


Division : Agriculture & Food Products
Sub Division : Dry fruits

Sr. No.	Description	Photograph
1	Almonds (Badam) Crunchy, nutrient-rich nuts packed with vitamin E and magnesium for brain and skin health.	
2	Cashews (Kaju) Creamy, premium-quality nuts loaded with healthy fats, iron, and zinc for energy and heart health.	
3	Pistachios (Pista) Vibrant, flavorful nuts rich in antioxidants and protein, supporting heart and eye health.	
4	Walnuts (Akhrot) Earthy, brain-shaped nuts high in omega-3 fatty acids, promoting brain and cardiovascular wellness.	
5	Raisins (Kishmish) Sweet, juicy dried grapes loaded with iron, potassium, and antioxidants for energy and digestion.	





6

Dried Apricots (Khubani)

Chewy, tangy, and sweet, rich in vitamin A and fiber for skin health and digestion.



7

Dates (Khajur)

Soft, sweet, and energy-packed with potassium, fiber, and minerals for muscle and heart health.



8

Dried Figs (Anjeer)

Sweet, chewy fruits high in fiber, calcium, and potassium for digestion and bone health.



9

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10

Prunes (Dried Plums)

Nutrient-dense, fiber-rich fruits known for promoting digestion and preventing constipation.





11

Dried Amla (Indian Gooseberry)

Tangy, vitamin C-rich dried fruit known for boosting immunity and hair health.



12

Munakka (Black Raisins)

Larger, juicier raisins with seeds, rich in iron and antioxidants, ideal for anemia and energy.



13

Chironji (Charoli)

Nutty seeds used in Indian sweets, packed with protein, healthy fats, and minerals for skin and hair health.



14

Pine Nuts (Chilgoza)

Creamy, nutrient-rich nuts from the Himalayas, high in protein and healthy fats, great for energy.



15

Dry Coconut (Kopra)

Sweet, chewy dried coconut pieces, rich in fiber and healthy fats, known for their cooling effect.





16

Dried Litchi

Sweet, chewy dried fruit rich in vitamin C, supporting immunity and skin health.



17

Dry Dates (Chuara)

Chewy, less sweet than regular dates, packed with fiber and minerals for digestion and energy.



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