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CASHEW WEEKLY

N e w s l e t t e r



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Vietnam

RCN: The offered price is firm, although down a bit, but still quite high compared to the kernel market. So, there is not much buyer interest yet. Some buyers can buy if they can sell the kernel first. More RCN is coming to port these days, and in case, if any Vietnam factories are under pressure to pay for RCN, then they will accept the offer and sell kernel for prompt shipment at a lower price.

Price is offered as below:

Tanza 48/190 @ 1550-1560 USD/MT, CNF, HCM

Mozambique 47/200 @1480 USD/MT, CNF HCM

IVC 43/200 at 1370 USD/MT, CNF HCM (2025 last season crop)

Kernel Market

The market is a bit active as more buyers return to the markets post-holidays, with good enquiries. The Packers seem to offer at a firm price. Some biz done at level W320 at 3.07-3.08, W240 at 3.20-3.22 from medium packers. Big nut W180, W210 stock is very low for nearby, now packers start to offer these grades for mar shipment onwards. Price is offered at a below level:

W180: 4.00 - 4.10. (Mar onward)

W210: 3.60-3.70

W240: 3.20–3.40

W320: 3.08–3.30

SW/LBW320: 2.65 – 3.05, but not much stock available for nearby

WS: 2.65–2.80, but not much stock available for nearby

LP: 2.00–2.20, but not much stock available for nearby

SP: 1.40–1.55

Table-1: Vietnam RCN Import Data Dec-2025					
Dec-25	Quantity in tons	Value in USD	USD Million	Avg Price USD/ton	% Share
Ivory Coast	65,504	10,39,22,776	103.92	1,587	42.83
Others	39,808	6,09,57,416	60.96	1,531	26.03
Ghana	5,793	83,45,700	8.35	1,441	3.79
Cambodia	550	9,77,500	0.98	1,777	0.36

Nigeria	9,115	1,30,17,002	13.02	1,428	5.96
Indonesia	9,428	1,49,35,051	14.94	1,584	6.16
Tanzania	22,758	3,95,79,341	39.58	1,739	14.88
Dec-25-Total	1,52,956	24,17,34,786	241.73	1,580	100.00
Dec-24-Total	1,04,520	18,46,96,457	184.70	1,767	
% change Dec-25 vs Dec-24	46.34	30.88	30.88	-10.56	

Table 2: Vietnam RCN import Jan to Dec 2025

Jan to Dec-2025	Quantity in tons	Value in USD	USD Million	Avg Price USD/ton	% Share
Cambodia	9,69,138	1,52,28,81,344	1,522.88	1,571	37.14
Ivory Coast	7,45,627	1,13,53,24,786	1,135.32	1,523	28.57
Others	5,67,676	83,30,42,773	833.04	1,467	21.75
Nigeria	2,55,728	39,51,19,485	395.12	1,545	9.80
Ghana	2,36,548	34,57,74,947	345.77	1,462	9.06
Tanzania	1,65,548	29,86,43,546	298.64	1,804	6.34
Indonesia	42,350	6,86,55,984	68.66	1,621	1.62
Jan to Dec-2025 (revised)*	29,41,358	4,49,18,21,290	4,491.82	1,527	112.71
Jan to Dec-2024	25,00,283	3,22,55,86,290	3,225.59	1,290	
% change Jan-Dec-25 vs Jan-Dec-24	17.64	39.26	39.26	18.37	

Note: Tables 1 and 2 data sourced from Vietnam customs

Côte d'Ivoire

The Cashew and Cashew Council (CCA) recently held a working session with cashew processors in Côte d'Ivoire. During the meeting, it was clearly communicated that the farm-gate price for raw cashew nuts this year will not fall below 350 FCFA per kilogram. The country has produced over 1.55 million tons of cashew nuts, with more than 550,000 tons processed locally.

Production is expected to continue its upward trajectory this year, largely due to improved effectiveness in combating product leakage through land borders. In a notable policy adjustment, the purchasing window dedicated to transporters will be reduced from two months to approximately five weeks. The official floor price will be announced in January during the Producers' Day event scheduled for January 23rd, with the counting of the purchasing window set to commence from the first week of February.

Nigeria

The Nigerian cashew season has begun with new regulatory measures in place. In Kogi State and Ogbomoso, the state government has introduced restrictions that prevent foreign buyers from directly accessing farm-gate purchases. These buyers are now limited to purchasing dry cargo only—specifically dried raw cashew nuts—which they must procure through local merchants rather than directly from farms.

These measures have been implemented to address longstanding pricing issues in the sector. Previously, foreign buyers could arbitrarily inflate farm-gate prices, which created disruptions throughout the supply chain. A dedicated task force has been established to monitor compliance with these new regulations. While no official price has been announced yet, preliminary reports indicate prices around **N1.2 million per metric ton** in certain locations.

Togo

Togo is introducing an export tax on raw cashew nuts in its 2026 Finance Law. This measure, which will take effect from January 1 to December 31, 2026, sets a tariff ranging from 1 to 100 CFA francs per kilogram according to forthcoming regulatory provisions.

The Togolese authorities justify this initiative by their desire to regulate the export of agricultural raw materials and promote value addition at the national level. The tax also aims to curb the massive export of raw products, often carried out to the detriment of local supply and the development of domestic processing units.

For the government, this is a strong signal to economic actors about the necessity of prioritising local processing, which creates value and jobs. However, this measure raises concerns among producer organisations who fear that the tax burden will be passed on to farmgate prices, thereby affecting their income.

India

Indian domestic kernel demand, which has picked up in the second half of December, and the trend continued so far in the first 10 days of January, due to local festival demand and the upcoming marriage season.

The Indian rupee may weaken further, which will add to the import cost of RCN. It is learned that Mangalore processors alone procured more than 100,000 tons of RCN from Tanzania, and most of the same are expected to hit the ports by mid-February/end-February.

