



INTEGRITY
FOOD

www.integrityfoodsco.com





Savor The Goodness Of Integrity

We are an export group with valuable experience in exporting and sales. Our core principles are based on honesty, quality, respect for customer rights, and maintaining long-term cooperation with them. We believe that honesty at every stage of the process, from production to delivery, is key to success and trust-building. Our product quality is guaranteed and meets international standards to ensure maximum customer satisfaction.

We highly value the rights and needs of our clients and strive to provide the best services while adhering to regulations. Our goal is to establish strong and lasting relationships with customers based on mutual trust and satisfaction.

Our goal is to become one of the leading exporters internationally. Leveraging our experience and expertise, we aim to expand into new markets and increase our share in existing ones. Our vision is to create a vast network of satisfied and loyal customers who experience long-term and successful collaborations based on their trust in our quality and honesty.

Chocolate date

Chocolate dates are a nutritious blend of sweet dates coated in delicious chocolate. They are rich in natural sugars, fiber, and minerals, providing both immediate and sustained energy, making them an excellent choice for a healthy snack. This combination is suitable for all ages, offering a natural alternative to industrial sweets with added chemicals and sugars. The antioxidant properties of dark chocolate, combined with the natural energy boost from dates, make them beneficial for heart and vascular health.

Dates are high in potassium and other minerals that help maintain healthy blood pressure, while the fiber aids in digestion. The dark chocolate enhances energy and focus throughout the day. Perfect for those looking to enjoy natural flavors while maintaining their health, chocolate dates can be used for parties, celebrations, or as a special gift, supporting cardiovascular health, digestion, and overall well-being.



Mazafati

One of the most popular dates in the world is the Mazafati date. It can be consumed both as dried dates and fresh (Rutab).

Mazafati dates come in various grades, which are determined based on color, size, and moisture content. Larger and darker dates are typically classified into higher grades.

with Bam being notable for producing 120,000 tons of Rutab, making it the largest producer of Mazafati dates in the world.

Due to their syrupy nature and soft texture, Mazafati dates require sensitive storage and transport conditions, needing to be kept at temperatures between 5°C to -5°C. Refrigerated containers must be used for transport to prevent spoilage.

Rich in calcium, potassium, and iron, Mazafati dates are very beneficial for heart health, bone strength, and boosting the immune system.

- **shape**
oval
- **size**
2.5 to 4.5 cm
- **harvest time**
September
- **planting place**
Bam, Jiroft, Barvat, Kahnuj
- **texture**
thin, fleshy shiny black skin
- **humidity**
less than 14 to 36 percent

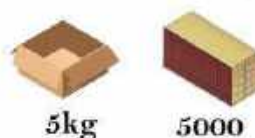
Mazafati (7kg)

shipment: in reefer container (40 FT)
no of cartoons per container: 3500



Mazafati (grade 2)

shipment: in reefer container (40 FT)
no of cartoons per container: 5000





Medjool

Medjool dates are one of the most delicious and nutritious types of dates, known for their large size, soft flesh, and sweet taste. These dates are a natural and healthy snack that offers exceptional flavor and numerous health benefits. They are rich in natural sugars, fiber, and essential minerals like potassium, magnesium, and iron, providing excellent energy throughout the day. Their high fiber content aids digestion and weight management, making them ideal for healthy diets. Consuming Medjool dates can prolong the feeling of fullness, support heart and circulatory health, and enhance blood circulation due to their iron content. Additionally, the fiber in these dates helps maintain digestive health, while their natural sugars and minerals boost energy and focus.

Medjool (5kg)

shipment: in reefer container (40 FT)
no of cartoons per container: 5000



5kg



5000

- **shape**
oval
- **size**
3 to 6 cm
- **harvest time**
May to October
- **planting place**
Khuzestan and Kerman
- **texture**
Soft and plump
- **humidity**
17% to 25%



Piarom date

Piarom dates are considered a luxury type of date, characterized by their dark brown color, elongated oval shape, and meaty texture. They come in two grades: grade one, which is sorted but not washed, and grade two, which is both sorted and washed, then polished with food-grade oil and paraffin. They have low moisture content, resulting in a long shelf life, remaining viable at room temperature for 12 to 18 months without refrigeration. Due to their quality and durability, Piarom dates are in high demand worldwide, and their thin, dry skin allows for easy washing. These popular luxury dates are offered in various packaging options, typically in bulk cartons of 5 kg and 10 kg. Rich in iron, fiber, minerals, and antioxidants, Piarom dates also help increase insulin production in the body.

Piarom(5kg)

shipment: in reefer container (40 FT)
no of cartons per container: 5000



5kg



5000

shape

long and elongated oval

size

3 to 5 cm

harvest time

mid-September to October
(mid-September)

planting place

Hormozgan/ Haji Abad

texture

Semi-dry meaty

humidity

below 15%

Types of standard select grade, second grade Golden Piarom

Shelf life in cool temperature about 18 months



Zahidi

Zahidi dates are one of the most popular types of dates in the world. Zahidi dates come in various grades based on their color, size, and moisture content, with larger, meatier dates of lighter color typically classified as grade one. Due to their dry nature, Zahidi dates do not require low temperatures for storage and can be easily transported in regular cartons without needing refrigerated containers. Zahidi dates are beneficial for controlling diabetes, reducing cholesterol, and are rich in fiber, antioxidants, manganese, calcium, and iron, making them an excellent multivitamin source.

