

# Food Service

## HEALTHY FOODS CATALOGUE



# PRESENTATIONS:



5 kg | 11 lb Bag



25 kg | 55 lb Bag



5 L Bucket



19 L Bucket



1 Gallon



20 L Jerry Can

# REFINED AVOCADO OIL



## Nutrition Facts

Serving size 1 tbsp (15ml)

Amount per serving

**Calories 130**

% Daily Value\*

**Total Fat** 14g **18%**

Saturated Fat 3g **15%**

*Trans* Fat 0g

Polyunsat. Fat 2g

Monounsat. Fat 9g

**Sodium** 0mg **0%**

**Total Carbohydrate** 0g

**Protein** 0g

\* Not a significant source of cholesterol, dietary fiber, total sugar, added sugars, vitamin D, calcium, iron, and potassium.

## Presentations:

- 1 Gallon  
(4 pieces per box)
- 20 L Jerry Can  
(upon request)

**NBF's Refined Avocado Oil** is cold pressed, 100% pure avocado oil, made with Mexican Hass avocado, neutral in smell and taste maintaining the nutritional properties, gluten free and trans fat free, non GMO and high in Omega 9 and monounsaturated fats.

Due to its high smoke point it can be used for cooking and frying.

## Certifications:



Certified by



CMX-L00AA-1013



**VEGAN**

# EXTRA VIRGIN AVOCADO OIL



## Nutrition Facts

Serving size 1 tbsp (15ml)

Amount per serving

**Calories 130**

% Daily Value\*

**Total Fat** 14g **18%**

Saturated Fat 3g **15%**

*Trans* Fat 0g

Polyunsat. Fat 2g

Monounsat. Fat 9g

**Sodium** 0mg **0%**

**Total Carbohydrate** 0g

**Protein** 0g

\* Not a significant source of cholesterol, dietary fiber, total sugar, added sugars, vitamin D, calcium, iron, and potassium.

## Presentations:

- 1 Gallon  
(4 pieces per box)
- 20 L Jerry Can  
(upon request)

**NBF's Extra Virgin Avocado Oil** is cold pressed, 100% pure avocado oil, green color with golden reflections, made with Mexican Hass avocado. It has a high smoke point, gluten-free and trans fat free, non-GMO, high in omega 9 and in monounsaturated fats that help control cholesterol.

This oil is ideal for marinating, sautéing, preparing dressings, mayonnaise, vinaigrettes or simply giving a touch of flavor to your food.

## Certifications:



Certified by

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**VEGAN**

# ORGANIC EXTRA VIRGIN COCONUT OIL



<b>Nutrition Facts</b>	
<b>Serving size 1 tbsp (15ml)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 13g	<b>60%</b>
<i>Trans</i> Fat 0g	
Polyunsat. Fat 1g	
Monounsat. Fat 1g	
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	

\* Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium.

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Presentations:

- 5 L Bucket
- 19 L Bucket

**NBF's Organic Extra Virgin Coconut Oil** is obtained from the fresh and ripe pulp of cold pressed coconuts; it is gluten-free and trans fat free, non-GMO, and it has antioxidants; depending on the room temperature it is solid or liquid.

This oil is ideal for sautéing, desserts or simply giving a touch of flavor to your food.

## Certifications:



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# ORGANIC NEUTRAL COCONUT OIL

<b>Nutrition Facts</b>	
<b>Serving size 1 tbsp (15ml)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 13g	<b>60%</b>
<i>Trans</i> Fat 0g	
Polyunsat. Fat 1g	
Monounsat. Fat 1g	
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	

\* Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium.

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Presentations:

- 5 L Bucket
- 19 L Bucket

**NBF's Organic Neutral Coconut Oil** has no flavor or odor; however, it maintains its nutritional properties. It is obtained from the fresh and ripe pulp of cold pressed coconuts; it is gluten-free and trans fat free, non-GMO, and it has antioxidants; depending on the room temperature it is solid or liquid.

This oil is ideal for cooking, sautéing and for making desserts.

## Certifications:



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# TOASTED SESAME OIL



## Nutrition Facts

**Serving size 1 tbsp (15ml)**

Amount per serving

**Calories 130**

% Daily Value\*

**Total Fat 14g 18%**

Saturated Fat 2g **10%**

*Trans Fat* 0g

Polyunsat. Fat 6g

Monounsat. Fat 6g

**Sodium 0mg 0%**

**Total Carbohydrate 0g**

**Protein 0g**

\* Not a significant source of cholesterol, dietary fiber, total sugar, added sugars, vitamin D, calcium, iron, and potassium.

