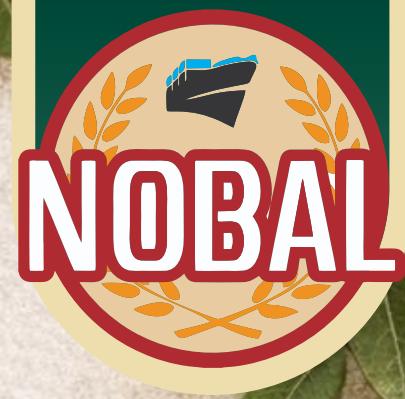


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HEALTHY SPICES GUIDE



CUMINS (09093111)

(*Cuminum cyminum*)

- ⦿ Warm, earthy and nutty flavor
- ⦿ Helps improve digestion
- ⦿ Rich in antioxidants
- ⦿ Widely used in Indian & global cuisines



FENNEL (09096131)

(*Foeniculum vulgare*)

- ⦿ Sweet, licorice-like taste
- ⦿ Supports digestion & gut health
- ⦿ Rich in fiber and antioxidants
- ⦿ Commonly used after meals



SESAME (12074090)

(*Sesamum indicum*)

- ⦿ Tiny but highly nutritious
- ⦿ Rich in healthy fats & protein
- ⦿ Supports bone and heart health
- ⦿ Available in white, black & brown varieties



CORIANDER (090921)

(*Coriandrum sativum*)

- ⦿ Mild, citrusy and warm flavor
- ⦿ Supports digestion & metabolism
- ⦿ Rich in essential oils & fiber
- ⦿ Used whole or ground as spice



ISABGOL (12119013)

(*Plantago ovata*)

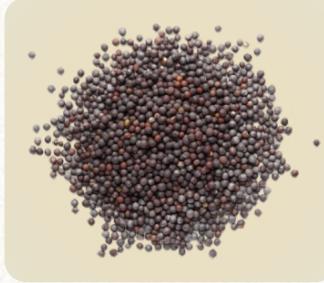
- ⦿ Excellent source of soluble fiber
- ⦿ Supports digestion & relieves constipation
- ⦿ Helps regulate blood sugar levels
- ⦿ Promotes heart & gut health



DILL (09109913)

(*Anethum graveolens*)

- Mild, aromatic and slightly bitter flavor
- Aids digestion & reduces bloating
- Rich in antioxidants & essential oils
- Supports respiratory & gut health



MUSTARD (21033000)

(*Brassica nigra* / *Brassica juncea*)

- Strong, pungent and nutty flavor
- Boosts metabolism & digestion
- Rich in omega-3 fatty acids & antioxidants
- Supports heart health



FENUGREEK (19109912)

(*Trigonella foenum-graecum*)

- Slightly bitter, nutty and aromatic flavor
- Helps control blood sugar & improves digestion
- Rich in fiber, iron & antioxidants
- Supports weight management & heart health



AJWAIN (09109914)

(*Trachyspermum ammi*)

- Strong aroma with thyme-like flavor
- Helps relieve gas & indigestion
- Rich in thymol essential oil
- Common in Indian home remedies



NIGELLA (09093119)

(*Nigella sativa*)

- Strong, slightly bitter and peppery flavor
- Boosts immunity & fights inflammation
- Rich in antioxidants & essential oils
- Supports respiratory, skin & gut health

HEALTHY GRAINS GUIDE



WHEAT (10019910)

(*Triticum aestivum*)

- Staple grain rich in carbohydrates
- Good source of fiber & energy
- Supports digestion and daily nutrition
- Widely used for flour and bread



CORN (10051000)

(*Zea mays*)

- Naturally sweet and nutritious grain
- Rich in fiber & antioxidants
- Supports digestive health
- Used in food, feed & industry



PEARL MILLET (10082021)

(*Pennisetum glaucum*)

- Traditional and nutritious grain
- High in iron, fiber & minerals
- Supports heart health and stamina
- Ideal for gluten-free diets



SORGHUM (10082110)

