



## White Quinoa

Rich in protein and fiber

- ♥ Gluten free
- ♥ Can be cooked in 12-20 minutes
- ♥ Can be used in a variety of hot and cold dishes, traditional and modern
- ♥ No mold taste and can be flavored with a variety of desired flavors
- ♥ Fine grain and ability to be flavored
- ♥ In less than 10 minutes in proximity to other foods

### Nutritional value table

|              |        |      |
|--------------|--------|------|
| Carbohydrate | 59.84  | gr   |
| Protein      | 13.46  | gr   |
| MUF          | 4.43   | gr   |
| Fiber        | 4.68   | gr   |
| sodium       | 34.96  | mgr  |
| iron         | 3.48   | mgr  |
| Calorie      | 332.57 | kcal |





## Roasted Quinoa

Rich of protein and fiber

- ♥ Gluten free
- ♥ In four flavors: plain,barbecue,cheese, and parsley onion
- ♥ Has a crispy and crunchy texture
- ♥ Ready to use and no need to cook or prepare
- ♥ Bulky,delicious,and crunchy,without chemicals
- ♥ Healthy and nutritious snack
- ♥ Has the same nutritional value as quinoa
- ♥ Can be used with fruit,concoctions, ice cream or alone

### Nutritional value table

| unit         | In 100 grs | In each sachet |
|--------------|------------|----------------|
| Carbohydrate | 60%        | 10 gr          |
| Protein      | 13%        | 2 gr           |
| MFU          | 7%         | 1.1 gr         |
| Fiber        | 5%         | 0.8 gr         |
| Calorie      | 333 kcal   | 55.5 kcal      |





## Puffed Quinoa

Rich of protein and fiber

- ♥ Gluten free
- ♥ Has a crunchy and voluminous texture
- ♥ Ready to use and no need to cook or prepare
- ♥ Healthy and nutritious snack
- ♥ Has the same nutritional value as quinoa
- ♥ Can be used with fruit, concoctions, ice cream or alone

### Nutritional value table

| unit         | In 100 grs | In each sachet |
|--------------|------------|----------------|
| Carbohydrate | 60%        | 5 gr           |
| Protein      | 13%        | 1 gr           |
| MFU          | 7%         | 0.6 gr         |
| Fiber        | 5%         | 0.4 gr         |
| Calorie      | 333 kcal   | 27 kcal        |





## Protein Mixed Roasted Seeds

Rich of protein

- ♥ Gluten free
- ♥ In four flavors: plain, barbecue, cheese and parsley onion.
- ♥ A combination of nutritious, roasted grains such as quinoa, pumpkin seeds, sesame seeds, lentils, and flax seeds.
- ♥ Very tasty and crispy.
- ♥ Has high nutritional value
- ♥ Can be used with fruit, concoctions, ice cream or alone.
- ♥ Increases students' concentration and learning ability

### Nutritional value table

| unit         | In 100 grs | In each sachet |
|--------------|------------|----------------|
| Carbohydrate | 33%        | 5.5 gr         |
| Protein      | 21%        | 3.5 gr         |
| MFU          | 30%        | 5 gr           |
| Fiber        | 12%        | 2 gr           |
| Calorie      | 428 kcal   | 71 kcal        |





## Fat burner Mixed Roasted Seeds

Rich of protein and fiber

- ♥ Gluten free
- ♥ In four flavors: plain, barbecue, cheese and parsley onion
- ♥ A nutritious blend of roasted quinoa, hemp, pumpkin seed kernels, chia seeds and flax seeds
- ♥ Very tasty and crispy.
- ♥ A very effective appetite suppressant and useful for weight loss diets.
- ♥ High nutritional value
- ♥ Can be used with fruit, concoctions, ice cream or alone.

