



# Eat Healthy Food



since 2019

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**Specification:**  
**Gluten Free Flour**  
**725 grams**



## Specification:

**Flour to Lower Blood Sugar**

**725 grams**

**Gluten Free Flour**



Specification:  
**Biscuits to Lower Blood Sugar**  
**225 grams**  
**Gluten Free Biscuits**



**Specification:**  
**KETO Diet Flour**  
**550 grams**  
**Gluten Free Flour**



Specification:  
**KETO Diet Biscuits**  
**235 grams**  
**Gluten Free Biscuits**



**Specification:**  
**Multigrain Flour**  
**725 grams**  
**Contains Wheat**



## Specification:

Talbeena

250 grams

Ready to Eat Powder with milk





## Specification:

**Oats / Barley Powder**

**100 grams**

**Energy booster ready to eat powder  
with milk**



## Specification:

**Hummus Powder**

**200 grams**

**Recipe in writing and youtube link**



## Specification:

**Biscuits for 50+ age people**

**130 grams (Introductory Pack)**

**Energy Booster Biscuit for old age**

# Product in Pipeline

## LACTATION Biscuits



Nutritional Elements like Multi-Vitamins, Protein, Carbohydrates, Fat, Fiber and Minerals like Calcium, Iron, Magnesium with other necessary nutritional elements which help in lactating and increase breast milk production. All these elements have been taken from Natural Food.

### Ingredients

include Oats, Spinach Powder, Vitamin C, Iodized Salt, Sugar, Chocolate Chip, میڈہ

بادام، زیرہ، اجوائن، السی بیج، داڑھ چینی، ستاور،

ساگودانہ, Vanilla Essence and Baking Essentials