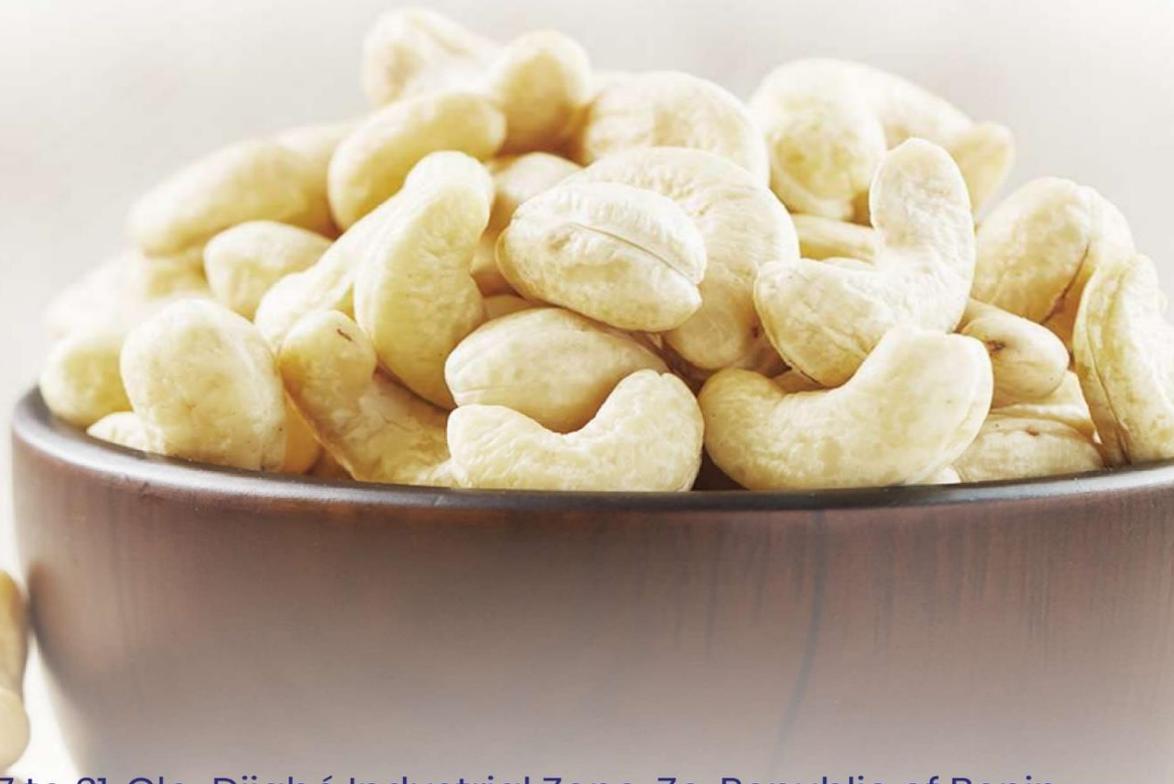
Current Ghana offers were around USD 1650 per ton for 50/51 lbs for Jan/Feb shipment, CNF.

The 11th GCPA annual meet successfully concluded in Udaipur, Gujarat. GCPA processed about 110,000 tons of RCN per year. And targets to process 140,000 tons in FY 2026-2027 (Apr-2026 to Mar-2027). Mundra imported about 110,000 tons of RCN during 2025 for processing locally in Gujarat and also for further processing in other states.



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Table 3: Vietnam Cashew Kernel Exports-December 2025

Dec-25	Qnty in tons	Value in USD	USD Million	Avg Price USD/ton	% share
USA	13,260	8,61,55,615	86.16	6,615	19.48
China	13,218	8,93,07,635	89.31	6,800	19.42
Others	9,608	7,03,15,478	70.32	6,838	14.12
Netherlands	6,180	4,44,38,106	44.44	7,392	9.08
UAE	3,120	2,26,42,776	22.64	7,098	4.58
Germany	3,044	2,09,54,306	20.95	7,059	4.47
Canada	1,527	1,10,20,658	11.02	7,215	2.24
Australia	1,361	91,72,618	9.17	6,624	2.00
UK	1,732	1,13,88,945	11.39	6,627	2.54
Saudi Arabia	1,839	1,22,55,312	12.26	7,090	2.70
Spain	505	38,02,386	3.80	6,997	0.74
Russia	1,043	69,82,608	6.98	6,961	1.53
Iraq	779	56,07,900	5.61	7,620	1.14
Japan	933	69,10,598	6.91	7,215	1.37
France	1,047	74,71,542	7.47	7,126	1.54
Thailand	1,624	1,06,71,444	10.67	6,564	2.39
Lithuania	891	66,00,573	6.60	7,310	1.31
Italy	534	35,31,698	3.53	6,206	0.78
India	533	27,26,882	2.73	4,930	0.78
Israel	1,109	84,75,388	8.48	7,694	1.63
Greece	428	30,41,675	3.04	7,153	0.63
Taiwan	391	28,84,407	2.88	7,195	0.57
Belgium	272	19,61,131	1.96	7,473	0.40
Philippines	240	15,08,076	1.51	6,200	0.35
Newzealand	249	15,20,532	1.52	6,908	0.37
HongKong	223	18,25,714	1.83	7,705	0.33
Egypt	1,480	63,79,360	6.38	8,129	2.17
Pakistan	455	31,59,051	3.16	7,303	0.67
South africa	147	8,54,317	0.85	6,980	0.22
Singapore	74	4,66,666	0.47	7,467	0.11
Norway	55	3,86,910	0.39	7,461	0.08
Kuwait	64	4,73,332	0.47	7,937	0.09
Kazakhstan	46	3,49,406	0.35	5,887	0.07
Ukraine	50	3,54,535	0.35	7,216	0.07
Dec-25	68,061	46,55,97,580	465.60	6905.007727	100.00
Dec-24	54,271	36,21,09,501	362.11	6,672	