### Nutritional value table

| unit         | In 100 grs | In each sachet |
|--------------|------------|----------------|
| Carbohydrate | 21%        | 3.5 gr         |
| Protein      | 22%        | 3.5 gr         |
| MFU          | 36%        | 6 gr           |
| Fiber        | 15%        | 2.5 gr         |
| Calorie      | 503 kcal   | 84 kcal        |





## Mixed Seed Beans

Rich in iron and protein

- ♥ In four flavors: plain, barbecue, cheese, and parsley onion
- ♥ A blend of nutritious, roasted seeds of quinoa, hemp, lentils, and chickpeas
- ♥ Very tasty and crispy
- ♥ Increases students' concentration and learning ability
- ♥ High nutritional value
- ♥ Healthy and nutritious snack

### Nutritional value table

| unit         | In 100 grs | In each sachet |
|--------------|------------|----------------|
| Carbohydrate | 30%        | 5 gr           |
| Protein      | 15%        | 2.5 gr         |
| MFU          | 12%        | 2 gr           |
| Fiber        | 6%         | 1 gr           |
| Calorie      | 428 kcal   | 71 kcal        |





## Quinoa Granola

Rich in protein, calcium, iron, and fiber

- ♥ Contains quinoa, almonds, jujube, raisins, juice, cinnamon
- ♥ No sugar, dietary and completely vegetarian
- ♥ Rich in nutrients, protein, fiber, calcium, iron
- ♥ Has a unique flavor and crispy texture
- ♥ Suitable for breakfast or snack
- ♥ Can be used alone or with milk, yogurt, fruit
- ♥ Alternative to unhealthy snacks

### Nutritional value table

| unit         | In 100 grs | In each sachet |
|--------------|------------|----------------|
| Carbohydrate | 66%        | 11 gr          |
| Protein      | 11%        | 1.8 gr         |
| MFU          | 9%         | 1.5 gr         |
| Fiber        | 6%         | 1 gr           |
| Calorie      | 373 kcal   | 62 kcal        |





# Chia Seed

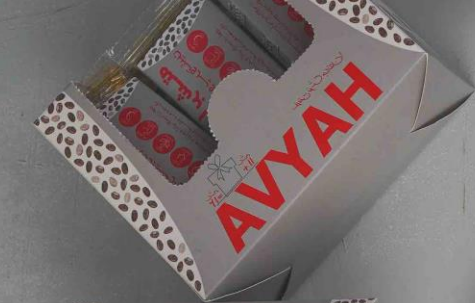
Rich in fiber and protein

- ♥ Rich in fiber and protein
- ♥ Gluten free
- ♥ Diet and false appetite suppressant
- ♥ Suitable for muscle building
- ♥ Highly nutritious and contains omega-3, calcium, magnesium, and powerful antioxidants.
- ♥ Can be used in liquids or with salads and snacks

## Nutritional value table

| unit         | In 100 grs | In each sachet |
|--------------|------------|----------------|
| Carbohydrate | 16%        | 2.6 gr         |
| Protein      | 18%        | 3 gr           |
| MFU          | 32%        | 5 gr           |
| Fiber        | 34%        | .5.5 gr        |
| Calorie      | 486 kcal   | 81 kcal        |





# Chia Seed Roasted

Rich of protein and fiber

- ♥ Rich in fiber and protein
- ♥ Gluten free
- ♥ Chia seeds roasted and ready to eat
- ♥ Diet and false appetite suppressant
- ♥ Suitable for muscle building
- ♥ Highly nutritious and contains omega-3, calcium, magnesium, and powerful antioxidants.
- ♥ Can be used in liquids or with salads and snacks

## Nutritional value table

| unit         | In 100 grs | In each sachet |
|--------------|------------|----------------|
| Carbohydrate | 16%        | 2.6 gr         |
| Protein      | 18%        | 3 gr           |
| MFU          | 32%        | 5 gr           |
| Fiber        | 34%        | 5.5 gr         |
| Calorie      | 486 kcal   | 81 kcal        |





## Flax Seed

Rich in Omega 3 and Fiber

- ♥ Gluten free
- ♥ Packed with nutrients, known as plant-based eggs
- ♥ Suitable for weight loss and constipation
- ♥ Reduces cholesterol, blood sugar, blood pressure and is anti-cancer
- ♥ Can be used alone, or as a sauce with various salads, on cakes and muffins

