



Chida-Som

HUA HIN



FRESH FRUIT SELECTION

NATURE'S BEST, YEAR-ROUND & SEASONAL



AVAILABLE YEAR-ROUND

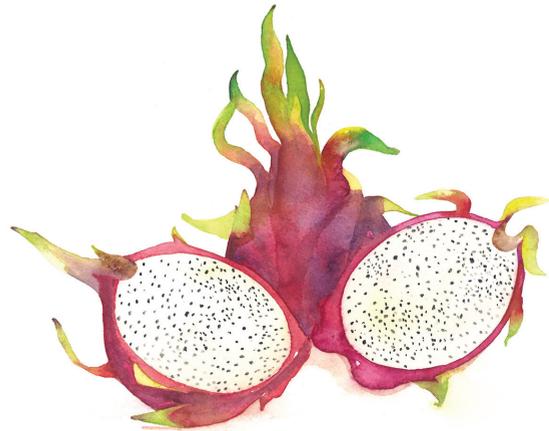


APPLE

Green apples provide a wide range of health benefits. They are rich in essential nutrients like vitamins, fibre, and antioxidants, which help support immune function, improve digestion, and promote heart health. Green apples are also low in calories, making them a great choice for weight management. Their higher fibre content can aid in controlling blood sugar levels and enhancing gut health. With their refreshing tart flavour and numerous health benefits, green apples are a fantastic addition to a balanced diet.

NUTRITIONAL INFORMATION

Energy 90 calories, carbohydrate 25g, protein 0.3g, fat 0.2g



WHITE DRAGON FRUIT

Dragon fruit have an unusual appearance. They are covered with a bright pink coloured skin with a juicy white or purple inside that has a delicate sweet and slightly sour taste. The fruit contains a great number of small crunchy seeds which provide excellent dietary fibre. Dragon fruit grow all over Thailand and the season is May – October. To eat; scoop speckled flesh with a spoon.

NUTRITIONAL INFORMATION

Energy 60 calories, carbohydrate 9 g, protein 2 g, fat 1.5 g.



RED ROSE APPLE

The rose apple looks like a small pear, although the skin is usually waxier in comparison. The core however, is more or less hollow. The texture is between a watermelon and an apple, as is the taste. Rose apples are a high fibre fruit which can help relieve constipation. The most common variety of rose apples is in season nearly all year round. Rose apples come in many colours, and are eaten skin and all.

NUTRITIONAL INFORMATION

Energy 25 calories, carbohydrate 5.7 g, protein 0.6 g, fat 0.3 g.



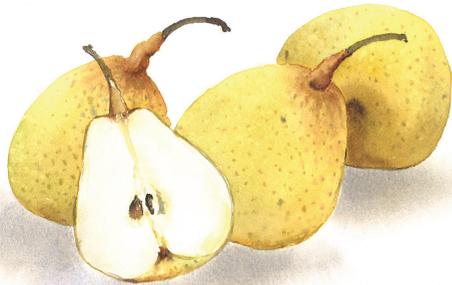
ORANGE

Tangerines are covered by a rind, the colour of which varies according to the variety. The taste can range from very sour to sour and sweet. They supply calcium, phosphorus, iron, vitamin C and potassium. Eat in the same manner as an orange. The tangerine season is August to December and the trees grow all over Thailand.

NUTRITIONAL INFORMATION

Energy 37 calories, carbohydrate 9.3 g, protein 0.6 g, fat 0.2 g.





ASIAN PEARS

Asian pears may have a lot in common with apples yet they are still classed as pears. Look for a fairly strong and sweet aroma. Eating Asian pears can contribute to a healthy colon. Asian pears are grown at the Royal Project in Chiang Mai where the season is July to October.

NUTRITIONAL INFORMATION

Energy 51 calories, carbohydrate 13 g, protein 0.6 g, fat 0.3 g.