% Change Dec-25 vs Dec-24	25	29	28.58	3.49
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Table 4: Vietnam Cashew Kernel Exports-Jan to Dec-2025

Jan to Dec 2025	Qty in tons	Value in USD	USD Million	Avg Price USD/ton	% share
USA	1,46,014	97,39,45,264	973.95	6,670	20.95
China	1,72,722	1,11,48,65,881	1,114.87	6,455	24.78
Others	1,12,658	79,31,36,670	793.14	7,040	16.17
Netherlands	68,570	49,66,53,762	496.65	7,243	9.84
UAE	27,644	19,70,21,613	197.02	7,127	3.97
Germany	30,999	21,51,42,740	215.14	6,940	4.45
Canada	16,398	11,78,28,049	117.83	7,186	2.35
Australia	16,346	10,79,16,818	107.92	6,602	2.35
UK	21,946	14,22,55,326	142.26	6,482	3.15
Saudi Arabia	17,803	12,63,88,008	126.39	7,099	2.55
Spain	9,400	6,77,09,985	67.71	7,203	1.35
Russia	11,298	7,58,84,631	75.88	6,717	1.62
Iraq	11,243	8,34,30,596	83.43	7,421	1.61
Japan	11,841	8,57,47,610	85.75	7,242	1.70
France	10,389	7,47,98,338	74.80	7,200	1.49
Thailand	11,993	7,81,57,697	78.16	6,517	1.72
Lithuania	11,947	8,73,37,196	87.34	7,310	1.71
Italy	7,966	4,54,01,395	45.40	5,699	1.14
India	3,384	2,00,03,382	20.00	5,911	0.49
Israel	8,051	6,10,09,477	61.01	7,578	1.16
Greece	4,373	3,16,24,822	31.62	7,232	0.63
Taiwan	4,207	3,19,35,842	31.94	7,591	0.60
Belgium	4,252	3,05,69,430	30.57	7,189	0.61
Philippines	3,396	1,99,59,873	19.96	5,877	0.49
New Zealand	3,464	2,27,47,517	22.75	6,567	0.50
Hong Kong	1,938	1,57,87,716	15.79	8,146	0.28
Egypt	3,447	2,22,43,400	22.24	6,453	0.49
Pakistan	4,383	3,15,62,043	31.56	7,201	0.63
South Africa	1,048	60,61,962	6.06	5,784	0.15
Singapore	1,604	1,13,43,925	11.34	7,072	0.23
Norway	1,511	1,07,62,521	10.76	7,123	0.22
Kuwait	673	52,04,598	5.20	7,733	0.10
Kazakhstan	999	68,65,212	6.87	6,872	0.14
Ukraine	539	36,51,941	3.65	6,775	0.08
Belarus	25	1,53,250	0.15	6,130	0.00

Jan to Dec-2025 revised	7,66,585	5,22,93,89,219	5229.39	6,822	100.00
Jan to Dec 2024	7,25,329	4,34,28,23,561	4,342.82	5,987	
% Change Jan-Dec-25 vs Jan-Dec-24	5.69	20.41	20.41	13.93	

Note: Tables 3 and 4, Vietnam Customs

Other Nuts Market Report

India Dry Fruit & Nut Market Update - Almonds · Pistachios · Walnuts

(Based on current industry data and trade feedback)

Almond Market Update – India

The Indian almond market has remained largely stable since the beginning of 2026, trading on its own domestic fundamentals and remaining largely insulated from origin-side volatility or event-driven moves.

California markets resumed operations on Monday, January 5, following the holiday break. Since then, mild weakness has been observed in Independence In-Shell (IS) prices. India currently appears to be the only active destination for Independence IS, whereas 27/30 kernels continue to be offered at US\$2.08–2.11/lb (FAS basis).

Indian buyers remain cautious, with a visible shift in preference toward Nonpareil (NP) over Independence. Compounding this, multiple walnut containers remain stuck at Indian ports, awaiting customs clearance after authorities introduced revised valuation benchmarks for import duty calculations—levels that are higher than the average contracted prices of the current season.

Additionally, ongoing investigations into walnut, pistachio, and almond imports continue to hang over the market, creating uncertainty and dampening sentiment.

Independence In-Shell (IS): The price gap between Independence and Nonpareil kernels remains above ₹80/kg, keeping kernel sentiment subdued. Prices during the week were stable to mildly bullish, supported by limited availability

Market Fundamentals & Sentiment

The market retains structural support at least until February 2026, underpinned by base consumption demand; however, Buying remains restricted to near-term coverage; Pipelines are shallow; Global trade behaviour remains hand-to-mouth, with momentum expected to

soften as most festival and Ramadan buying has concluded, and Geopolitical tensions involving Iran, Syria, and Venezuela remain a key risk factor.

Despite ongoing debates around crop size, shipment commitments, and receipt data, demand-led replenishment remains inevitable.

International Price Trends (FAS–CIF Basis)

Post-holiday trade activity has been muted, with limited buying from traders and packers. This has resulted in 3–5 cents/lb softening, initially led by Independence, but now discounts are also emerging on Nonpareils, particularly from handlers holding excess inventory.

This weakness may also reflect early indications of higher-than-expected crop receipts.

Nonpareil In-Shell (NPIS): \$2.24–2.35/lb; Independence In-Shell (IS): \$2.08–2.20/lb; NP / Sonora Large: \$2.35–2.60/lb; Price Spread: ~20+ cents (handler-dependent)

Overall sentiment in California remains slightly bearish and range-bound, with many participants recently returning from year-end holidays.

India Market Prices (₹ Basis)

In-Shell Variety Price (₹/40kg),CIF Equivalent, NPIS ₹23,000–23,500; \$2.43–2.49/lb.

