



AYA Food Service

Food made simple



**“Join us on this
exciting journey as we
bring the flavors of
West Africa to tables
around the world.”**



AYA Food Service

Food made simple

Welcome to **Aya Food Service**



About Us

Aya Food Service Ghana is a pioneering company that specializes in producing and exporting a diverse range of high-quality produce from Ghana. Our mission is to promote sustainable agriculture, empower local farmers, and bring the flavors of West Africa to the global market. Our product range includes a variety of fruits, vegetables, grains, and spices, all carefully cultivated using eco-friendly practices. We take pride in our commitment to quality, traceability, and food safety, ensuring that every product that leaves our selected farms meets the highest international standards.

At Aya Food Service Ghana, we believe in the potential of agriculture to transform lives and communities. We work closely with local farmers, providing training and support to help them adopt sustainable practices and improve their yields. By doing so, we improve farming standards which creates a positive impact on the environment, improve livelihoods, and contribute to the growth of the local economies we operate. Our aim is to expand and export our product range around the world and plan to achieve this in partnership with distributors, retailers, and wholesalers as we push to establish a strong brand presence internationally.



Our Vision

Is to become a leading player in the ethnic produce market, while remaining true to our values of sustainability, social responsibility, and quality. We invite you to join us on this journey, as we strive to make a difference by enhancing the joys of ethnic foods whilst improving the lives of farmers, consumers, and the planet.

The key aspects include:

- ✓ Our focus on quality produce
- ✓ Our vision for growth and impact in the global market
- ✓ Our commitment to sustainability, and food safety
- ✓ Our diverse range of products offered

Aya Food Service is a dynamic and innovative company, that specializes in a diverse range of food crops sourced from our partners, stakeholders, and other trained farmers associations across Ghana, Benin, Togo, and Ivory Coast.





Our Mission



AYA Food Service
Food made simple

Our mission is to promote sustainable agriculture practices, support local farmers, and provide consumers in local markets, Europe, America, and Asia with high-quality, fresh produce that encapsulates the essence of Ghana's agricultural heritage. We offer a wide variety of food crops that include Cassava, Yam, Plantain, Cocoyam, Rice, Agushi, Sesame seeds, Onions, Groundnuts, Beans, Pepper, Soybeans, Avocado, Pineapple, Papaya, Bell pepper, Tomatoes, Cucumber, and Sorghum just to name a few. Each product is carefully sourced from local farmers, stakeholders and partners who have been trained in sustainable agricultural practices, ensuring the highest standards of quality and freshness. We aim to revolutionize the ethnic food industry by providing high-quality food products that nourish our customers.

We are committed to:

- Sourcing ingredients from local farmers, promoting sustainable agriculture and community development
- Producing food products that are free from harmful chemicals and artificial additives
- Providing healthy and nutritious food options for our customers
- Building a strong and inclusive community of farmers, employees, and customers
- Promoting environmental stewardship and reducing our carbon footprint
- Fostering a culture of innovation, integrity, and excellence in everything we do

This mission statement reflects Aya Food Service's commitment to sustainability, community development, and customer well-being, while also highlighting the company's values and goals. It serves as a guiding principle for decision-making and strategy development and can be used to communicate the company's purpose and values to stakeholders.

Processing

All our crops are sourced directly from farmers who undergo rigorous training in sustainable farming practices to ensure the best yield and quality. Once the crops are harvested, they are processed and packaged in state-of-the-art facilities, and undergo strict quality control measures to ensure that our products continuously meet the highest standards. Our goal is to provide customers with premium quality food crops that are nutritious, safe, and delicious. Our comprehensive marketing strategy to introduce the flavors and nutritional benefits of Ghanaian and West African food crops to international markets remains at the forefront of all we do.



Marketing Strategy

Our marketing strategy focuses on promoting the quality and freshness of our farm produce to attract customers. Digital marketing, social media, and traditional forms of advertising are tools used to reach our target audience. In addition, we participate in trade shows and exhibitions to showcase our products to potential buyers.

Aya Food Service has established efficient export channels to facilitate the distribution of its products to key markets in Europe, America, and Asia. Our strategic partnerships with logistics providers and customs clearance specialists ensure timely delivery in compliance with international export/trade regulations. Aya Foods Service is committed to creating positive social impact by empowering local farmers, promoting sustainable agriculture, and contributing to the economic development of Ghana. Aya Food Service is dedicated to showcasing the rich agricultural bounty of Ghana while fostering economic opportunities for local farmers. Join us on this exciting journey as we bring the flavors of Ghana / West Africa to tables around the world.

Management Structure

Board of Directors: The Board of Directors provide a roadmap / strategic direction and oversight for Aya Food Service's processing, marketing, and exporting operations.

Chief Executive Officer (CEO): The CEO leads the overall management of Aya Food Service, overseeing the processing, marketing, and exporting of the various agricultural products and implementing the company's strategic vision.

Operations Manager: The Operations Manager overseeing the daily operations, ensuring efficient production processes, quality control, and adherence to health and safety standards are met by working closely with the production team to streamline operations and maximize productivity.

Marketing and Sales Manager: The Marketing and Sales Manager implements the marketing strategies to promote Aya Food Service's products, identifying new market opportunities, and securing partnerships with distributors and retailers.

Human Resources Manager: The Human Resources Manager oversees recruitment, training, and development of staff to support the processing, marketing, and exporting operations.

Sales Representatives: Sales Representatives are responsible for building and maintaining customer relations.

Export Manager: The Export Manager is responsible for identifying and developing export markets for Aya Food' products, negotiating contracts with buyers, and ensuring compliance with export regulations and documentation requirements. They coordinate shipping logistics and monitor export sales performance.