LONGAN

The sweet-tasting longan fruit grows in large bunches with a greenish-brown skin until it matures, when then the skin turns brown and the inside becomes white or light-pink. Longan is used as a remedy for stomach ache and insomnia. Longan season is July to September and they mostly grow in the North and North-Eastern parts of Thailand. To eat; peel skin, eat flesh and discard seed.

NUTRITIONAL INFORMATION

Energy 2 calories, carbohydrate 0.5 g, protein 0 g, fat 0 g.



RED GRAPES

Grapes are one of the oldest cultivated fruits and are admired worldwide for their sweet flavour. They contain one of the most beneficial antioxidants known – resveratrol, additionally vitamin C, B6 and many other minerals. Grape season is October – November and they are grown locally near Hua Hin.

NUTRITIONAL INFORMATION

Energy 53 calories, carbohydrate 12.6 g, protein 0 g, fat 0 g.



FRAGRANT PEAR

Fragrant pears offer numerous health benefits, making them a nutritious and refreshing fruit to include in your diet. Packed with vitamins, fibre, and antioxidants, they support immune health, digestive function, and heart health. Their high water content helps keep you hydrated, while also promoting skin health and aiding in weight management.

NUTRITIONAL INFORMATION

Energy 50 calories, carbohydrate 12g, protein 0.4g, fat 0g





GUAVA

The Thai guava is large, green, round and hard, unlike its western namesake.

The inside is white, thick and dense, with a texture similar to a crisp apple. It is a great source of fibre, vitamins A and C, iron and calcium. To eat, cut the fruit in half and eat like an apple. Guava season is July to September and the plants grow all over Thailand.

NUTRITIONAL INFORMATION

Energy 61 calories, carbohydrate 12.9 g, protein 2.3 g, fat 0.9 g.



BANANA

The banana plant is not truly a tree even though they can reach heights of eight metres. The plants are all fibre and grow by sending out successive groupings of leaves from the stalk. On each trunk approximately ten leaves are visible at any one time, while the same number of leaves wait within the stalk to emerge as the older ones fall off. After four or five repetitions of this process, the plant will flower. There are both male and female flowers on each plant; the male flowers pollinate whilst the female flowers turn into bananas. Bananas are a good source of potassium, dietary fiber, manganese and vitamins B 6 & C. Available all year round.

NUTRITIONAL INFORMATION

Energy 105 calories, carbohydrate 27 g, protein 1.3 g, fat 0.4 g.



RIPE MANGO

Thailand produces some of the most delicious mangoes in the world. The shape of the fruit depends on the growing area, the soil or variety. Harvesting of mangoes is a delicate process as the fruit is so easily bruised, so this has to be done by hand. Each mango has a single flat seed which is surrounded by flesh rich in vitamins A, C and D. In Thailand, mangoes are eaten both at the green sour stage and ripe when they are yellow. Mango harvesting season is April to May.

NUTRITIONAL INFORMATION

Energy 130 calories, carbohydrate 35 g, protein 1 g, fat 0.5 g.



PASSION FRUIT

The passion fruit has an oval or round shape, depending on the variety. Passion fruit is an excellent digestive stimulant and helps in the treatment of other gastric ailments. It is also thought to be blood cleansing and detoxifying. Passion fruit season is October to November at the Royal Project in Chiang Mai.

NUTRITIONAL INFORMATION

Energy 5 calories, carbohydrate 0.8 g, protein 0.3 g, fat 0 g.



SEASONAL SELECTIONS



MANGOSTEEN

Mangosteens are round with white segments inside. The taste can either be sweet or slightly sour, depending on the variety. It is interesting to note that the number of green “petals” on the base of the mangosteen will equal the number of segments inside. Mangosteen is a good source of vitamin C. Mangosteen season peaks in May to June. To eat; cut the rind and eat soft flesh.

NUTRITIONAL INFORMATION

Energy 37 calories, carbohydrate 8 g, protein 1 g, fat 1 g.