BDG New ₹22,700–23,000 \$2.39–2.43/lb (~2% higher; still discounted vs private packers).

Independence (IS) ₹20,600–21,000 \$2.15–2.20/lb (stable to bullish)

Kernels: NP Kernel: ₹800–845/kg (steady recovery); Independence Kernel: ₹750–770/kg (demand soft; wide NP spread offers future support).

Sentiment: Nonpareil remains firm and in better demand. Independence weakens toward the weekend, with the ₹70–100/kg kernel price gap continuing to influence buyer preference.

Pistachio Market Overview

A strongly bullish market, driven by tight supply control: California Extra #1 (21/25): ₹1,000–1,150/kg; Iranian AA (28/30): ₹945–975/kg; Iranian AA (26/28): ₹980–990/kg; Iran Kernels: ₹2,100–2,100/kg (strong upside momentum).

Note: Internal disruptions in Iran have intensified supply concerns, adding further upward pressure on prices.

Walnut Market Overview

Prices recovered approximately 5% after customs formalised invoice valuation norms, despite continued grey-channel inflows.

34–36mm+: ₹680–710/kg

36mm+: ₹725/kg (mixed) | ₹790–820/kg (origin-select)

30–34mm: ₹650–675/kg

Kernels: ₹1,350–1,500/kg

California New Crop: \$1.05–1.15/lb (FAS)

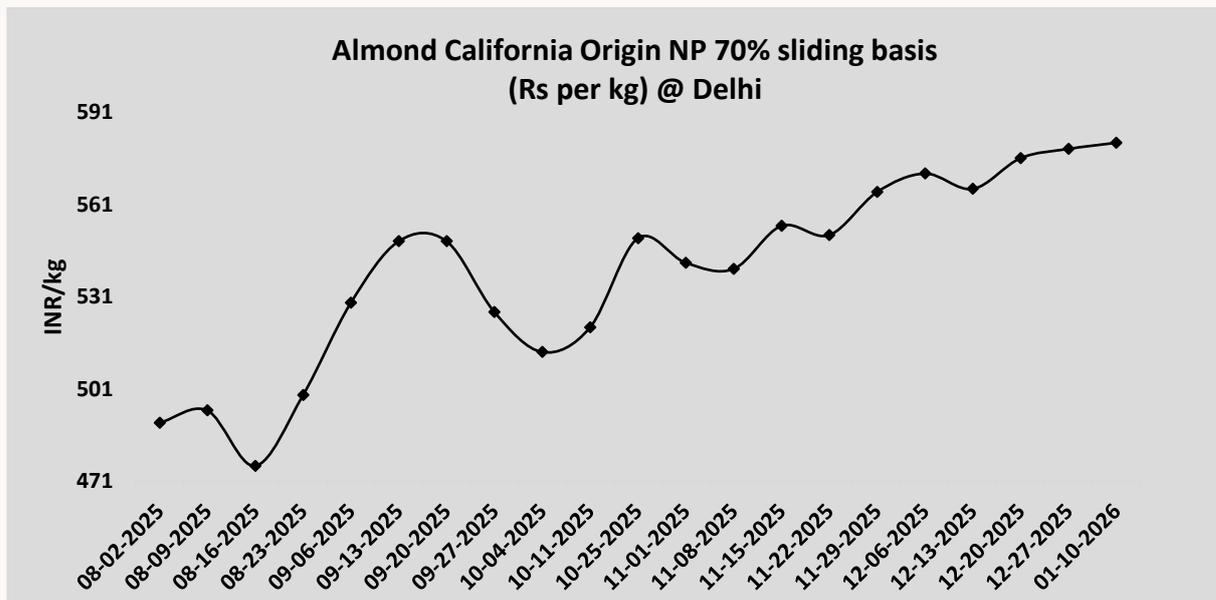
Significant volumes remain stuck at ports, creating uncertainty in both the Indian and origin markets. Oversupply and channel distortions may keep prices soft in the near term.

