



NUTRI-SATVA DAILY



We all are born to our Mother, but
**We're made by
GRANDMOTHER**
For Centuries, Dadi's & Nani's
have been sharing their "Nuskhe"
to make the Entire Family Stronger!

Healthy Food Builds Healthy Body. Nutri-Satva-Daily incorporates Grandma's indigenous methods & recipes to specially create a healthy, nutritious, hygienic, and natural food for all the age groups ranging from 1 to 80+ years.

Whether it's a toddler, teenager, working professional, or a retired person; all your family members need timely and adequate nutrition to grow and stay healthy. Planning and cooking the daily menu can be a challenge. It is expected to be wholesome & nutritive as well as suit everyone's needs & preferences in the house. On many occasions, due to a fast-paced life, it is difficult to decide the perfect choices for the entire family's each meal. And, the question to many minds is, "Which is the nutritious food that builds healthy body?"

So, be careful when you buy..

Many convenience foods are often loaded with Nutrient-Poor Foods made with refined Wheat Flour (Maida), Sodium, Trans Fats, Sugar, Colouring Agents, Artificial Flavours, Synthetic Sweeteners, Salt, etc.

An alarming number of people including babies are developing health problems and allergies due to these unhealthy options. Wrong choice of ingredients may lead to childhood obesity, malnourishment, developmental issues, low immunity, etc. Additionally, the lack of required nutritional content in meals may adversely affect one's growth and hamper their overall health of students, professionals and senior citizens.

New-age parents seek a reliable option that offers taste and superior health benefits for their children. People hunt something similar for their aging parents and themselves. Online platforms and retail portals are flooded with several products. Yet you find yourself struggling to spot options that you can trust with your eyes closed.

Niraamay Fresh is committed to making the situation better for all.



INTRODUCING NUTRI-SATVA-DAILY

We followed the old secrets of Indian Tradition & Wisdom. And, we realised, there cannot be a source better than the culinary art of a Grandmother!

To find a potent solution, we researched traditional recipes with our team of nutritionists and food scientists. We improved them further with focus on the right blend of ingredients like Millets, Chana Dal, Moong Dal, Udid Dal, Fenugreek Seeds, and Rice. This started producing a healthy, almost magical, effect. We challenged ourselves to deliver on fine taste and nutrition and added a dash of Cashew Nut, Almond, Pista Nuts, Dry Dates etc. within the allowable quantity for the recipe.



The result of these efforts had an almost magical effect! What transpired is a great health-fusion, called Nutri-Satva-Daily. You can now, easily transition from ready-made nutrient-poor foods to real healthy food without a doubt. We know, you cannot wait to know the benefits we bring to everyone at home! And, we cannot wait to share the magic!

- ✓ Nutri-Satva-Daily is absolutely light on the stomach due to its delicate, healthy, and hygienic properties.
- ✓ It's appetising taste and natural mild flavour is liked by everyone.
- ✓ The right blend of ingredients gives energy required in growing as well as old ages.
- ✓ Nutri-Satva-Daily is easy to cook in a small pan with a blend of water and milk.

NIRAAMAY FRESH carefully packs **Nutri-Satva-Daily** in a food-grade pouch.

It comes with 300 grams of tasty yet healthy ready to cook mixture.

"NUTRI-SATVA-DAILY" can be enjoyed as:

1. Desi Porridge at breakfast. Or
2. Re-energizing snack between meals. Or
3. Refreshment with evening tea. Or
4. Light Meal (when you wish to go easy) on the stomach Or
5. Occasional Replacement to a lunch or dinner item like roti/rice/bread..

RECIPE:

“Take Nutri-Satva powder (indicated in the table below) in a small cooking pot and mix it in 50 ml water to form a paste. Dilute the same in water as indicated in the table below. Add salt and sugar as per taste preferences and permission to consume. Now add and mix fresh milk (indicated in the table below). Now place the pot on low flame & cook for 5-6 minutes while stirring continuously. Serve hot.”

“Nutri-Satva-Daily can be quickly prepared using different combinations & proportions of water, milk and Nutri-Satva powder. Broadly we have divided servings meant for 3 age groups. However, you can bring in variety in thickness of the serving suitable to taste, health and age. Instead of adding sugar while cooking, Jaggery powder can be sprinkled on top while serving.”

AGE GROUP	NUTRI-SATVA POWDER	MIX IN WATER TO FORM A PASTE**	THEN ADD MORE WATER	THEN ADD FRESH MILK STIR WELL	COOK* FOR 5-6 MINUTES TO FROM CONSISTENCY LIKE
1 to 5	1 Table Spoon	50ml	50ml	50ml	Thick Soup
6 to 19	2 Table Spoon	50ml	75ml	75ml	Thick Shake
20 & above	3 Table Spoon	50ml	100ml	100ml	Porridge
**To Avoid lumps			*Stir continuously to avoid lumps		

WARNING / CAUTION:

Careful and hygienic preparation of infant food is most essential for health. Discard unused feed. After opening this pack, contents should immediately be transferred to an empty, clean, dry and airtight container. After each use, replace lid tightly and store in cool and dry place. After opening, use the contents within 3 weeks or the expiry date whichever is earlier.



“Eat Healthy. Be Healthy”



NUTRITION INFORMATION			
Approx Values per 100 grams			
Energy	370 K. Cal	Vitamin A	82 mg
Carbohydrates	66.80 gm	Calcium	95 mg
Protein	13.70 gm	Iron	5.8 mg
Fat	5.30 gm		

Manufactured for and Marketed by:

The Satco, Unit-4, Dhurve Complex, Next to Crystal Palace, Rambag, POWAI, MUMBAI 400 076. Call : 7715952999
NiraamayFresh.com | Fssai: 21520065000280

Manufactured and packed by:

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