Quality Assurance Manager: The Quality Assurance Manager oversees quality control processes throughout the processing operations to ensure that products meet industry standards and customer expectations. They implement quality control procedures, conduct inspections, and address any quality issues.

Procurement Manager: The Procurement Manager is responsible for sourcing raw materials, packaging, and other inputs needed for operations. They manage relationships with suppliers, negotiate contracts, and ensure timely delivery of materials to support production activities.

Finance Manager: The Finance Manager deals with the financial aspects of Aya Foods Service, including budgeting and financial reporting.

Production Supervisors: Production Supervisors oversee specific processing operations, such as milling, packaging, and storage, ensuring smooth operation and efficient use of resources to meet production targets and maintain product quality.

Our Supply Chain

Aya Food Service chain system for managing supply involves several key steps:

1. Farming: The crops are grown by local farmers in various regions across Ghana, Ivory Coast, Benin, and Togo. These farmers work to cultivate the land, plant the seeds, and tend to the crops throughout the crop season.

2. Harvesting: Once the crops are fully grown and ready for harvest, Aya Food Service work with local farmers to support the collection of the crops from the fields and prepare them for transportation.

3. Transportation: The harvested crops are then transported from the farms to processing facilities or Silos using trucks, vans, or other means of transportation.

4. Processing: In processing facilities, the crops are cleaned, sorted, and packaged for distribution. This step ensures that the crops meet quality standards and are ready for shipment.

5. Distribution: The processed crops are then distributed to local markets, supermarkets, and wholesale suppliers. This may involve working with distributors, retailers, and other partners to reach potential consumers.

6. Marketing: Aya Food Service utilizes various marketing strategies to promote its products, including advertising, social media, partnerships, and trade shows just to name a few. This helps to raise brand awareness to attract customers in local and international markets.

7. Sales: Products sold to consumers undergo rigorous compliance to ensure they meet customers expectation.

The supply chain system involves a coordinated effort between farmers, processors, distributors, and marketers to ensure that high-quality products are grown, processed, and distributed efficiently. At Aya Food Service our aim is to provide customers with fresh, nutritious, and sustainably sourced food crops while supporting local farmers and promoting economic development of the countries we operate.

Quality Control Measures

Quality control measures are essential for ensuring the consistency and safety of our food products, as well as customer satisfaction. Here are some common quality control measures that Aya Foods implement to maintain high standards:

1. Supplier Evaluation: Aya Foods has a strict criterion for selecting suppliers and farmers. We evaluate their reputation, quality standards, and compliance to ensure raw materials meet quality requirements.

2. Incoming Inspection: Upon receiving supply, Aya Foods will conduct thorough inspections to check for any physical defects, contamination, or deviations from specifications.

3. Proper Storage: Proper storage facilities are required to maintain the quality and freshness of crops. This includes monitoring temperature, humidity, and other factors that could affect the crops.

4. Hygiene and Sanitation: Aya Foods maintains high standards of hygiene and sanitation in our processing facilities to prevent contamination during and after processing.

5. Process Control: Implementing standardized processes and procedures for handling, processing, and packaging the food / crops is crucial for maintaining consistency and quality. Aya Foods conducts regular monitoring to ensure this is met by its partners at all times.

6. Quality Testing: Regular testing for quality parameters such as moisture content, pH, microbial contamination, and chemical residues are conducted to ensure they meet the required standards.

7. Traceability: Implementing a robust traceability system that allows tracking of food crops from farm to fork is important for quality control and in case of any issues, such as recalls.

8. Training and Education: Providing regular training to employees on quality control procedures, food safety practices, and hygiene standards is crucial for maintaining consistency in product quality.

9. Customer Feedback: Aya Foods will actively seek feedback from customers regarding our products to identify any issues or areas for improvement. This feedback will be used to make necessary adjustments to maintain customer

| Product Discovery

the
Menu.

the Menu

Cassava



Cassava

Also known as manioc or yuca, is a starchy root vegetable that is commonly found in Ghana and other countries in Africa. It is a versatile crop that can be processed into various products for consumption. Here are some of the popular products derived from the cassava tuba:

- 1. Cassava Flour:** This is commonly used as a gluten-free alternative to wheat flour for baking and cooking.
- 2. Cassava Starch:** This is extracted from the cassava root and is commonly used as a thickening agent in food products and a healthier option to cornstarch.

3. Cassava Chips: Thinly sliced and fried, the cassava roots can be consumed as a snack and an alternative to potato crisps.

4. Cassava Tapioca Pearls: The small round balls made from cassava starch. They are commonly used in desserts, bubble tea, and other dishes.

5. Cassava Noodles: Is a gluten-free alternative and suitable for individuals with Celiac disease. A great alternative to traditional wheat noodles.

6. Cassava beer: Cassava can also be used to make alcoholic beverages like beer. The roots are fermented to produce a beverage with a unique flavor.



1



2



3



4



5



6



Health Benefits of Cassava

Cassava is a nutritious root vegetable that offers a variety of health benefits when consumed as part of a balanced diet. Some of the health benefits of cassava include:

1. Rich in nutrients: Cassava is a good source of important nutrients such as fiber, vitamin C, vitamin B6, potassium, and folate. These nutrients are essential for supporting overall health and well-being.

2. Energy-boosting: Cassava is a starchy vegetable that is high in carbohydrates, making it a great source of energy. It can help provide a quick energy boost and sustain energy levels throughout the day.