Zahidi (10kg)

shipment: in reefer container (40 FT)
no of cartons per container: 2500



10kg



2500

- **shape**
short oval
- **size**
to 3 cm 3.5
- **harvest time**
September to October
- **planting place**
Fars (Jahrom, Qayrouz Karzin, Farashband, etc.), Bushehr, Khuzestan, Kerman
- **texture**
semi-dry and dry
- **humidity**
less than 14%
- **type of quality**
first grade and super, second grade, third grade



Kebkab

Kebkab dates are one of the most popular and nutritious types of dates in Iran.

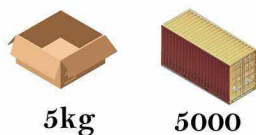
They are consumed both as fresh dates (rotab) and dried dates (khorma).

Kebkab dates come in various grades, which are determined by factors such as color, size, weight, and moisture content. For example, the larger, heavier, dark brown, glossy dates with no blemishes or defects and higher moisture content are classified in the highest grade (Super Excellent).

Kebkab dates are rich in natural sugars such as fructose and glucose, providing instant energy to the body. They also contain vitamins (A, B, C), minerals (potassium, magnesium, calcium), and antioxidants. Due to their high fiber content, they can aid in digestion, reduce blood pressure, and improve heart health.

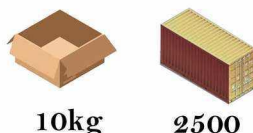
Kebkab (5kg)

shipment: in reefer container (40 FT)
no of cartons per container: 5000



Kebkab (10kg)

shipment: in reefer container (40 FT)
no of cartons per container: 2500



- **shape**
Oval
- **size**
3.5 to 4 cm
- **harvest time**
September to October
- **planting place**
Bushehr (Brazjan, Dasht of the province, Vahdatieh, etc.)
- **texture**
soft and juicy / early ripening
- **humidity**
less than 18%



Saffron

Saffron is an agricultural product that is one of the most expensive spices in the world. It is known as the “flower of health,” “king of spices,” and “red gold.” Unlike other spices, saffron has various types, and in each type, the saffron threads are not identical. This difference depends on factors such as the method of harvesting, the separation (packing) of the saffron flower, the climate of the region, and ultimately its quality.

Between different types of saffron, Super Negin is the best and most expensive type, while Sargol is one of the most popular varieties, widely available in the market. Iran is the world’s most important producer of saffron. Due to its unique flavor, color, and exceptional health benefits, saffron is used in a variety of industries, including food, pharmaceuticals, cooking, baking, beverages, and more. One of the reasons for saffron’s high price and economic value is its wide range of uses and numerous health benefits.

● type of quality

Super Negin
Negin, Semi-Negin
Sargol, Pushal
Dasteh (Daughter-Pich)

● harvest time

October to November

● planting place

North Khorasan



Date Syrup

Date syrup is made from high-quality dates and is an excellent alternative to sugar in preparing food, sweets, desserts, and beverages. It offers numerous benefits, including boosting energy, strengthening the immune system, lowering cholesterol, and improving heart health. Rich in vitamins, minerals, and powerful antioxidants, date syrup supports cardiovascular health. In addition to its great taste and versatility, date syrup provides a sustained energy release, making it an ideal choice for athletes and those with active lifestyles. Its high potassium content helps regulate blood pressure and maintain proper muscle function.

Date syrup is also a natural source of iron, which is essential for healthy blood and oxygen transport throughout the body. The presence of magnesium in date syrup aids in bone health and muscle relaxation. Moreover, the antioxidants in date syrup help protect the body from oxidative stress and inflammation, contributing to overall well-being.

texture

Thick and smooth consistency

color

Rich, dark brown

Production Regions

Predominantly produced in provinces such as Yazd, Khorramabad, and Kerman in Iran, known for their suitable climate and abundant date palms



220 liters



as per customer's order



Date Paste

Date paste is a processed product made from the soft and sweet pulp of dates. Due to its high nutritional properties and natural taste, it is widely used in various food industries. Date paste is rich in natural sugars like glucose and fructose, providing energy to the body. It also contains significant amounts of protein and fiber, aiding in better digestion. Additionally, it has various vitamins such as Vitamin A, B, and C, along with minerals like potassium, iron, and magnesium, which help strengthen the immune system and promote overall health. The high fiber content and natural sugars make it effective in regulating appetite and supporting weight loss. Since it contains no added sugars, it is suitable for individuals sensitive to artificial sugars. Moreover, date paste possesses anti-inflammatory and antioxidant properties, helping to fight free radicals and reduce inflammation.

various types of dates
such as Kebkab, Shahani, Mazafati, and other types (e.g., Estamran)

usage
this product is widely used in various food industries, especially in the production of sweets, jams, chocolates, and energy bars



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