**The to an array ultimate destination of best quality dates, nuts and spices from different corners of globe**

Welcome to Drykish Food the universe of Being Healthy A mix of broken dry fruits with a lip smacking masala.A healthy namkeen snacking to be enjoyed by all ages. dryfruit bhel with huge amounts of Nutrition which can make your taste buds fall in adoration with healthy stuff. Having well comprehended the health, wellness and fitness needs

Drykish food offers on the web, the bunch human services items clubbed with flavors to enable you to take up sound snacks. Drykish food is an e-Retailing site, Drykish food obliges items like Chili Almond, Roasted Salted Almond, Chilli crunch cashews, black pepper cashews and many more interesting flavours Our Innovative Experts have endeavoured to club up these spices and flavors to relish a healthy stuff .

**Why choose us**

Drykish food is an exclusive manufacturer distributor of dry fruits, rare fruits, dates, chocolates and spices from around the world. It's a one of its kind venture is surat

* We specialize in the best supply and distribution practices of supreme quality nuts and other dry fruits .
* We offer these dry fruit of different variety from different nations around the globe.
* All the products we offer are strictly quality controlled; including visual inspection of incoming raw materials and pack checks according to the customer needs.
* We are time bound and work hard to meet the time requirements of our clients.
* We believe in ethical business services and deals. We always serve our customers in the best possible manner.

Think !

Eating is one thing, eating well is another and nourishing ourselves is yet another.

Now time to think for healthy family and betteryou. Maybe, you are within that group of people who are thinking of introducing **healthier dietary habits**. Modern lifestyle forces us to cope with stress and thousand of obligations that, when they are not being properly faced up, may lead to unhealthy eating habits. Should you be in that situation, you must know that **nuts may help you to take care of your health**. Apart from being an excellent nutritional complement, nuts are associated with a longer lifespan in both men and women.

There are different studies concluding that a **frequency nut consumption is inversely related to mortality risk**. The largest one was published in 2013 in the prestigious journal [New England Journal of Medicine](http://www.nejm.org/doi/full/10.1056/NEJMoa1307352).

Conclusions showed that people eating nuts as a daily routine had a **20% lower death rate** compared to those who did not consume nuts. Those who reported regularly consuming nuts seven or more times a week were less likely to die from a variety of diseases, including cancer, heart disease, and diabetes.

Drykish dry fruit is committed to providing healthy dry fruits from around the globe. We are one of the choicest suppliers of dry fruits. Our products have been cherished by our clients for consistent in quality and always reasonably priced.

Dry fruits retain most of the nutritional value of the fresh fruits and is healthy suppliment for our body in today's stressful lifestyle. Drykidh has always been associated with quality products with variety of choices.

Gifting of dryfruits during festivities to family and friends has always been a tradition in our culture, Keeping this culture alive by procuring the finest quality and pricing it reasonable makes Drykish dryfruits a reason to cherish.... **Celebration of Life!**

Do you want to become our distributor? Do you need high quality of dry fruits that can adapt to your local needs? We are open to help you. Tell us from which you want to operate Join us and we will support the growth of your business.