3. Gluten-free: Cassava is naturally gluten-free, making it a suitable alternative for individuals with celiac disease or gluten sensitivity. Cassava flour can be used as a gluten-free substitute in baking and cooking.

4. Supports digestion: The fiber content in cassava can help support digestive health by promoting regular bowel movements and preventing constipation.

5. Immune support: Cassava is a good source of vitamin C, an antioxidant that helps boost the immune system and protect against infections and illnesses.

6. Heart health: Cassava contains potassium, which is essential for maintaining healthy blood pressure levels and heart function. Consuming cassava as part of a balanced diet can help support cardiovascular health.

7. Weight management: Cassava is a low-fat and low-calorie vegetable, making it a healthy choice for individuals looking to manage their weight. Its high fiber content can also help promote feelings of fullness and reduce calorie intake.

8. Anti-inflammatory properties: Studies suggest that cassava may have anti-inflammatory properties, which can help reduce inflammation in the body and lower the risk of chronic diseases.



Plantain



Plantain

A popular tropical fruit that is similar to bananas but usually larger and starchier. Plantains can be eaten raw when ripe but are commonly cooked. Here are several popular processing methods and products made from plantains:

- 1. Plantain chips:** Thinly sliced plantains can be deep-fried or baked until crispy. Plantain chips can be seasoned with salt, spices, or other flavors for snack on the go.
- 2. Plantain flour:** Dried plantain can be used to make plantain flour, which is an option looking a gluten-free alternative to wheat flour in baking and cooking.

3. Plantain porridge: A popular breakfast dish made by cooking plantains with milk, sugar, and spices until it's soft and creamy.

4. Plantain bread: Plantains can be mashed and used as a sweetener and flavoring in bread recipes.

5. Plantain crisps: Crisps are seasoned and fried, similar to chips but with a different texture and taste.



1



2



3



4



5



Health Benefits of Plantain

Plantains are delicious and offer a range of health benefits when included in a balanced diet. Health benefits include:

1. Rich in nutrients: A good source of essential nutrients such as potassium, dietary fiber, vitamins A, C, and B6, and minerals like magnesium and iron. Great nutrients for overall health and well-being.

2. Digestive health: High in dietary fiber, it helps promote digestive health by supporting regular bowel movements and preventing constipation.

3. Energy boost: A great source of complex carbohydrates, which provide a sustained release of energy. This can help keep you feeling full and energized throughout the day.

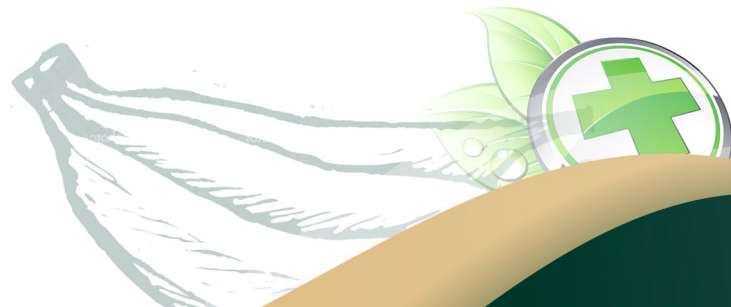
7. Blood sugar control: With a lower glycemic index compared to ripe bananas, they are less likely to cause spikes in blood sugar levels. This can be beneficial for individuals with diabetes or those looking to manage blood sugar levels.

4. Heart health: The high potassium content in plantains can help regulate blood pressure levels and promote heart health.

5. Immune support: A good source of vitamin C, an antioxidant that helps boost the immune system and protect the body against infections and illnesses.

6. Weight management: Low in fat and calories but high in fiber, and nutritious food choice for those looking to manage their weight. The fiber content in plantains can help control appetite

8. Anti-inflammatory properties: Studies suggest that plantains may have anti-inflammatory properties, which can help reduce inflammation in the body and lower the risk of chronic diseases.





the Menu

Yam



Yam

A versatile root vegetable, Yam can be processed into a variety of products. Below are some of the products:

- 1. Yam flour:** Yam can be peeled, sliced, dried, and milled into a fine powder to make yam flour. This flour is commonly used in traditional and can be used in baking.
- 2. Yam chips:** Yam can be sliced thinly and fried or baked to make crispy yam chips, a popular snack in many parts of the world.
- 3. Yam cubes:** Yam can be peeled, diced, and boiled to make soft and creamy yam cubes that can be eaten as a side dish or used in stews and soups.

4. Yam puree: Boiled or steamed yam can be mashed or pureed to make a smooth and creamy yam puree, which can be used as a base for soups, sauces, or desserts.

5. Yam fries: Yam can be cut into strips and fried or baked to make yam fries, a healthy alternative to traditional potato fries.

6. Yam porridge: Yam can be cooked with other ingredients like vegetables, meat, and spices to make a flavorful and nutritious yam porridge or pottage.

7. Yam noodles: Yam can be processed into noodles, similar to sweet potato noodles and used as a gluten-free alternative in noodle dishes.



1



2



3



4



5



6



7



Health Benefits of Yam

Yams are highly nutritious root vegetables that offer several health benefits. Notably here are some of the key health benefits of yam:

- 1. Rich in Nutrients:** Packed with essential nutrients, including vitamins such as vitamin C, vitamin B6, and potassium, as well as fiber and antioxidants like beta-carotene.
- 2. Digestive Health:** The fiber content supports a healthy digestive system by promoting regular bowel movements, preventing constipation, and supporting the growth of beneficial gut bacteria.
- 3. Weight Management:** Low in calories and high in fiber, Yam can help you feel full and satisfied, making them a good addition to a weight management diet.
- 4. Heart Health:** The potassium content in yams helps regulate blood pressure and reduce the risk of heart disease. The fiber and antioxidants in yams also have heart-protective effects.