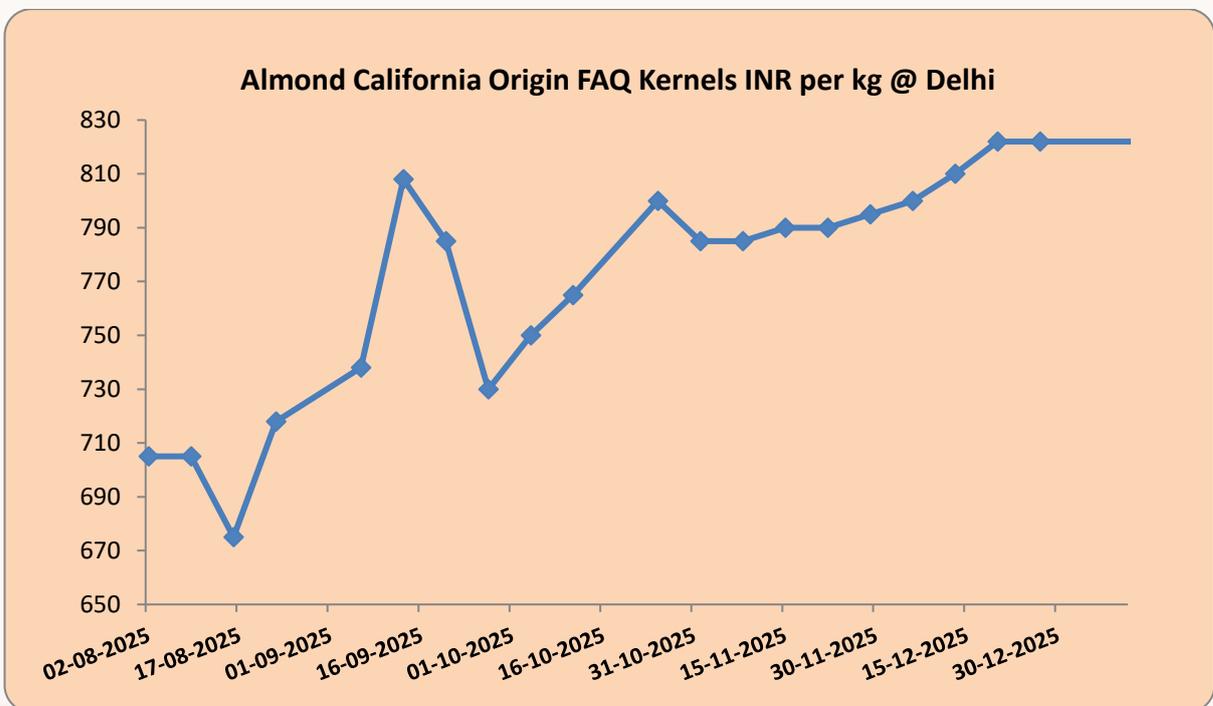
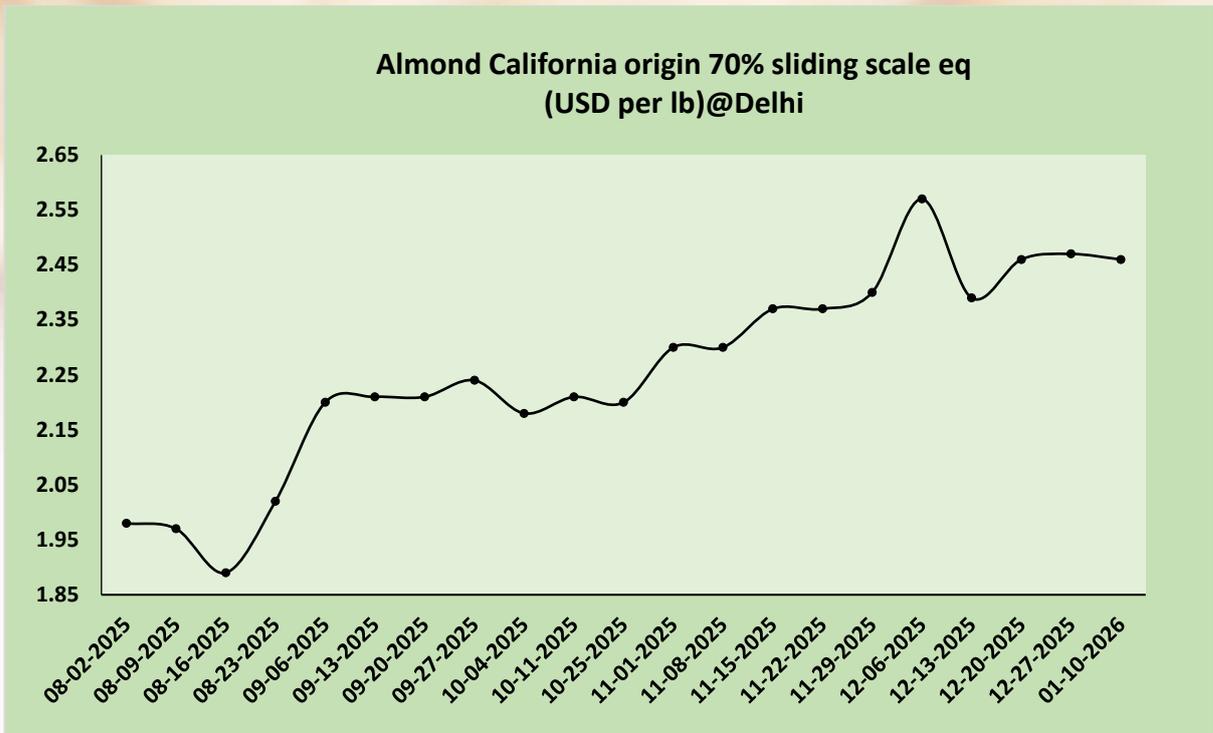
Seasonal Demand Outlook

Winter and marriage-season demand has been slower than anticipated. Pistachios: Strong, but risk of demand pushback at elevated levels.

Afghan–Pakistan corridor: Logistics functional, but supply remains tight

Currency Factor: The INR strengthened after two weeks of weakness, closing at ₹90.25/USD (week high: ₹90.38). Import parity remains elevated; overall, exporters continue to benefit from currency movement.





Source: Ravindra Mehta, CLASS ALZONE PVT. LTD., India

Disclaimer

This update is based on industry data and trade feedback and represents a market interpretation for informational purposes only. It should not be construed as financial or trading advice. Market conditions can change rapidly, and participants should exercise independent judgment.

International Price of Nuts

Chart: Cashew Kernel FOB Price – India and Vietnam (USD per lb)

