



Hamido

HAMIDO



ABOUT US:

Hamido Company

Hamido Company is one of the active and reputable companies in the field of distribution and supply of various types of dates, established with the goal of providing high-quality and healthy products to domestic and international markets. The company focuses on sourcing and distributing the best types of dates produced in different regions of Iran, striving to meet the needs of its customers with a variety of top-grade products.

Hamido Company procures high-quality dates from various regions of Iran, such as Bam, Khuzestan, Bushehr, and Hormozgan, and offers them to customers in diverse and standard packaging. These dates include various types such as Mazafati dates, Kabkab dates, Zahedi dates, Piarom dates, and other popular varieties. Each of these products is offered based on type, quality, and the needs of the target market. All products are packaged using modern technologies to ensure high shelf life and maintain freshness.

Hamido Company aims to play a key role in the export of Iranian dates by expanding its activities globally and creating new markets, introducing Iranian dates as a product with high nutritional value and global quality to a larger audience.

Hamido products are active in the production and packaging of various types of high-quality dates. The dates produced by this brand are harvested from different regions based on Iran's geographical diversity, each having its own specific characteristics, which I will introduce in detail below:



Kabkab Dates

Known for their soft texture and sweet, fragrant taste, Kabkab dates are very popular. Due to their high moisture content, they are usually consumed semi-dried or fresh. Kabkab dates are rich in vitamins and minerals and are excellent for boosting energy.

- Vitamins and minerals: Kabkab dates are high in potassium and magnesium, which help maintain muscle health and regulate blood pressure.





Estameran Dates

Estameran Dates have a thin skin and firmer flesh compared to other types of dates and are typically dark brown or black. Estameran dates are semi-dried, making them suitable for long-term storage. They are rich in fiber, potassium, and antioxidants, recommended as a healthy and energy-boosting snack.



Piarom dates

Piarom dates are one of Iran's luxury export products, known for their high quality and unique flavor. These dates are dark brown, semi-dried, and have a taste resembling chocolate. Piarom dates have low natural sugar content, making them more suitable for people with diabetes compared to other types.

- **Vitamins and minerals:** Piarom dates are rich in vitamins A, B, and E, along with minerals such as iron, magnesium, and potassium, supporting overall health and helping prevent fatigue and weakness.





Mazafati dates

Mazafati dates, also known as Rotab Mazafati, are one of the most famous and popular date varieties in Iran. They are primarily produced in Kerman province, particularly in Bam County. These dates have a soft texture, an extremely sweet taste, and a shiny black color. Due to their high moisture content, Mazafati dates are usually consumed fresh.

- Vitamins and minerals: Mazafati dates are rich in B vitamins, vitamin C, and minerals like potassium, magnesium, and iron, which help improve the functioning of the nervous and cardiovascular systems.



Zahedi dates

Zahedi dates have a yellow or light brown skin and are smaller in size compared to other date varieties. Due to their low moisture content, they have a long shelf life and are considered one of the high-quality dry date varieties. Zahedi dates have a mild and less sweet flavor, making them suitable for people who follow low-sugar diets. These dates are rich in fiber and minerals, making them highly beneficial for digestion.

- **Vitamins and minerals:** Zahedi dates are a good source of fiber, B vitamins, and iron, helping strengthen the nervous system and prevent anemia.





Shahani dates

Due to their high natural sugar content, Shahani dates are an excellent energy source, especially recommended for athletes and those needing extra energy. Shahani dates are often consumed raw and are sometimes used to produce processed products like date syrup, date vinegar, and other food items.



Khasouei dates are one of the well-known and popular date varieties in Iran, mainly produced in the southern provinces, especially around Fars province and the Kazerun region. These dates are small in size and are famous for their extremely sweet and pleasant taste. Their small size and delightful flavor have made Khasouei dates highly favored among consumers.

- Vitamins and minerals: Khasouei dates contain high levels of natural sugars, potassium, and iron, making them beneficial for heart health and preventing anemia.

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