5. Immune Support: The high vitamin C content in yams supports a healthy immune system, helping to protect the body from infections and diseases.

6. Anti-inflammatory Properties: Yams contain antioxidants like beta-carotene, which have anti-inflammatory properties that can help reduce inflammation in the body and lower the risk of chronic diseases.

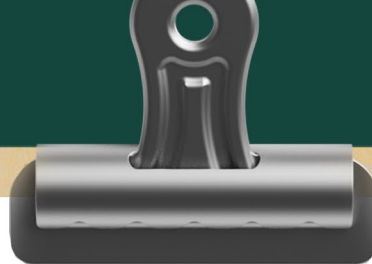
7. Blood Sugar Control: Yams have a lower glycemic index compared to other starchy vegetables, which means they cause a slower and more gradual rise in blood sugar levels, making them a good option for people with diabetes.

8. Skin Health: The vitamin C and beta-carotene in yams can help promote healthy skin, reduce signs of aging, and protect against skin damage caused by UV rays.





the Menu



Cocoyam



Cocoyam

Also known as Taro, is a starchy root vegetable that is commonly found in tropical regions. Like cassava, cocoyam can be processed into various products for consumption. Let's take a look at some of the popular products made from cocoyam:

- 1. Cocoyam Flour:** Peeled, washed, and grated the root, drying and then grinding it into a fine powder. It can be used as a gluten-free alternative to wheat flour in baking and cooking.
- 2. Cocoyam Chips:** Cocoyam chips are thinly sliced and fried cocoyam roots that are commonly consumed as a snack. They can be seasoned with various spices and flavors.

3. Cocoyam Flour Wraps: Cocoyam flour can be used to make wraps or flatbreads that are gluten-free and can be used as a substitute for wheat-based wraps.

4. Cocoyam Porridge: Cocoyam can be boiled and mashed to make a thick, creamy porridge.

5. Cocoyam Cakes: Cocoyam can be grated and mixed with other ingredients to make cakes and desserts that have a unique texture and flavor.



1



2



3



4



5



Health Benefits of Cocoyam



Also known as taro, cocoyam is a highly nutritious with a range of health benefits when consumed as part of a balanced diet.

1. Rich in nutrients: Cocoyam is a good source of essential nutrients such as dietary fiber, vitamins C and E, potassium, magnesium, and folate. These nutrients play important roles in supporting overall health and well-being.

2. Digestive health: Cocoyam is high in dietary fiber, which helps promote digestive health by supporting regular bowel movements, preventing constipation, and supporting a healthy gut microbiome.

5. Weight management: Cocoyam is low in fat and calories but high in fiber, making it a filling and nutritious food choice for individuals looking to manage their weight. The fiber content in cocoyam can help control appetite and reduce overall calorie intake.

6. Blood sugar control: Cocoyam has a low glycemic index, which means it is less likely to cause spikes in blood sugar levels. This can be beneficial for individuals with diabetes or those looking to manage blood sugar levels.

3. Energy boost: Cocoyam is a starchy vegetable that is high in carbohydrates, providing a good source of energy.

4. Heart health: Cocoyam is a good source of potassium, an important mineral that helps regulate blood pressure levels and promote heart health. Potassium is essential for proper heart function and can help reduce the risk of cardiovascular diseases.

7. Immune support: Cocoyam is a good source of vitamin C, an antioxidant that helps boost the immune system and protect the body against infections and illnesses.

8. Anti-inflammatory properties: Some studies suggest that cocoyam may have anti-inflammatory properties, which can help reduce inflammation in the body and lower the risk of chronic diseases.





the Menu

Agushi



Agushi

Agushi, also known as Egusi, is a type of melon seed that is commonly used in cuisine to add flavor and thickness to soups and stews. The seeds can also be processed into various products for consumption. Here are some of the popular products made from agushi:

1. Agushi Flour: Agushi seeds can be dried and ground into a fine powder to make agushi flour. This flour can be used as a thickening agent in cooking, similar to how cornstarch or wheat flour is used.

2. Agushi Paste: The paste can be ground and mixed with water to make a thick paste that is often used as a base for soups and stews.

3. Agushi Oil: Agushi can be processed to extract oil, which is commonly used for cooking and frying.

4. Agushi Cakes: Agushi seeds can be ground and mixed with other ingredients to make cakes or patties.

5. Agushi Seasoning: Agushi seeds can be roasted and ground to make a flavorful seasoning mix that can be used to enhance the taste of dishes.



1



2



3



4



5



Health Benefits of Agushi



Agushi, is a nutrient-dense seed that offers a range of health benefits when incorporated into a balanced diet. Some of the health benefits of agushi:

1. Rich in essential nutrients: Agushi is a good source of essential nutrients such as protein, healthy fats, fiber, vitamins (including vitamin E and B vitamins), and minerals (such as magnesium, phosphorus, and zinc). These nutrients are important for overall health and wellness.

2. Heart health: Agushi contains heart-healthy fats, such as omega-3 and omega-6 fatty acids, that can help lower cholesterol levels, reduce inflammation, and support cardiovascular health. Consuming agushi as part of a balanced diet may help reduce the risk of heart disease.

3. Energy Boost: Agushi seeds are rich in protein and healthy fats, providing a good source of energy and promoting satiety. Including agushi in meals can help sustain energy levels throughout the day.

6. Bone Health: Agushi is a good source of minerals like magnesium, phosphorus, and zinc, which are essential for maintaining strong and healthy bones. These minerals contribute to bone density, strength, and overall bone health.