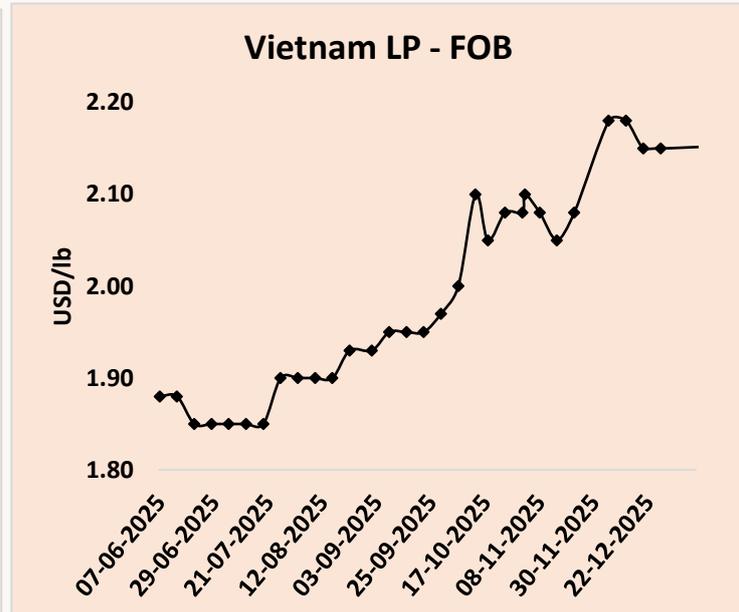
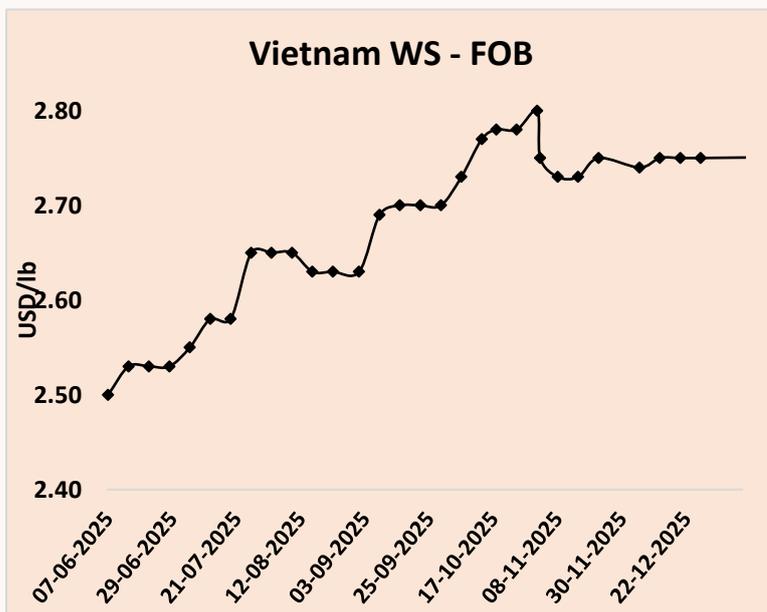
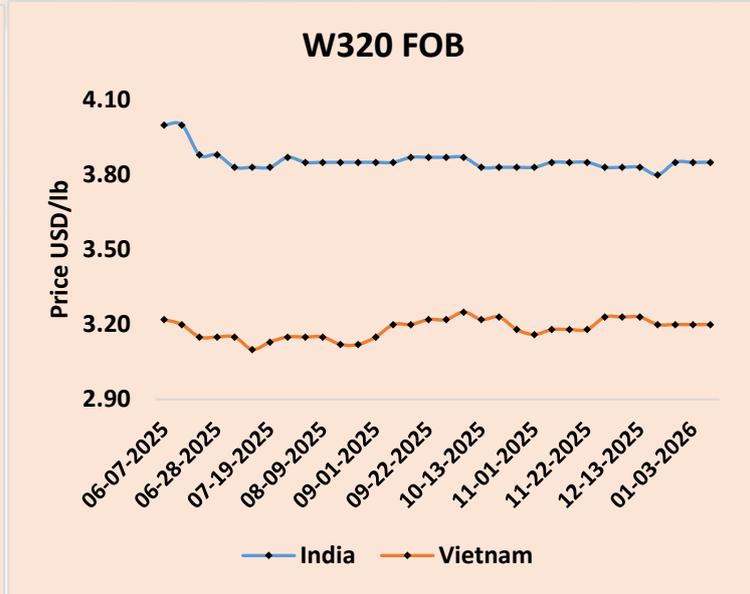


Table 5- African Countries Cashew Kernel FOB Indicative Prices for W1- W2 Jan. 2026
 (please note that this is not a traded or offered price)

Grade Description	Grade	W1-W2, Jan. 2026	
		Price/Lbs (L)	Price/Lbs (H)
		USD/LB	
WHITE WHOLES CASHEWS 210	W-210	3.60	3.80
WHITE WHOLES CASHEWS 240	W-240	3.50	3.70
WHITE WHOLES CASHEWS 320	W-320	3.25	3.45
WHITE WHOLES CASHEWS 450	W-450	3.00	3.10
SCORCHED WHOLES CASHEWS 210	SW-210	3.35	3.45
SCORCHED WHOLES CASHEWS 240	SW-240	3.20	3.35
SCORCHED WHOLES CASHEWS 320	SW-320	3.10	3.20
SCORCHED WHOLES CASHEWS 450	SW-450	2.60	3.00
FIRST BUTTS/ WHITE BUTTS	FB/WB	2.40	2.60
FIRST SPLITS/ WHITE SPLITS	FS/WS	2.65	2.90
LARGE WHITE PIECES	LWP	2.35	2.55
SMALL WHITE PIECES	SWP	1.35	1.50
CHIPPS	CH	0.65	0.90
BABY BITS	BB	0.45	0.55
SCORCHED BUTTS	SB	2.20	2.30
SCORCHED SPLITS	SS	2.30	2.50
SCORCHED PIECES	SP	1.45	1.65

Domestic Price of Nuts

Table 6: Cashew Kernel: India spot prices in the production Centre as of 01/12/2026 in INR/Kg (please note that the USDINR current rate is 90.16)

Grades	Mangalore (Karnataka)	Kollam (Kerala)	Panruti (TN)	Palasa (AP)	Gujarat- Ahmedabad
W180	1200	970	950	850	1090
W210	1000	860	900	790	960
W240	870	807	790	750	880
W320	780	758	750	710	790
W400	750	-	-	680	750
W450	*	714	720	*	-
W1	-	-	-	-	-
S180	-	-	-	-	-
S210	-	-	-	-	-
S240/Sw240	-	749	NR/740-	-	-
S/SS	740	NR/661	-	-	-
LWP	730	705	700	*	730
SWP/WSP/ swp1	630	617	650	-	680
K	750	*	-	-	-
JH1/JH/JJH	800	-	830-730	710	760-800
SSW/SSP	*	582	-	-	NR/580
BB-BB1	500	-	500	480	490-380
JK/JB/JK1	750	-	760	680	750-740-710
SW/SW 320	730	-	690	-	-
DP/DS	-	-	-	-	610-650
DW	700	-	-	-	-

Note: The above-quoted prices are with tax and tin packing. Panruti, Mangalore, Gujarat prices are without tax. Marked in red, not reported for this week (prices are of the previous week).

