



Swechha Multi Grain Dalia







## PRESENTING

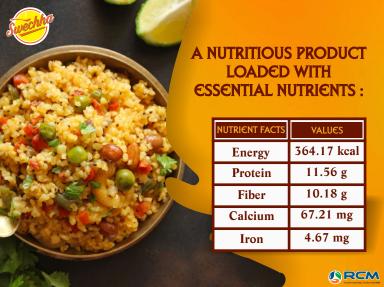
A HEALTHY OPTION FOR YOU AND YOUR FAMILY

"SWECHHA MULTI GRAIN DALIA"











## **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 cholestrol

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?

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

When it comes to nutrition.





# Things That Make Swechha Multi Grain Dalia Special





Easy To Cook



No Artificial Colors

**Easy To Digest** 







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
- 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