4. Supports Digestion: Agushi is high in dietary fiber, which supports healthy digestion by promoting regular bowel movements, preventing constipation, and nourishing the gut microbiome.

5. Skin and Hair Health: The vitamin E content in agushi seeds is beneficial for skin and hair health. Vitamin E acts as an antioxidant, protecting cells from damage caused by free radicals and promoting healthy skin and hair.

7. Immune Support: The vitamins and minerals present in agushi, such as vitamin E, zinc, and B vitamins, help support the immune system and protect the body against infections and illnesses.

8. Weight Management: The high protein and fiber content in agushi seeds can help promote satiety, reduce cravings, and support weight management goals.



Maize



Maize

Maize, also known as corn, is a versatile crop that can be processed into a wide range of products for consumption. Let's look into some of the popular products made from maize:

- 1. Cornmeal:** Cornmeal is a coarse flour that is ground from dried corn. It is commonly used in baking, as a coating for fried foods, and in traditional dishes like cornbread and polenta.
- 2. Cornstarch:** Cornstarch is a fine white powder that is extracted from the endosperm of the corn kernel. It is commonly used as a thickening agent in soups, sauces, and desserts.
- 3. Corn Syrup:** Corn syrup is a sweet syrup made from cornstarch. It is commonly used as a sweetener in processed foods, beverages, and baking.

4. Corn Oil: Corn oil is extracted from the germ of the corn kernel. It is commonly used for cooking, frying, and in salad dressings.

5. Corn Snacks: Corn can be processed into a variety of snack products, such as popcorn, corn chips, and corn puffs just to name a few.

6. Corn Flour: Corn flour is a fine powder made from ground dried corn. It is used in baking, thickening sauces, and making corn tortillas and other flatbreads.

7. Corn Grits: Corn grits are coarsely ground corn that can be cooked into porridge or used in dishes like grits and polenta.

8. Corn Ethanol: Maize can be processed into ethanol, which is used as a biofuel for vehicles.



1



2



3



4



5



6



7



8



Health Benefits of Maize

Maize, also known as corn, is a nutritious cereal grain that offers a variety of health benefits when consumed as part of a balanced diet. Some of the health benefits of maize include:

1. Rich in nutrients: Maize is a good source of essential nutrients such as dietary fiber, vitamins (including B vitamins like folate, thiamine, and niacin), minerals (such as magnesium, phosphorus, and potassium), and antioxidants. These nutrients are important for overall health and well-being.

2. Energy source: Maize is a starchy grain that is rich in carbohydrates, providing a good source of energy. It can help fuel the body and support physical and mental activities.

3. Digestive health: The dietary fiber in maize helps promote digestive health by supporting regular bowel movements, preventing constipation, and nourishing the beneficial bacteria in the gut.

4. Heart health: Maize contains various compounds, including fiber, antioxidants, and plant sterols, that may help lower cholesterol levels, reduce inflammation, and support heart health. Consuming maize as part of a heart-healthy diet may help reduce the risk of heart disease.

5. Weight management: Maize is low in fat and calories but high in fiber, making it a filling and satisfying food choice for individuals looking to manage their weight. The fiber content in maize can help control appetite and promote weight loss or maintenance.

6. Eye health: Maize is a good source of antioxidants such as lutein and zeaxanthin, which are beneficial for eye health. These compounds may help protect the eyes from age-related macular degeneration and cataracts.

7. Support immune function: The vitamins and minerals found in maize, including vitamin C and zinc, play a role in supporting the immune system and protecting the body against infections and illnesses.

8. Skin health: The antioxidants in maize, such as vitamin C and beta-carotene, help protect the skin from damage caused by free radicals and promote healthy skin.



Sesame Seeds



Sesame Seeds

Sesame seeds can be processed into various products, including:

1. Sesame Oil: The most common product derived from sesame seeds is sesame oil. It is used for cooking, as a condiment, and in skincare products due to its high antioxidant content.

2. Tahini: Tahini is a paste made from ground sesame seeds and is commonly used in Middle Eastern cuisine. It is delicious on its own, as a dip, or in recipes like hummus.

3. Sesame Paste: Sesame paste is similar to tahini but may have a thicker consistency. It is used in various Asian and Middle Eastern dishes, such as sauces, dressings, and desserts.

4. Sesame Butter: Similar to peanut butter, sesame butter is made by grinding sesame seeds into a smooth paste. It can be used as a spread or in baking recipes.

5. Roasted Sesame Seeds: Roasted sesame seeds are a popular snack in many cultures and can also be used as a topping for salads, soups, and stir-fries.

6. Sesame Flour: Sesame seeds can be ground into flour, which can be used in baking to add a nutty flavor and nutritional value.

7. Sesame Seed Bars: Sesame seeds can be combined with other ingredients like honey, nuts, and dried fruits to make nutritious and delicious snack bars.



1



2



3



4



5



6



7



Health Benefits of Sesame seeds



AYA Food Service
Food made simple

Sesame seeds are not only delicious but also packed with nutrients and health benefits. Some of the key health benefits of sesame seeds include:

1. Rich in Nutrients: Sesame seeds are a good source of essential nutrients like protein, healthy fats, fiber, vitamins (such as B vitamins), and minerals (including copper, manganese, calcium, magnesium, iron, and zinc).

2. Heart Health: The healthy fats, particularly monounsaturated and polyunsaturated fats, in sesame seeds can help lower bad cholesterol levels and reduce the risk of heart disease.

