

Why Cassava?

Cassava is much more than a traditional food; it's a key tool in community nutrition, especially in low income populations.

Thanks to its high energy content, low cost, wide availability, and digestive benefits, cassava is a practical and healthy solution to meet basic dietary needs without depending on ultra processed or expensive products.

It can be easily included in family meals with simple ingredients, providing satiety, metabolic stability, and essential nutrients.

When paired with legumes or eggs, cassava completes the nutritional cycle required for a balanced meal, without requiring a large budget.

Nutritional and Social Benefits

High in Healthy Energy

- Rich in complex carbohydrates: long-lasting energy without blood sugar spikes.
- Ideal for children, older adults, and manual laborers.
- Helps keep you full longer and reduces constant hunger.

Affordable and Accessible

- Very low cost per kilo and yields multiple servings.
- Found in local markets and grocery stores.
- Can be stored frozen without losing quality.

Naturally Gluten Free

- Safe for those with celiac disease or gluten sensitivity.

- Gentle on the digestive system.
- Can substitute bread, oats, or rice in daily meals

Provides Essential Nutrients

- **Vitamin C:** strengthens the immune system
- **Potassium:** supports blood pressure and muscle health
- **Magnesium:** contributes to nerve and bone health
- **Fiber:** improves digestion and promotes fullness

Versatile in Everyday Cooking

- Can be boiled, fried, roasted, or used in soups.
- Works as a base for purées, tortillas, pies, or snacks.
- Combined with legumes, it becomes a full and balanced meal.