Price of Nuts in other Indian markets

Table 7: Cashew Kernel-India spot prices at terminal markets as of 01/12/2026 in INR/Kg

Grades	Mumbai
W180	1200
W210	1000
W240/S240	930/830
W320	840
LWP	770
SWP	60
JH/S/K	850/NR/800
BB	520

CNSL Market updates

Table 8: CNSL Market Updates as of 01/12/2026

Market	CNSL	Cake	Shells
		(INR / Kg)	
Mangalore	33	7.40	10.20

Courtesy: by Santhosh Silva, Karnataka

CNSL Market Panruti 12/29/2025

CNSL – INR 35.00 per kg+ GST, ex-factory

Shell rate – INR 700 per bag of 55 kg + GST (INR 12.72 per kg)

Shell cake INR 9.00 per kg + GST ex-factory

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Web : www.nanopix-iss.com



Currency Impact

Table 9: Currency Movement - FOREX Rates (against USD)

Currency	01-02-2026	01-09-2026	Wk-on-Wk % Change	Jan 2025- to Date % Change
Indian Rupee (USDINR)	90.01	90.24	0.26	5.22
Japanese Yen (JPY)	156.84	157.89	0.67	0.39
Brazilian Real (BRL)	5.4227	5.3713	-0.95	-13.08
Chinese Yuan (CNY)	6.9937	6.9774	-0.23	-4.68
Singapore Dollar (SGD)	1.2863	1.2875	0.09	-5.99
Tanzanian Shilling (TZS)	2470.00	2497.50	1.11	1.94
Thai Baht (THB)	31.48	31.39	-0.29	-8.86
Mozambique New Metical (MZN)	63.91	63.91	0.00	1.01
Vietnam Dong (VND)	26300.00	26270.00	-0.11	3.43
Indonesian Rupiah (IDR)	16720.00	16800.00	0.48	3.80
West African Franc (XOF)	558.50	563.50	0.90	-11.19
Ghanaian New Cedi (GHS)	10.45	10.72	2.58	-26.83
Nigeria Naira (USDNGN)	1433.73	1428.87	-0.34	-6.82
EURO West African Franc EURXOF	654.56	655.80	0.19	0.27
Euro (EURUSD)	1.1720	1.1638	-0.70	12.90

Note: All currency values are quoted in terms of their exchange rate against the U.S. Dollar (USD).

Rupee weakness may continue

- The Indian rupee traded between 89.73 and 90.32 and finally settled the week at 90.24 against the dollar as of Jan.09, 2026.
- Indian rupee, after a brief pause, once again settled above 90 for the second week in a row, signalling room for further depreciation, considering the ever-changing geopolitical tensions (mostly the US pressure on other

countries), with tensions in Iran looming large with possible US military intervention any time soon, coupled with US Fed and Turmp feud and FIIs selling in Indian markets.

- Crude oil prices rallied considerably in the last few days, and any further escalation in Iran could disrupt oil supplies.
- For India, the next big trigger will be the Union Budget, which will be presented on February 01, 2026.
- Technically rupee may be heading towards 90.60-90.75 and then may retest the 91-91.25 level in the coming weeks.

Health Benefits

Is it good for children to eat cashew nuts?

Cashew nuts are not only considered a healthy snack with a delicious taste but also a food that provides many important nutrients, such as vitamins, minerals, and antioxidants, bringing various health benefits. So, is it good for children to eat cashew nuts?

1. Cashew nuts and their nutritional value

Cashew nuts originated in Brazil and became known in Vietnam in the 1980s due to their rich, nutty flavor. In addition to their delicious taste, these nuts have high nutritional value, making them popular worldwide. Today, Vietnam is one of the top three cashew nut exporters, with cashew trees commonly grown in the Central Highlands, South Central Coast, Dak Lak,...

Cashew nuts are classified as a nutrient-rich food due to their high content of essential nutrients. They contain a significant amount of protein and essential minerals such as calcium, copper, magnesium, iron, phosphorus, potassium, and zinc.

Additionally, cashew nuts contain a small amount of sodium. Their vitamin content is diverse, including essential vitamins such as vitamin C, B1, B2, B3, B6, folate (vitamin B9), vitamin E, and vitamin K. Notably, cashew nuts, being a plant-based food, are rich in monounsaturated and polyunsaturated fatty acids such as oleic acid and do not contain cholesterol, which negatively affects the body.

2. Are cashew nuts good for children?

Cashew nuts help prevent cardiovascular diseases. Their nutritional composition includes essential nutrients, particularly healthy fatty acids, which play a crucial role in the body's absorption of fat-soluble vitamins such as vitamin A, vitamin D, vitamin E, and vitamin K. Additionally, these nutrients contribute to the production of vital fatty acids necessary for brain development. The fats found in cashew nuts include both monounsaturated and polyunsaturated fats, both of which are highly beneficial for heart health. Moreover, they help lower levels of low-density lipoprotein (LDL) cholesterol, commonly known as "bad" cholesterol, when consumed in appropriate amounts.

Cashew nuts support and enhance eye health. Just as carrots are well known for their benefits to vision, cashew nuts also contain essential nutrients that contribute to eye health. Their nutritional composition includes high

levels of lutein and zeaxanthin, two powerful antioxidants that play a crucial role when consumed regularly. These compounds help protect the eyes from damage and may even reduce the risk of cataracts.