3. Antioxidant Properties: Sesame seeds contain antioxidants like sesamin and sesamol, which help reduce oxidative stress, inflammation, and protect the cells from damage caused by free radicals.

4. Bone Health: Sesame seeds are a good source of calcium, magnesium, and zinc, all of which are essential for maintaining strong bones and preventing conditions like osteoporosis.

5. Blood Sugar Control: The fiber and healthy fats in sesame seeds can help slow down the absorption of sugars into the bloodstream, which may help regulate blood sugar levels and reduce the risk of diabetes.

6. Digestive Health: The fiber content in sesame seeds can support digestive health by promoting regular bowel movements, preventing constipation, and supporting a healthy gut microbiome.

7. Skin Health: The antioxidants, vitamins, and minerals in sesame seeds are beneficial for skin health. Sesame oil is also used in skincare products for its moisturizing and antioxidant properties.

8. Anti-Inflammatory Effects: Some compounds in sesame seeds, such as sesamin and sesamol, have been shown to have anti-inflammatory properties, which may help reduce inflammation in the body.



Menu

Beans



Beans are a versatile legume that can be processed into a variety of products, both for culinary and industrial purposes. Let's enjoy some common processed products of beans:

1. Bean Flour: Beans can be ground into fine flour, which can be used as a gluten-free alternative in baking recipes or as a thickening agent in soups and sauces.

2. Canned Beans: Beans can be cooked, canned, and preserved in water or brine for convenient use in various dishes like soups, stews, salads, and casseroles.

3. Bean Paste: Beans can be processed into a smooth paste by blending them with water or other ingredients. This paste can be used as a base for dips, spreads, or fillings in snacks and desserts.

4. Bean Curd (tofu): Soybeans are commonly used to make tofu, a protein-rich and versatile food product that can be used in savory dishes, desserts, and as a meat substitute in vegetarian and vegan diets.

5. Bean Snacks: Beans can be roasted, fried, or seasoned to create crunchy and flavorful snack foods like roasted chickpeas, fried lentil chips, or spicy black bean crisps.

6. Bean-based Desserts: Beans like black beans, adzuki beans, and mung beans can be used in sweet desserts such as bean paste-filled pastries, bean-based ice creams, or bean pudding.

7. Bean Sprouts: Beans can be germinated and sprouted to produce bean sprouts, which are crunchy, nutritious, and can be used in salads, stir-fries, sandwiches, and wraps.

8. Bean-based Beverages: Beans can be processed into beverages like soy milk, chickpea milk, or bean-based smoothies and shakes, which provide a nutritious and dairy-free alternative to traditional milk.



1



2



3



4



5



6



7



8



Health Benefits of Beans

Beans are a highly nutritious and versatile food that offers a wide range of health benefits. Some of the key health benefits of including beans in your diet include:

1. Rich in Nutrients: Beans are a great source of plant-based protein, fiber, vitamins, and minerals. They contain nutrients such as folate, iron, magnesium, potassium, and antioxidants, all vital for overall health.

2. Heart Health: Beans are low in saturated fat and cholesterol and high in fiber, which helps lower LDL cholesterol levels and reduce the risk of heart disease. The potassium and magnesium content in beans also supports heart health by regulating blood pressure.

3. Weight Management: Beans are high in fiber and protein, which can help you feel full and satisfied, leading to reduced food intake, and supporting weight loss or maintenance.

4. Blood Sugar Control: The high fiber content in beans helps slow down the absorption of sugars in the bloodstream, which can help regulate blood sugar levels and reduce the risk of insulin resistance and type 2 diabetes.

5. Digestive Health: The fiber in beans supports healthy digestion by promoting regular bowel movements, preventing constipation, and supporting a healthy gut microbiome.

6. Reduced Cancer Risk: Some studies suggest that the fiber, antioxidants, and phytonutrients found in beans may help reduce the risk of certain types of cancers, such as colon cancer.

7. Bone Health: Beans are a good source of minerals like calcium, magnesium, and phosphorus, which are essential for maintaining strong and healthy bones. These minerals also play a role in preventing osteoporosis.

8. Improved Energy Levels: The complex carbohydrates and protein in beans provide a steady source of energy, helping to sustain energy levels and prevent energy crashes.

Aya Foods believes that, incorporating a variety of beans into your diet, such as black beans, chickpeas, kidney beans, lentils, and soybeans, will provide a range of health benefits and contribute to overall well-being. Beans are a nutritious and affordable food that can be deliciously incorporated into a wide range of dishes, from soups and salads to stews and dips.



the Menu.

Soybeans



Soybeans

Soybeans are another versatile legume that can be processed into a wide range of products. Take a look at some common processed products of soybeans:

- 1. Tofu:** Tofu, also known as bean curd, is a popular soy product made by curdling fresh soy milk and pressing it into solid blocks. Tofu is a versatile ingredient used in a variety of dishes, including stir-fries, soups, salads, and desserts.
- 2. Soy Milk:** Soy milk is a plant-based milk alternative made by soaking, grinding, and straining soybeans. It is a good source of protein and is often used as a dairy-free substitute for cow's milk in beverages, cereals, and recipes.
- 3. Edamame:** Edamame are young, green soybeans that are harvested before they fully mature. They are often boiled or steamed and served as a nutritious and tasty snack or appetizer.
- 4. Soy Sauce:** Soy sauce is a popular condiment made from fermented soybeans, wheat, water, and salt. It is commonly used in Asian cooking to add flavor and richness to dishes.

5. Tempeh: Tempeh is a traditional Indonesian soy product made by fermenting soybeans. It has a nutty flavor and a firm texture, making it a popular plant-based protein source for vegetarian and vegan dishes.

