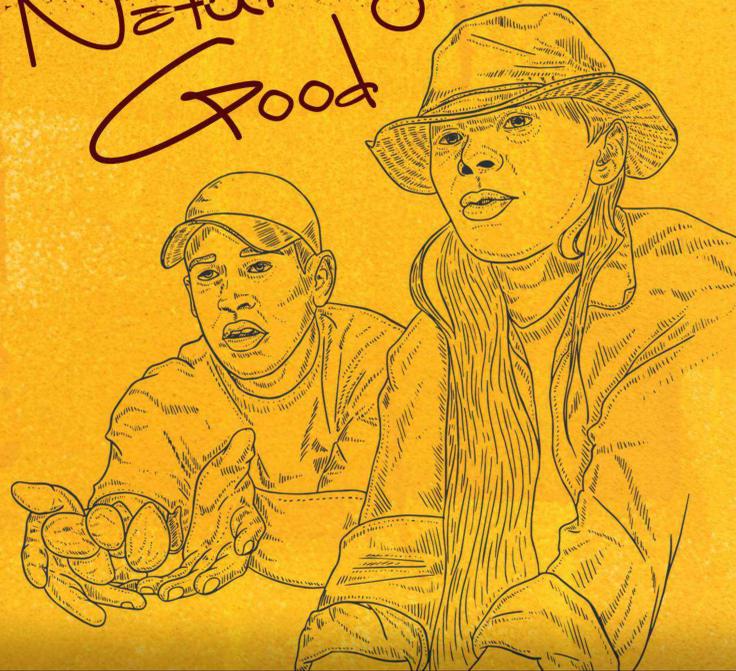


THE BARU NUT

A BRAZILIAN SUPER FOOD



Naturally Good

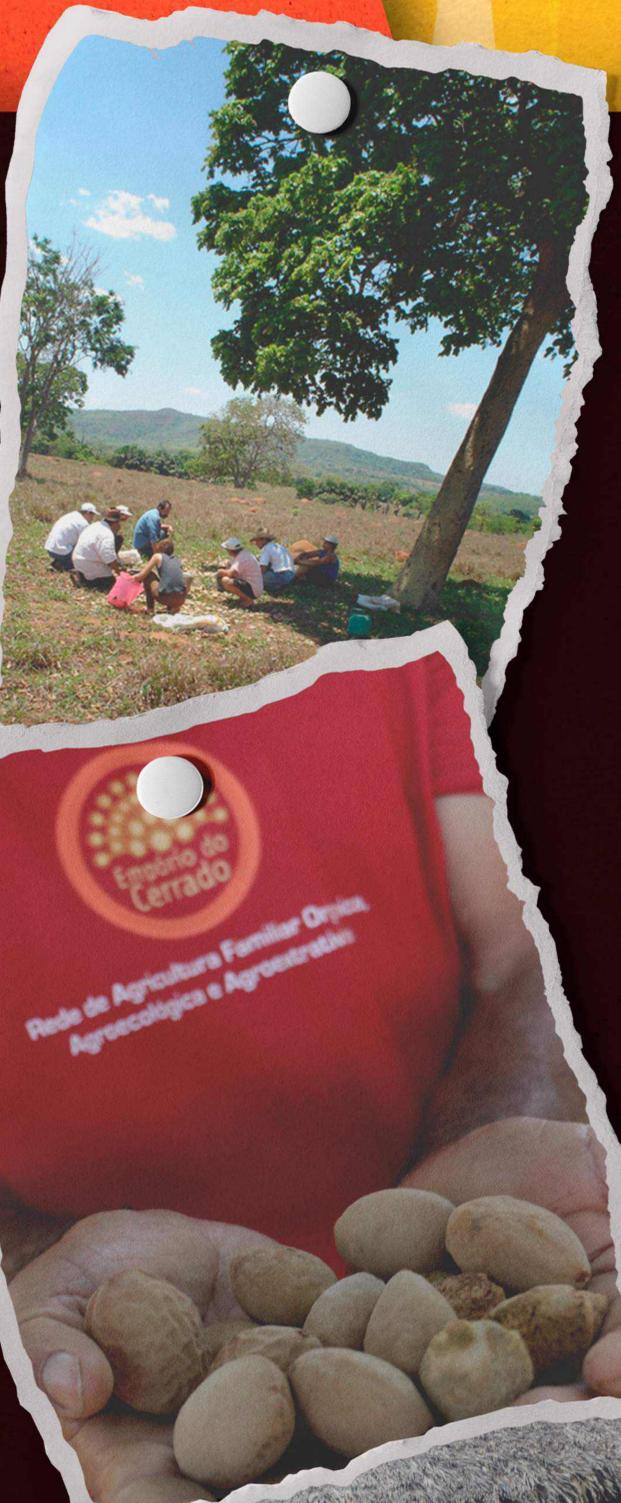


A NATIVE SPECIES OF THE BRAZILIAN TROPICAL SAVANNA.

The baru is a nut with an **unmatchable flavor** and extraordinary nutritional properties, being the nut with the **highest protein**, the highest antioxidant capacity, and the **lowest calorie count**.

This species enabled the creation of a **solidarity network** of communities involving family farmers, indigenous peoples, and traditional communities of the Cerrado, organized into a cooperative, **CoopCerrado**, which has its own brand, the "Empório do Cerrado". There are more than 5,800 families who creatively carry out **sustainable management and process food safely** with organic certifications (Brazil, USA, Europe), gender, fair for life and GFSI with HACCP.

It's more than two decades of work with **sustainable management** and industrial processing, which values the biodiversity of the richest savanna in the world, the Brazilian Cerrado. These initiatives also **strengthen forest restoration** and enrichment with the species.



CERRADO
▶ BRAZILIAN SAVANNA



RICH IN
OMEGA 9
ZINC IRON
MAGNESIUM
MANGANESE
PHOSPHOR



*And other variations in wholesale and bulk. Boxes of 25 kg.