Cashew nuts promote muscle growth and maintain a healthy nervous system. Cashew nuts are rich in magnesium, a crucial mineral for the development of bones, muscles, tissues, and organs. Magnesium also helps regulate blood pressure, strengthen the immune system, maintain nerve function, and keep bones strong. A magnesium deficiency can lead to high blood pressure, migraines, body aches, and fatigue. Additionally, cashew nuts can benefit postmenopausal women by improving sleep quality at night.

Cashew nuts help reduce the risk of diabetes. Their low sugar content and lack of harmful cholesterol make them a safe option for individuals at risk of diabetes or those with the condition. Cashew nut extracts may enhance insulin response, slow disease progression, and help regulate and stabilize blood sugar levels, thereby reducing the risk of type 2 diabetes.

Cashew nuts have cancer-fighting properties. They contain powerful antioxidants such as anacardic acid, cardanol, and cardols, which offer significant benefits for cancer and tumor patients. Additionally, cashew nuts are rich in proanthocyanidins, a type of flavonoid that helps prevent and inhibit the division of cancer cells. This is one of the most notable health benefits of cashew nuts.

Cashew nuts promote red blood cell formation. They are a rich source of copper, which plays a role in metabolism and the production of red blood cells. Copper also contributes to strong bones and a healthy immune system.

Is it good for children to eat cashew nuts? Cashew nuts strengthen bones and dental health. In addition to other essential minerals, cashew nuts provide a high amount of phosphorus, which supports bone and tooth development. Phosphorus also aids in protein synthesis, carbohydrate absorption, and fat metabolism, maintaining overall cellular health.

Cashew nuts help prevent gallstones. Gallstones, often associated with cholesterol buildup in the gallbladder, can be reduced by consuming cashew nuts regularly, as they help lower gallstone formation.

Is it good for children to eat cashew nuts? Cashew nuts boost the immune system. They are rich in zinc, which plays a crucial role in strengthening the immune system, preventing infections, supporting protein synthesis, and promoting wound healing. Zinc is also essential for pregnant women and fetal development, ensuring children grow up healthy.

Cashew nuts help prevent anemia. As a rich source of iron, cashew nuts support oxygen transport in the body, improve enzyme function, and enhance immunity. An iron deficiency in a child's diet can lead to fatigue and increased susceptibility to infections due to external environmental factors.

3. Important notes when giving cashew nuts to children

Cashew nuts provide many health benefits, especially for children. However, parents should be cautious when introducing them into their child's diet. Since children's digestive systems are still developing, they may not absorb the nutrients from cashew nuts as efficiently as adults.

If a child has throat-related symptoms such as coughing or hoarseness, parents should avoid giving them cashew nuts. The fats in cashew nuts may irritate the throat lining, worsening hoarseness and potentially leading to voice loss.

Parents should regulate the amount and frequency of cashew nut consumption according to the child's age. Overeating or consuming cashew nuts before bedtime may cause bloating and difficulty sleeping. It is advisable to limit intake to about 3–4 times per week, with each serving consisting of approximately 16 cashew nuts. For children under 3 years old, parents should grind cashew nuts into a milk-like consistency to facilitate digestion and nutrient absorption.

Source: <https://www.vinmec.com/eng/blog/is-it-good-for-children-to-eat-cashews-en>

News

Togo Introduces Electronic Invoicing and New Taxes in 2026 Budget

Togo adopted its 2026 finance law on Dec. 29, 2025, and introduced several fiscal innovations aimed at strengthening revenue mobilization. The law also signals a shift toward more targeted economic and social tax objectives.

Source: <https://www.togofirst.com/en/economic-governance/0701-17926-togo-introduces-electronic-invoicing-and-new-taxes-in-2026-budget>

Cashew Industry can generate \$10bn annually- Association

The President of the National Cashew Association of Nigeria (NCAN), Dr Ojo Ajanaku, has said Nigeria could earn \$10 billion annually from cashew production, with \$3 billion coming from cashew sales alone. Ajanaku made this known on Wednesday during a press conference organised ahead of the 4th National Cashew Day, scheduled to hold from Jan. 22 to Jan. 24 in Abuja.

Source: <https://nannews.ng/2026/01/07/cashew-industry-can-generate-10bn-annually-association/>

Cashew Apple and Nutshell: A Potential Bio-Resource for the Production of Beverages, Bio-Sourced Chemicals, Materials, and Fuels

The development of industrially useful chemicals has for a long time depended on petroleum-based raw materials. However, with the projected diminishing stock of petroleum due to overexploitation, and the environmentally unfriendly nature of these non-renewable resources, the scientific community has massively shifted its attention to the utilization of renewable resources as raw materials for the production of industrial chemicals.

Source: https://link.springer.com/chapter/10.1007/978-3-031-96805-1_12

Cashew paradox: Vietnam exports soar, but imports hit record high

In 2025, Vietnam's cashew industry hit historic highs - and raised historic alarms. According to preliminary data from the General Department of Customs, Vietnam

exported nearly 766,600 tons of cashew nuts last year, bringing in a record \$5.23 billion. While export volume rose just 5.7% compared to 2024, revenue surged 20.4%, thanks to rising prices.

Source: <https://vietnamnet.vn/en/cashew-paradox-vietnam-exports-soar-but-imports-hit-record-high-2480954.html>

Cashew Development Corporation joins hands with K-Stores for sales

Products from the Kerala State Cashew Development Corporation (KSCDC) will now be available through K-Stores across the State. This initiative is being launched in collaboration with the Department of Food and Civil Supplies.

Source: <https://www.thehindu.com/news/national/kerala/cashew-development-corporation-joins-hands-with-k-stores-for-sales/article70497663.ece>

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