6. Miso: Miso is a traditional Japanese seasoning made by fermenting soybeans with salt and koji (a type of mold). It is commonly used in soups, sauces, marinades, and dressings for its rich, savory flavor.

7. Soybean Oil: Soybean oil is a commonly used vegetable oil that is extracted from soybeans. It is used for cooking, baking, frying, salad dressings, and in various processed food products.

8. Soy Flour: Soy flour is made by grinding dried soybeans into a fine powder. It is a versatile ingredient used in baking to add protein, fiber, and a nutty flavor to recipes.



1



2



3



4



5



6



7



8



Health Benefits of Soybeans

Soybeans are highly nutritious legumes that offer a wide range of health benefits when consumed as part of a balanced diet. Some of the key health benefits of soybeans include:

1. Rich in Protein: Soybeans are an excellent plant-based source of protein, containing all essential amino acids needed for building and repairing tissues in the body. Soy protein is a high-quality protein that can be a valuable addition to vegetarian and vegan diets.

2. Heart Health: The fiber, antioxidants, and phytochemicals in soybeans can help lower LDL (bad) cholesterol levels, reduce the risk of heart disease, and improve cardiovascular health. Soy intake has been associated with lower rates of heart disease.

3. Bone Health: Soybeans are a good source of calcium and magnesium, which are essential minerals for maintaining strong and healthy bones. The isoflavones in soybeans also have bone-protective effects and may reduce the risk of osteoporosis.

4. Blood Sugar Control: The fiber and protein in soybeans can help stabilize blood sugar levels and improve insulin sensitivity, making soybeans a beneficial food for managing blood sugar and reducing the risk of type 2 diabetes.

5. Menopausal Symptoms: Isoflavones found in soybeans, such as genistein and daidzein, are plant compounds that mimic estrogen in the body. Consuming soy products may help alleviate menopausal symptoms like hot flashes and mood swings.

6. Digestive Health: The fiber content in soybeans supports digestive health by promoting regular bowel movements, preventing constipation, and supporting a healthy gut microbiome.

7. Anti-inflammatory Properties: The phytochemicals in soybeans, including isoflavones and saponins, have anti-inflammatory properties that can help reduce inflammation in the body and lower the risk of chronic diseases.

8. Weight Management: Soybeans are low in saturated fat, cholesterol, and calories, making them a nutritious and filling food that can support weight management and help control appetite.



the Menu

Sorghum



Sorghum

Sorghum which is a versatile cereal grain that are be processed into a variety of products. Here are some common processed products of sorghum:

1. Sorghum Flour: Sorghum grains can be ground into a fine flour, which is gluten-free and commonly used in baking to make bread, muffins, pancakes, and other baked goods.

2. Sorghum Syrup: Sorghum syrup, also known as sorghum molasses, is a sweet syrup made by boiling the juice extracted from sorghum stalks. It is used as a natural sweetener in recipes, baking, and as a topping for pancakes and waffles.

3. Sorghum Popcorn: Sorghum grains can be popped like popcorn to make a crunchy and delicious snack that can be seasoned with various flavors.

4. Sorghum Grits: Sorghum grits are coarsely ground sorghum grains that can be used to make porridge, polenta, or a base for savory dishes.

5. Sorghum Beer: Sorghum grains are used as an alternative to barley in brewing to produce gluten-free sorghum beer, a type of beer suitable for individuals with celiac disease or gluten intolerance.

6. Sorghum Pasta: Sorghum flour can be used to make gluten-free pasta varieties, offering a nutritious and tasty alternative to traditional wheat pasta.

7. Sorghum Snacks: Sorghum grains can be popped, baked, or roasted to make a range of snack products, such as sorghum chips, puffs, and bars.

8. Sorghum-based Animal Feed: Sorghum is a valuable feed grain for livestock, providing essential nutrients and energy for animals such as cattle, poultry, and swine.



1



2



3



4



5



6



7



8



Health Benefits of Sorghum

1. High in Antioxidants: Sorghum is rich in antioxidants like phenolic compounds, which help reduce inflammation and oxidative stress in the body.

2. Improves Digestion: Sorghum is a good source of fiber, which helps promote healthy digestion and prevent digestive issues like constipation.

3. Supports Heart Health: Sorghum contains plant compounds like polyphenols and phytosterols that have been shown to lower cholesterol levels and reduce the risk of heart disease.

4. Regulates Blood Sugar Levels: Sorghum has a lower glycemic index compared to other grains, which means it causes a slower and more gradual increase in blood sugar levels, making it a good option for diabetics.

5. Boosts Energy Levels: Sorghum is a good source of complex carbohydrates, which provide a steady release of energy throughout the day.

6. Supports Weight Management: Sorghum is low in calories and fat, making it a good option for those looking to maintain or lose weight.

7. Provides Essential Nutrients: Sorghum is rich in nutrients like iron, magnesium, phosphorus, and B vitamins, which are important for overall health and well-being.

8. Gluten-Free: Sorghum is naturally gluten-free, making it a safe and nutritious option for those with celiac disease or gluten sensitivity.



the Menu

Papaya



Papaya

Our papaya can be processed into various products, including:

- 1. Papaya Puree:** Papayas can be pureed and used as a base for smoothies, sauces, salad dressings, and desserts.
- 2. Dried Papaya:** Papaya slices can be dried and preserved to create a sweet and chewy snack.
- 3. Papaya Juice:** Fresh papayas can be juiced and pasteurized to create a refreshing and nutritious beverage.
- 4. Papaya Jam or Preserves:** Cooked papaya can be combined with sugar and pectin to create a sweet spread for toast or pastries.
- 5. Papaya Enzyme Supplements:** Papaya contains an enzyme called papain, which can be extracted and used in dietary supplements to aid in digestion.
- 6. Papaya Facial Masks and Skincare Products:** Papaya is known for its exfoliating properties and can be used in DIY facial masks or incorporated into skincare products for a glowing complexion.
- 7. Papaya Vinegar:** Papaya peels and scraps can be fermented with water and sugar to create a tangy and fruity vinegar for culinary uses.