LONGKONG

The longkong fruit grows in bunches with a round, soft and somewhat smooth, thin, brownish-yellow skin. The white inside is arranged in sections with a sweet and slightly sour taste. Each fruit has 1-2 green seeds that have a bitter taste. Longkong has an abundance of vitamin B and phosphorous. Longkong season is August to October and it is extensively grown in the Southern provinces of Thailand. To eat; peel skin, eat flesh and discard seed.

NUTRITIONAL INFORMATION

Energy 5.7 calories, carbohydrate 1.5 g, protein 0.1 g, fat 0.0 g.



RED DRAGON FRUIT

Dragon fruit have an unusual appearance. They are covered with a bright pink coloured skin with a juicy white or purple inside that has a delicate sweet and slightly sour taste. The fruit contains a great number of small crunchy seeds which provide excellent dietary fibre. Dragon fruit grow all over Thailand and the season is May – October. To eat; scoop speckled flesh with a spoon.

NUTRITIONAL INFORMATION

Energy 60 calories, carbohydrate 9 g, protein 2 g, fat 1.5 g.



STAR FRUIT

Star fruit, or carambola, offers a variety of health benefits that make it a great addition to your diet. Rich in vitamin C, fibre, and antioxidants, it supports immune function, digestive health, and skin vitality. Its low calorie and high water content make it a hydrating and weight-friendly snack. Additionally, the fruit’s antioxidants help protect against oxidative stress and may contribute to heart health. With its unique flavour and numerous health advantages, star fruit is a tasty and nutritious choice for overall well-being.

NUTRITIONAL INFORMATION

Energy 36 calories, carbohydrate 0g, protein 0.4g, fat 0.2g



GREEN ROSE APPLE

The rose apple looks like a small pear, although the skin is usually waxier in comparison. The core however, is more or less hollow. The texture is between a watermelon and an apple, as is the taste. Rose apples are a high fibre fruit which can help relieve constipation. The most common variety of rose apples is in season nearly all year round. Rose apples come in many colours, and are eaten skin and all.

NUTRITIONAL INFORMATION

Energy 25 calories, carbohydrate 5.7 g, protein 0.6 g, fat 0.3 g.



JUJUBE FRUIT

The jujube fruit is not well-known in the West. It looks similar to a green apple, but contains a stone rather than a core. The inside is a yellowish-white colour and is firm and crisp. The fruit is sweet with a slightly sour taste. It is a great source of carbohydrate, calcium, phosphorus, and vitamins A and C. To eat, cut in half like an apple. The Jujube is grown in all regions of Thailand from June to December.

NUTRITIONAL INFORMATION

Energy 40 calories, carbohydrate 10.1 g, protein 0.6 g, fat 0.1 g.



RAMBUTAN

Rambutans are oval, thick-skinned and covered with long hairs. The white inside has a very sweet taste. They are a good source of calcium, phosphorus, iron, niacin and vitamin C. Rambutan season is May to September and they are grown in the South and East of Thailand. To eat; peel skin, eat soft flesh and discard seed.

NUTRITIONAL INFORMATION

Energy 7 calories, carbohydrate 1.9 g, protein 0.1 g, fat 0 g.



LYCHEE

Lychees grow in large bunches with small, blunt spikes on the skin. The colour is a pinkish red when ripe. The flesh is white, covering shiny dark brown seeds. Lychees are rich in calcium, phosphorus, iron and vitamin C. To eat, cut the skin around the circumference. Lychee season is April to May and they grow in many provinces around Thailand.

NUTRITIONAL INFORMATION

Energy 6 calories, carbohydrate 1.6 g, protein 0.1 g, fat 0.0 g.