(*Sorghum bicolor*)

- Gluten-free and highly nutritious
- Rich in fiber and antioxidants
- Helps regulate blood sugar levels
- Used for roti and porridges



BARLEY (10030010)

(*Hordeum vulgare*)

- Mild, nutty and slightly sweet flavor
- Helps improve digestion & gut health
- Rich in fiber, vitamins & minerals
- Supports heart health & helps control cholesterol

HEALTHY PULSES GUIDE



CHICKPEAS (CHANA) (07132020)

(*Cicer arietinum*)

- Rich in plant-based protein
- High in dietary fiber
- Supports digestion and heart health
- Widely used in Indian & global cuisines



GREEN GRAM (MOONG) (07133100)

(*Vigna radiata*)

- Light and easy to digest
- Rich in protein & antioxidants
- Helps detox and weight management
- Used in dals, sprouts & snacks



BLACK GRAM (07133110)

(*Vigna mungo*)

- Mild, earthy and creamy flavor
- Rich in protein, fiber & iron
- Supports digestion & gut health
- Boosts energy and muscle strength



SOYBEAN (120100)

(*Glycine max*)

- Mild, nutty and versatile flavor
- Excellent source of plant-based protein
- Rich in omega-3 fatty acids & antioxidants
- Supports heart health & hormonal balance



RAJMA (KIDNEY BEANS) (07133300)

(*Phaseolus vulgaris*)

- Mild, earthy and slightly sweet flavor
- High in protein, fiber & complex carbohydrates
- Supports digestion & gut health
- Helps control blood sugar levels

HEALTHY VEGETABLES GUIDE



TOMATO (07020000)

(Solanum lycopersicum)

- Juicy and tangy vegetable
- Rich in Vitamin C & antioxidants
- Supports skin and heart health
- Widely used in Indian cooking



ONION (07031010)

(Allium cepa)

- Strong flavor and aroma
- Rich in antioxidants & minerals
- Supports immunity and digestion
- Essential ingredient in daily cooking



CHILLI (07096010)

(Capsicum annuum)

- Hot, spicy and pungent flavor
- Rich in vitamin C & antioxidants
- Boosts metabolism and immunity
- Supports digestion & blood circulation



LEMON (08055000)

(Citrus limon)

- Sour and refreshing citrus fruit
- Rich in Vitamin C & antioxidants
- Boosts immunity and aids digestion
- Widely used in drinks, cooking & pickles



DRUMSTICK (MORINGA) (07099990)

(Moringa oleifera)

- Highly nutritious vegetable
- Rich in vitamins, minerals & fiber
- Supports immunity and overall health
- Used in Indian curries and dals

HEALTHY FRUITS GUIDE



POMEGRANATE (08109010)

(*Punica granatum*)

- Juicy fruit with ruby-red seeds
- Rich in antioxidants & Vitamin C
- Improves heart health and immunity
- Helps in digestion and blood circulation



BANANA (08039010)

(*Musa*)

- Energy-rich and easy to digest
- High in potassium & fiber
- Supports muscle and heart health
- Popular daily fruit



MANGO (08045020)

(*Mangifera indica*)

- King of fruits with rich sweet taste
- Rich in Vitamin A, C & antioxidants
- Boosts immunity and eye health
- Major fruit crop of Gujarat



APPLE (08081000)

(*Malus domestica*)

- Rich in dietary fiber and antioxidants
- Helps improve digestion and gut health
- Supports heart health and weight management
- Boosts immunity and overall wellness

OUR SPECIAL PRODUCT



MAKHANA (19041090)

(*Euryale ferox*)

- Low in calories and rich in protein
- Good source of calcium, magnesium & antioxidants
- Supports heart health and controls cholesterol
- Helps in weight management and digestion



GREEN COCONUT (08011910)

(*Cocos nucifera*) (08011910)

- Natural source of electrolytes and hydration
- Helps maintain body fluid balance
- Supports digestion and metabolism
- Rich in potassium, magnesium & antioxidants

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