1



2



3



4



5



6



7



Health Benefits of Papaya

Papaya is not only delicious but also offers a range of health benefits. Some of the key health benefits of papaya include:

- 1. Rich in Nutrients:** Papaya is a nutrient-dense fruit that is an excellent source of vitamin C, vitamin A, folate, potassium, and fiber.
- 2. Digestive Health:** Papaya contains enzymes like papain that aid in digestion, promote bowel regularity, and help alleviate symptoms of indigestion and bloating.
- 3. Immune Support:** The high vitamin C content in papaya helps boost the immune system, reducing the risk of infections and supporting overall health.
- 4. Anti-inflammatory Properties:** Papaya contains enzymes and antioxidants that have anti-inflammatory effects, which may help reduce inflammation in the body.
- 5. Skin Health:** The vitamin C, vitamin A, and antioxidants in papaya contribute to healthy skin by promoting collagen production, reducing wrinkles, and protecting against UV damage.
- 6. Heart Health:** The fiber, potassium, and antioxidants in papaya support heart health by helping to regulate blood pressure, reduce cholesterol levels, and improve overall cardiovascular function.
- 7. Weight Management:** Papaya is low in calories, rich in fiber, and contains digestive enzymes, making it a great addition to a weight management plan.



Avocado



Avocado

Our range of Avocados is known for their nutritious quality and can be processed into various products, some of which include:

1. Avocado Oil: Cold-pressed avocado oil is extracted from the pulp of avocados and is rich in healthy monounsaturated fats. It is commonly used for cooking, salad dressings, and skincare products.

2. Guacamole: Mashed avocados are mixed with lime juice, salt, garlic, and other ingredients to make guacamole, a popular Mexican dip or spread.

3. Avocado Slices: Fresh avocados can be sliced and used as a topping for sandwiches, salads, tacos, or burgers.

4. Avocado Puree: Avocado pulp can be pureed and used in smoothies, soups, sauces, or as a base for desserts like avocado mousse.

5. Avocado Chips: Thinly sliced avocados can be baked or dehydrated to create crispy avocado chips, a healthier alternative to potato chips.

6. Avocado Ice Cream: Avocado puree can be blended with cream, sweeteners, and flavors to create a creamy and decadent avocado ice cream.

7. Avocado Face Masks: Mashed avocados can be mixed with honey, yogurt, or other ingredients to create nourishing and hydrating face masks for skincare.



1



2



3



4



5



6



7



Health Benefits of Avocado



Avocados are a nutrient-dense fruit that offers a variety of health benefits. Some of the key health benefits of avocados include:

1. Rich in Healthy Fats: Avocados are high in monounsaturated fats, particularly oleic acid, which is beneficial for heart health and can help lower bad cholesterol levels.

3. Loaded with Nutrients: Avocados are packed with essential vitamins and minerals, including vitamin K, vitamin E, vitamin C, potassium, and folate.

4. Powerful Antioxidants: Avocados contain antioxidants such as lutein and zeaxanthin, which are important for eye health and may reduce the risk of age-related eye diseases.

5. Supports Skin and Hair Health: The vitamins and monounsaturated fats in avocados help nourish the skin and promote healthy hair growth.

2. High in Fiber: Avocados are a good source of dietary fiber, which can help promote digestive health, regulate blood sugar levels, and support weight management.

6. Helps in Nutrient Absorption: The healthy fats in avocados can enhance the absorption of fat-soluble vitamins (like A, D, E, and K) and other nutrients from the foods you eat.

7. May Aid in Weight Loss: Despite their high-calorie content, avocados can help with weight management due to their fiber and healthy fat content, which can increase feelings of fullness and satiety.





Health Benefits of Pineapple

Our pineapple range is not only delicious, but it also offers a range of health benefits. Here is a look at some of the key health benefits of pineapple offers:

1. Rich in Nutrients: Pineapple is packed with essential vitamins and minerals, such as vitamin C, vitamin A, manganese, and thiamine.

2. Supports Digestion: Pineapple contains bromelain, an enzyme that aids in digestion by breaking down proteins and promoting good gut health.

3. Anti-inflammatory Properties: Bromelain in pineapple has anti-inflammatory properties that may help reduce inflammation in the body, which can be beneficial for conditions like arthritis.

4. Boosts Immune System: The high vitamin C content in pineapple helps boost the immune system and fights off infections and illnesses.

5. May Aid in Weight Loss: Pineapple is low in calories and high in fiber, which can help promote feelings of fullness and support weight loss efforts.

6. Supports Eye Health: The beta-carotene and vitamin A in pineapple are beneficial for eye health and may help reduce the risk of age-related macular degeneration.

7. Promotes Healthy skin: The vitamin C in pineapple is essential for collagen production, which can help maintain skin elasticity and prevent premature aging.





AYA Food Service

Food made simple

Connect
with us

info@ayafoodsltd.com
www.ayafoodsltd.com



United Kingdom:

Aya Food Service Ltd.
36 viewland Road SE18 1PE
London, United Kingdom



Ghana:

Aya F&B Service
CT 5356 Cantoments,
Accra, Ghana