## Presentations:

- 1 Gallon  
(4 pieces per box)
- 20 L Jerry Can  
(upon request)

**NBF's Toasted Sesame Oil** is a 100% Mexican product made from the extraction of roasted sesame seeds. It contains antioxidants such as omega 6, 9 and vitamin E.

It is also a cholesterol-free oil highly used in oriental cuisine for a variety of dishes, for sautéing, marinating or giving a distinct flavor to the dishes.

## Certifications:



# EXTRA VIRGIN SESAME OIL



## Nutrition Facts

**Serving size 1 tbsp (15ml)**

Amount per serving

**Calories 130**

% Daily Value\*

**Total Fat 14g 18%**

Saturated Fat 2g 10%

Trans Fat 0g

Polyunsat. Fat 6g

Monounsat. Fat 6g

**Sodium 0mg 0%**

**Total Carbohydrate 0g**

**Protein 0g**

\* Not a significant source of cholesterol, dietary fiber, total sugar, added sugars, vitamin D, calcium, iron, and potassium.

## Presentations:

- 1 Gallon  
(4 pieces per box)
- 20 L Jerry Can  
(upon request)

**NBF's Extra Virgin Sesame Oil** is a 100% mexican product that comes from sesame seeds, it is cold pressed and 100% natural. It contains antioxidants such as omega 6, 9 and vitamin E, it is also cholesterol free.

This oil is highly uses in oriental cuisine, ideal for marinating, sautéing, preparing dressings, mayonnaise, vinaigrettes or simply giving a touch of flavor to your food.

## Certifications:



# ORGANIC AGAVE INULIN



## Supplement Facts

Serving Size: 1 tsp (4g)

Amount Per Serving	%Daily Value*	
Calories	10	
Total Carbohydrates	4g	1%*
Dietary Fiber	3g	11%*
Agave Inulin	4g	**

\*Percent Daily Value are based on a 2,000 calories diet.

\*\*Daily Value (DV) not established

## Presentations:

- 5 kg / 11 lb Bag
- 25 kg / 55 lb Bag

**NBF's Organic Agave Inulin** is a soluble fiber and natural prebiotic. It comes from Agave Tequilana Weber and has a low glycemic index, it improves your intestinal function, and it helps with the absorption of nutrients such as calcium, vitamins and antioxidants. It does not contain odor or taste, and it has a rapid absorption in your body.

Add it to desserts, smoothies, milkshakes, tea, coffee, gelatin, juices, or simply dissolve a tablespoon in a glass of water.

## Certifications:



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# ORGANIC AGAVE SUGAR



<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>2 Tbsp (30 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 27g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	
Vit. D 0mcg 0%	Calcium 0mg 0%
Iron 0mg 0%	Potas. 0mg 0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Presentations:

- 5 kg / 11 lb Bag
- 25 kg / 55 lb Bag

**NBF's Organic Agave Sugar** is made of 100% Agave Tequilana Weber, that comes from the crystallization of our organic agave syrup, 40% sweeter than traditional cane sugar, making it a low glycemic index sweetener.

It can be used to sweeten your beverages and foods in a healthier way.

## Certifications:



CMX-L00AA-1013

# ORGANIC AGAVE SYRUP



## Nutrition Facts

**Serving size** 2 tbsp (30ml)

**Amount per serving**

**Calories** 120

**% Daily Value\***

**Total Fat** 0g 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 30g 11%

Total Sugars 28g

Includes 0g Added Sugars 0%

**Protein** 0g

\* Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron and potassium.

## Presentations:

- 1Gallon  
(4 pieces per box)
- 20 L Jerry Can  
(upon request)

**NBF's Organic Agave Syrup** is made of 100% Agave Tequilana Weber, it is 40% sweeter than cane sugar, making it a better alternative to sweeten your desserts, beverages, and more; it dissolves easily at high or low temperatures and has a low glycemic index.

Sweeten your beverages and food in a more natural and healthy way.

## Certifications:



Certified by

CMX-L00AA-1013

# ORGANIC AGAVE SYRUP

CARAMEL CHOCOLATE IRISH CREAM VANILLA MAPLE

## Nutrition Facts

**Serving size** 2 tbsp (30ml)

**Amount per serving**

**Calories** 120

**% Daily Value\***

**Total Fat** 0g 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 30g 11%

Total Sugars 28g

Includes 0g Added Sugars 0%

**Protein** 0g

\* Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron and potassium.

## Presentations:

- 1 Gallon  
(4 pieces per box)
- 20 L Jerry Can  
(upon request)

**NBF's Organic Agave Syrup** is made of 100% Agave Tequilana Weber, it is 40% sweeter than cane sugar and has a low glycemic index, which makes it an ideal natural alternative for cocktails, and other beverages with a great concentrated flavor, also, you can even use them in foods such as hot cakes, waffles, etc.