### Nutritional value table

| unit         | In 100 grs | In each sachet |      |
|--------------|------------|----------------|------|
| Carbohydrate | 13%        | 2.1            | gr   |
| Protein      | 18%        | 3              | gr   |
| MFU          | 42%        | 7              | gr   |
| Fiber        | 27%        | 4.5            | gr   |
| Calorie      | 534 kcal   | 89             | kcal |





## Roasted Flax Seed

Rich in Omega 3 and Fiber

- ♥ Gluten free
- ♥ Roasted flaxseeds while maintaining nutritional value
- ♥ It has a very delicious taste and a crispy and crunchy texture
- ♥ Known as vegetarian eggs
- ♥ Suitable for weight loss and constipation
- ♥ Reduces cholesterol, blood sugar, blood pressure and is anti-cancer.
- ♥ Can be used alone, or as a sauce with various salads, on cakes and muffins

### Nutritional value table

| unit         | In 100 grs | In each sachet |
|--------------|------------|----------------|
| Carbohydrate | 13%        | 2.1 gr         |
| Protein      | 18%        | 3 gr           |
| MFU          | 42%        | 7 gr           |
| Fiber        | 27%        | 4.5 gr         |
| Calorie      | 534 kcal   | 89 kcal        |





## Roasted Buckwheat

Rich in fiber and protein

- ♥ Rich in fiber and protein
- ♥ Gluten free
- ♥ Four simple flavors, barbecue, cheese and parsley onion
- ♥ Has a crispy and crunchy texture
- ♥ Ready to use and no need to cook or prepare
- ♥ Bulky, delicious, and crunchy, without chemicals
- ♥ Healthy and nutritious snack
- ♥ Can be used with fruit, concoctions, ice cream or alone

### Nutritional value table

| unit         | In 100 grs | In each sachet |
|--------------|------------|----------------|
| Carbohydrate | 71%        | 12 gr          |
| Protein      | 13%        | 2 gr           |
| MFU          | 3%         | 0.5 gr         |
| Fiber        | 10%        | 1.5 gr         |
| Calorie      | 343 kcal   | 57 kcal        |





## Quinoa Pure Flour

Rich in fiber and protein

- ♥ Made from pure, high-quality quinoa grains, high in protein and fiber, and gluten-free.
- ♥ Can be used in all kinds of baking recipes: bread, cakes, pancakes, halva, cookies, etc.

### Nutritional value table

|                           |              |       |     |
|---------------------------|--------------|-------|-----|
| Quinoa Pure Flure(100 gr) | Energy       | 332   | gr  |
|                           | Carbohydrate | 59    | gr  |
|                           | Protein      | 13.4  | gr  |
|                           | MFU          | 4.4   | gr  |
|                           | Fiber        | 4.6   | gr  |
|                           | Sodium       | 36.96 | mgr |
|                           | iron         | 3.4   | mgr |

Each tablespoon of pure quinoa flour is about 17 gr





## Mahtab Diet Flour

Rich in protein, fiber and calcium

- ♥ A combination of three flours: quinoa, almond, and oat.
- ♥ Rich in protein, calcium and fiber
- ♥ All-purpose flour
- ♥ Gluten free
- ♥ Suitable for baking all kinds of bread, cakes, pancakes

### Nutritional value table

Mahtab Diet Flour (100 grams) Energy 430 kcal

|              |    |    |
|--------------|----|----|
| Carbohydrate | 50 | gr |
| Protein      | 10 | gr |
| MFU          | 6  | gr |
| Fiber        | 9  | gr |

Each tablespoon of Mahtab dietary flour is about 12 grams



# HAYVA

سه آرد رژیمی مهتاب

Mahtab Diet Flour

سرشار از پروتئین، فیبر و کلسیم

سلامتی نوش جان



ترکیبی از آرد خالص کینوآ، بادام و جو دوسریرک  
با شاخص گلیسمی پایین و مناسب دیابت





