



Swechha Multi Grain Dalia



PRESENTING
A HEALTHY OPTION FOR YOU AND YOUR FAMILY

“SWECHHA MULTI GRAIN DALIA”





▢ BARLEY(JO)

▢ BAJRA

▢ SPLIT MOONG
DAL

▢ MASOOR
DAL

WHAT'S
INSIDE OUR
SWECHHA MULTI
GRAIN DALIA?

▢ RICE

▢ SESAME

▢ SAMA

▢ BROKEN WHEAT

▢ AJWAIN





A NUTRITIOUS PRODUCT LOADED WITH ESSENTIAL NUTRIENTS :

NUTRIENT FACTS	VALUES
Energy	364.17 kcal
Protein	11.56 g
Fiber	10.18 g
Calcium	67.21 mg
Iron	4.67 mg



Benefits Of Ingredients

— BAJRA —

- **Highly nutritious**
- **Rich in protein, iron, calcium**
- **Rich in phosphorous & magnesium**
- **Rich in fiber and potassium**
- **Provides stomach alkaline ph**
- **Helps to prevent ulcer formation**





BARLEY / JO

- Popular for easy to digest protein
- Good in vitamins and minerals like potassium, magnesium
- May help to lower cholesterol
- Helps to reduce blood pressure





— SAWA —

- **Source of minerals and protein**
- **Contains slow digesting carbohydrates**
- **Can be beneficial in reducing blood glucose and lipid levels**
- **It is mostly eaten during fast**





MASOOR DAL

- **Contains slow-digesting starch**
- **Commonly used lentils in Indian kitchen**
- **Good nutritional value**





Why do Swechha Multigrain Dalia contain 5 grains, 2 pulses, sesame and ajwain?

When it comes to nutrition, different grains have different nutritional profiles. Some are deficit in certain nutrients while others can be a rich source of those nutrients. When these foods are mixed together, they make a good nutrient-rich meal





Things That Make Swechha Multi Grain Dalia Special

**LOW
FAT**

Low Fat Content



Easy To Digest



Easy To Cook



No Artificial Colors



No Artificial Flavors



► Our Multi Grain Dalia is easy to cook, easy to digest & proves to be a healthy quick meal

► Made with pulses, bajra, jo, sawa & sesame which are source of several minerals

An illustration of two hands holding a black tablet. The hands are light-skinned and wearing dark blue sleeves with white cuffs. The left hand is on the left side of the tablet, and the right hand is on the right side, with the index finger pointing at the screen. The tablet screen is white and displays the text "Why should you choose Swechha Multi Grain Dalia?" in bold, orange, sans-serif font.

**Why should you
choose Swechha
Multi Grain
Dalia?**

► Swechha Multi Grain Dalia is made with the combination of different grains & pulses to provide good nutrition

► Good source of protein and fiber