Sweeten your cocktails and beverages in a more natural and healthy way.

## Certifications:



CMX-L00AA-1013

# ORGANIC NOPAL DEHYDRATED POWDER

## Supplement Facts

Serving Size: 1 Tbsp (15g)

Amount Per Serving	%Daily Value*
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Calories 24	
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Total Carbohydrates 6g	2%
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Dietary Fiber 14g	50%
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Calcium 390mg	30%
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Nopal Powder	15g	**
<i>(Opuntia ficus-indica)</i>		

\*Percent Daily Value are based on a 2,000 calories diet.

\*\*Daily Value not established

## Presentations:

- 5 kg / 11 lb Bag
- 25 kg / 55 lb Bag

**NBF's Organic Nopal Dehydrated Powder** is extracted from the leaves of the prickly pear; they are selected, dehydrated and pulverized for use.

Dehydrated nopal (prickly pear leaves) powder is an organic source of minerals and sugar-free fiber that helps the digestive process and reduce the risk of gastrointestinal problems.

## Certifications:



Certified by



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# ORGANIC COCONUT SUGAR



## Nutrition Facts

**Serving size** 1 Tbsp (4g)

Amount per serving

**Calories** 15

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 5mg 0%

**Total Carbohydrate** 4g 1%

Dietary Fiber 0g 0%

Total Sugars 4g

Includes 0g Added Sugars 0%

**Protein** 0g

Vit. D 0mcg 0% Calcium 0mg 0%

Iron 0mg 0% Potas. 0mg 0%

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## Presentations:

- 5 kg / 11 lb Bag
- 25 kg / 55 lb Bag

**NBF's Organic Coconut Sugar** is a 100% natural sweetener; it is extracted from the sap that comes from the coconut palm, with caramel flavor notes, it dissolves easily in your beverages.

It is a low glycemic sweetener and contains amino acids, which makes it a healthier option to replace cane sugar.

## Certifications:



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# ORGANIC COCONUT FLOUR

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>2 Tbsp (30g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 21mg	<b>1%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 11g	<b>3%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 6g	
<b>Vit. D</b> 0mcg <b>0%</b> <b>Calcium</b> 0mg <b>0%</b>	
<b>Iron</b> 1mg <b>6%</b> <b>Potas.</b> 340mg <b>6%</b>	
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

## Presentations:

- 5 kg / 11 lb Bag
- 25 kg / 55 lb Bag

**NBF's Organic Coconut Flour** comes from the pulverization of coconut pulp. It is the perfect substitute for common and refined flours since it is gluten-free, rich in protein and fibers, which makes it an easy to digest food, and it does not contain preservatives.

Everything you were looking for in a flour to cook your favorite recipes.

## Certifications:



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# ORGANIC COCONUT POWDER DRINK



## Nutrition Facts

**Serving size** 2 Tbsp (30g)

Amount per serving

**Calories** 130

% Daily Value\*

**Total Fat** 5g 6%

Saturated Fat 4g 20%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 34mg 1%

**Total Carbohydrate** 20g 7%

Dietary Fiber 1g 4%

Total Sugars 8g

Includes 5g Added Sugars 10%

**Protein** 1g

Vit. D 0mcg 0% Calcium 0mg 0%

Iron 0mg 0% Potas. 0mg 0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Presentations:

- 5 kg / 11 lb Bag
- 25 kg / 55 lb Bag

**NBF's Organic Coconut Powder Drink** is made with organic grounded coconut pulp with small chunks of natural coconut sweetened with NBF's organic agave sugar. It contains NBF's organic agave inulin which provides prebiotics. It is perfect to replace milk of animal origin in your diet since it does not contain lactose and is easy to digest.

Great taste with natural ingredients that help you have a healthier diet.

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# ORGANIC HONEY

## (PREMIUM & HONEY BUTTER)



<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1 tbsp (21 ml)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>70</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 17g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vit. D 0mcg 0%	Calcium 0mg 2%
Iron 0mg 2%	Potas. 0mg 0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Presentations:

- 5 L Bucket
- 19 L Bucket (upon request)

**NBF's Organic Premium Honey** is 100% pure mexican multifloral honey that comes from the Calakmul. It also contains organic honeycomb, that helps to preserve the properties of the honey.

**NBF's Honey Butter** is 100% pure mexican multifloral honey that has a creamier texture due to its fine natural crystallization process, so you can spread it and enjoy it on pancakes, waffles, put it over fruit or simply spread it on a toast.

### Certifications:



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**NBF**

IT'S ABOUT YOU

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