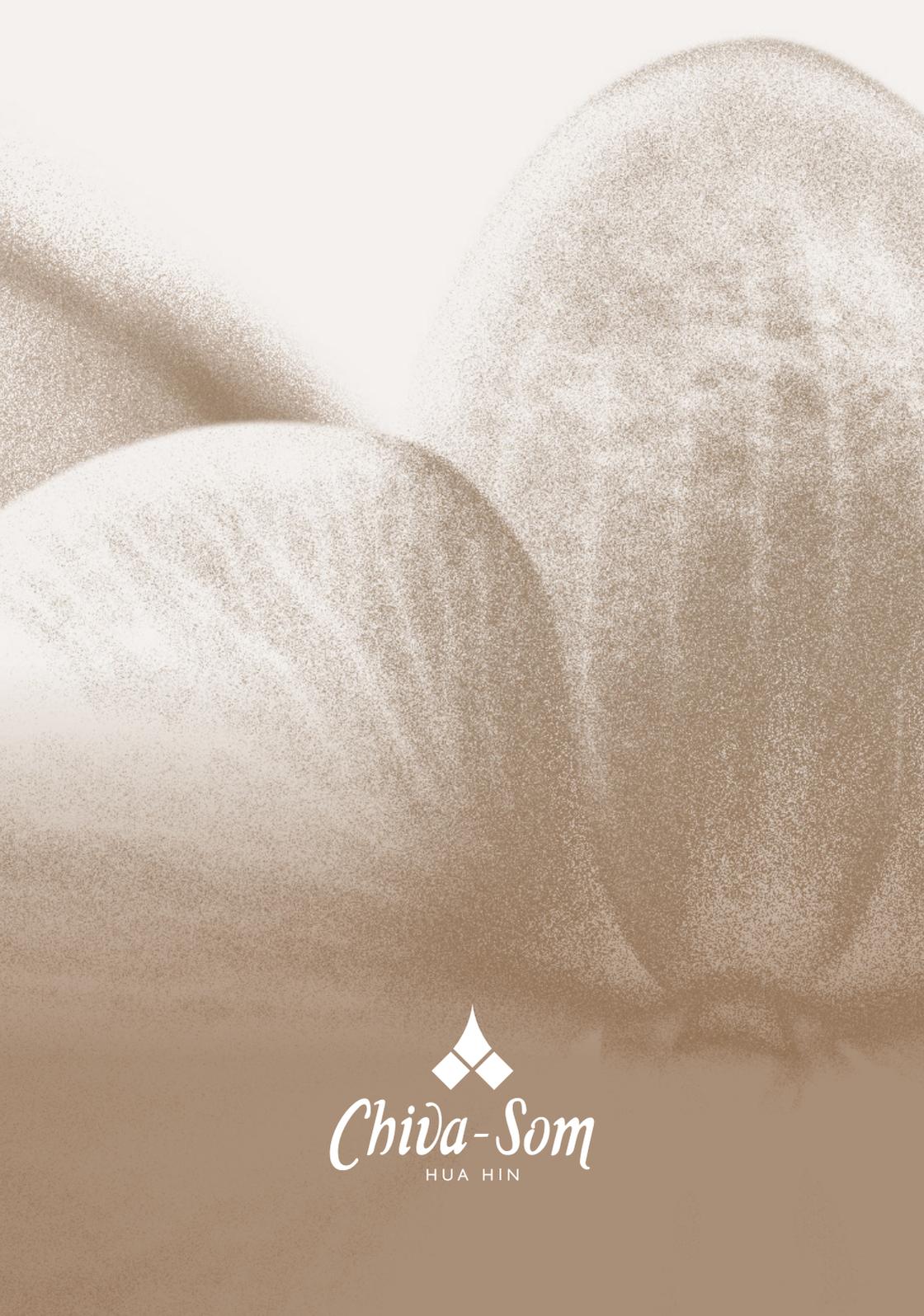
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NUTRITIONAL INFORMATION

Energy 53 calories, carbohydrate 12.6 g, protein 0 g, fat 0 g.





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