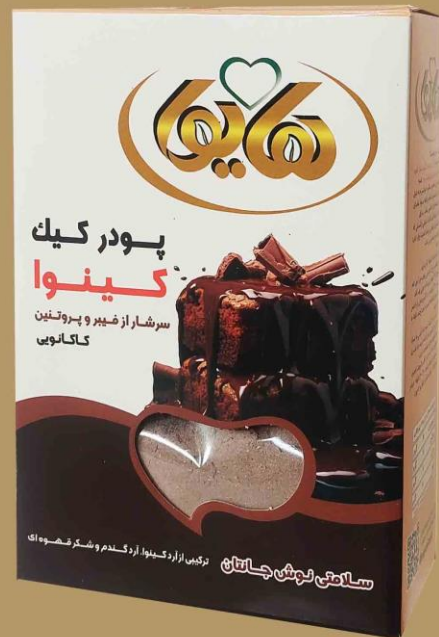
## Quinoa Cake Powder

Rich in protein and fiber

- ♥ Made from quinoa and wheat flour and brown suga
- ♥ Instant and can be prepared in less than 30 minutes
- ♥ Very nutritious and delicious.
- ♥ Healthy and nutritious snack
- ♥ With cocoa flavor

### Nutritional value table

|              |     |      |
|--------------|-----|------|
| Carbohydrate | 70  | gr   |
| Protein      | 11  | gr   |
| MUF          | 5   | gr   |
| Fiber        | 11  | gr   |
| Calorie      | 874 | kcal |





## Quinoa Ash

Delicious and nutritious

- ♥ Delicious and nutritious
- ♥ Ready to cook and contains special vegetables and spices
- ♥ A nutritious blend of quinoa, lentils, lentil, chickpeas, oat bran, and rice

### Nutritional value table

|                           |      |    |
|---------------------------|------|----|
| Quinoa Ash(100 gr) Energy | 150  | kg |
| Carbohydrate              | 33.4 | gr |
| Protein                   | 8.6  | gr |
| MFU                       | 2.3  | gr |
| Fiber                     | 4.4  | gr |





## Oatmeal

Suitable for breakfast and snacks

- ♥ Rich in fiber and protein
- ♥ Dietetic and appetite suppressant
- ♥ Can be soaked in fruit moisture, milk or liquids in 15 minutes
- ♥ Lowering cholesterol and controlling diabetes
- ♥ Can be used in all kinds of food, cookies and snacks

### Nutritional value table

|              |      |      |
|--------------|------|------|
| Carbohydrate | 66.3 | gr   |
| Protein      | 16.9 | gr   |
| MFU          | 6.9  | gr   |
| Fiber        | 10.6 | gr   |
| Calorie      | 386  | kcal |



# HAYVA

جو دوسر پرک فوری

Oat Meal

مناسب میان وعده و صبحانه

سویجی خوش جان





## Mamra Almond

Suitable for breakfast and snacks

- ♥ Rich in calcium, fiber, and protein
- ♥ Controls blood sugar and blood pressure
- ♥ High in unsaturated fat
- ♥ Powerful antioxidant and anti-cancer
- ♥ Strengthens skin and hair

### Nutritional value table

|                       |        |         |
|-----------------------|--------|---------|
| Mamra Almond(100 gr ) | Energy | 609 kgr |
| Carbohydrate          | 3.4    | gr      |
| Protein               | 18     | gr      |
| MFU                   | 18     | gr      |
| Fiber                 | 13     | gr      |
| Sodium                | 1.5    | gr      |
| Calcium               | 264    | mgr     |





## Almond Flour

Suitable for baking cakes, pancakes and...

- ♥ Rich in calcium, fiber, and protein
- ♥ Controls blood sugar and blood pressure
- ♥ High in unsaturated fat
- ♥ Powerful antioxidant and anti-cancer
- ♥ Strengthens skin and hair

### Nutritional value table

|                        |              |         |
|------------------------|--------------|---------|
| Almond Flour (100 gr ) | Energy       | 609 kgr |
|                        | Protein      | 34 gr   |
|                        | Fiber        | 8.12 gr |
|                        | MFU          | 11.2 gr |
|                        | Sodium       | 1.5 gr  |
|                        | Calcium      | 264 mgr |
|                        | Carbohydrate | 3.4 gr  |





HAUYVA

*Bite into Good Health!*



HAUYVA