ORGANIC AND AGROECOLOGIC

BARU NUTS



PER 100 GRAMS

CALORIES KCAL
PROTEIN G
TOTAL FAT G
FIBRE G
IRON MG
ZINC MG
CALCIUM MG
POTASSIUM MG
VITAMINE E MG
ANTIOXIDANTS ORAC μMOL

BARU NUTS

499 ★
21.9 ★
31.8 ★
11 ★
5.8 ★
4.9 ★
219 ★
1000 ★
21.4 ★
7460 ★

RAZIL NUTS

690
14.4
68.5
7.5
2.4
4
160
659
5.7
1419

ALMONDS

612
19.9
55.8
10.9
3.7
3.3
268 ★
713
23.9 ★
4454

PEANUTS

571
24.8
47.3
8.4
1.6
2.8
58
634
4.9
3166 ★

WALNUTS

694
14.4
69.2
6.7
2.9
3
98
441
0.7
13541

CASHEWS

590
17.7
49.2
3
6 ★
5.6 ★
43
565
0.9
1948

MACADAMIA

734
7.6
76.2
8
2.7
1.3
70
363
0.6
1695

International Seals



FIRST PLACE ★
SECOND PLACE ★

How to use it?

Tasty and healthy, the Baru nut is a true treasure from Cerrado, rich in nutrients, amazing benefits and full of flavor. It's a new nut in the market being appreciated for it's excellent **source of protein, vitamins, and minerals**, besides containing oils and soluble fiber. Used as an ingredient in food industries as **whole nuts, toasted, granulated, or in the form of flour**, and is also used to produce creams and pastes to be eaten with bread and toast. In cosmetics industry, the oil from baru nut is used to produce shampoos and soaps.

Learn about our history with baru



www.emporiocerrado.org.br