**METHI DANA POWDER**
Rich in protein, energy, calcium, iron, carotene & many minerals

**Benefits**
Diabetes, blood pressure, constipation, nursing mothers, lung congestion, arthritis.

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**CHILLA POWDER**
Rich in protein, low fat, fiber, vitamin B complex, folic acid, calcium, minerals

**Benefits**
Reduces cholesterol & constipation, easy to digest, and acts as a brain tonic for the elderly.

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**AMLA POWDER**
Rich in vitamin C, vitamin B complex, iron, calcium, carotene & a very good antioxidant.

**Benefits**
Repairs tissues, reduces inflammation, prevents cancer, protects the kidney, liver, nerves, lungs.

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**PICKLES & CHUTNIES**
Rich in vitamin C, magnesium, calcium, iron, fiber, loaded with fruits or vegetables.

**Benefit**
The fermentation process induces properties that kill harmful bacteria & microbes in the stomach & intestines. Vinegar improves health. It strengthens the immune system, helps during the flu and cold season. Pickles, if eaten in moderation can be enjoyed without any guilt!

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**HALDI**
Rich in protein, fiber, niacin, potassium, calcium, vitamin C, E, K

**Benefits**
Antioxidant, antiseptic, helps in digestion, heals female reproductive system, prevents cancer, and helps in healing wounds.

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**RED CHILLY POWDER**
Rich in Vitamin C, A, folic acid

**Benefits**
Excellent for digestion, releasing toxins & relieving pain. Use in moderation. NOT advised for Ulcer patients.
**DHANIA POWDER**
Rich in fiber, iron, copper, calcium, vitamin B complex.

**Benefits**
It has cooling, carminative & digestive properties. It helps to eliminate flatulence.

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**CUMIN SEEDS**
Rich in iron, zinc, calcium, protein & provides essential amino acids.

**Benefits**
Builds healthy blood. Transports oxygen to all the cells, regulates B.P, prevents anemia.

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**AMCHUR**
Rich in iron, antioxidants and vitamins C, E, A.

**Benefits**
Combats acidity, improves digestion and helps in balancing the hormonal system. It also increases hemoglobin.

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**GARAM MASALA**
Ingredients used in Garam masala are elixirs for our Good- Health. It is like one pill for all diseases.

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**CHANNA MASALA**
Rich in vitamin C, iron, fibers

**Benefits**
Good for digestion & improves taste of food.

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**WHEAT ATTA**
Wheat is rich in protein, fiber, carbohydrates, B group vitamins & minerals.

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**SWASTH DALIA**
Rich in fiber, protein & amino acids which are necessary for us.

**Benefits**
Wheat pulses complement each other & make it a complete food. Easily digested even by the sick & invalid. Prevents constipation and is good for the diabetic.

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**DALIA**
Broken wheat is a good source of protein, carbohydrates, iron, minerals, fiber & B group vitamins.

**Benefits**
Excellent health-building food. Helps in building & repairing muscular tissues. Cures constipation & fights heart diseases.

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**BESAN**
Rich in protein, fiber, foliate, a store house of vitamin 6 & minerals

**Benefits**
Good for patients with diabetes & hypertension and pregnant women. Easy to digest.

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**KASAR**
Mixture of roasted wheat, gram and jaggery. Rich in protein, fiber, iron, antioxidants.

**Benefits**
Reduces cholesterol, helps in excretion of bile acid. Jaggery helps to cool your stomach besides being beneficial for skin & hair.

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**TIL CHUTNEY**
Rich in protein, vitamin 6, thiamin, calcium selenium & rich in minerals too.

**Benefits**
Good for those suffering from high B.P and asthma; Health of Women & adolescent girls. Helps in arthritis, eyes; reduces muscle pain.