



terra greens
organic

WHOLESOME.
HEALTHY.
ORGANIC.



PRODUCT CATALOGUE

ABOUT US

Over the last few years, the organic movement has seen a constant upswing in its production and consumption. Organic foods are products that have been grown and farmed without any chemical intervention, retaining their natural nutritional value. Its all-natural process and ingredients make these foods healthier for you and the world has come to acknowledge its positive impact on our lifestyle.

Terra Greens Organic is one such all-natural, organic foods company that is conceptualised on the lines of purity, quality and trust. Backed by local and global certifications, it maintains a reputable credibility of producing high-quality organic goods.



10,000+
FARMERS

100+
PRODUCTS

5
STATES

30
CITIES



THE ORGANIC ADVANTAGE

Organic foods are essentially products which have been grown or farmed without the use of any artificial chemicals or fertilisers. Having an all-natural process makes the food healthier since it retains its nutrients.



All-natural fertilisers & chemical-free pesticides



Rich in vitamins, minerals & antioxidants



No chemical additives, artificial hormones or antibiotics



No degradation of soil



Usage of indigenous seeds



Slows down the impact of Global Warming & Climate Change

Procurement/Production



Storage



Cocoon Treatment



Cleaning/Grading



Packaging



Distribution



Placement
in all Partner Stores

SWEETENERS

Sweeten your dishes and drinks with all-natural, organic sweeteners that provide an array of nutritional benefits.



JAGGERY

A block of healthy sugar, Jaggery can replace every day refined sugar in drinks and food.

RICH IN IRON | PURIFIED BLOOD | AIDS DIGESTION



JAGGERY POWDER

Jaggery Powder is the healthier alternative to processed sugar. It is naturally sweetened and has a longer shelf life.

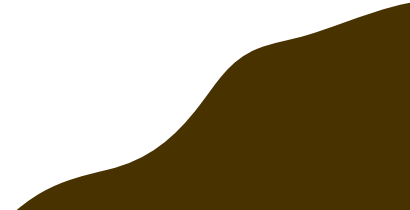
RICH IN ANTIOXIDANTS | CONTAINS MINERALS SUCH AS ZINC & SELENIUM



SUGAR

Widely used as a flavour enhancer, Sugar can also be used to create better food texture.

**RICH IN IRON, MAGNESIUM AND CHOLINE
HIGH IN VITAMIN B | GREAT SOURCE OF POTASSIUM**





BROWN SUGAR



The healthier alternative to refined sugar, Brown Sugar contains Molasses which provides Vitamins and Minerals

**RICH IN IRON | MAGNESIUM AND CHOLINE
HIGH IN VITAMIN B**

HERBAL HONEY

Highly nutritious, Herbal Honey helps lower Blood Pressure and adds a sweet finishing touch to your food and beverages.

**RICH IN ANTIOXIDANTS | IMPROVES CHOLESTEROL LEVELS
RECOMMENDED FOR DIABETICS**



FOREST HONEY



Sourced from the forest, this bottle of honey is all-natural, unadulterated and brimming with nature's goodness.

**BOOSTS IMMUNITY | PREVENTS ACID REFLUX
HELPS COMBAT INFECTIONS**



COLD PRESSED OILS



Brimming with benefits, Cold Pressed Oils undergoes natural procedures without any heat or chemical intervention to extract the oil from the nut. This helps retain the oil's natural flavour, aroma and nutritional value.



TERRA GREENS COLD PRESSED ORGANIC COCONUT OIL

Coconut oil is not only used for nourishing the skin and hair but also in cooking.

**PROMOTES HEALTHY HEART | RICH IN VITAMIN E
IMPROVES HAIR QUALITY**



TERRA GREENS COLD PRESSED ORGANIC GROUNDNUT OIL

A great source of Unsaturated Fats, it helps maintain Blood Pressure and promotes a healthy heart function.

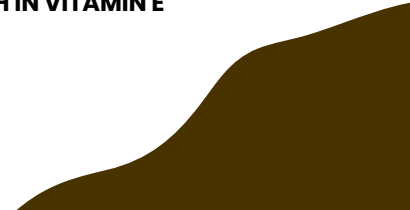
RICH IN ANTIOXIDANTS | RICH IN VITAMIN E



TERRA GREENS COLD PRESSED ORGANIC SUNFLOWER OIL

Beneficial for your skin and even more so for your overall health, this helps build immunity and lowers Cholesterol.

**PROMOTES HEALTHY HEART | RICH IN VITAMIN E
IMPROVES HAIR QUALITY**





TERRA GREENS COLD PRESSED ORGANIC SAFFLOWER OIL

The Unsaturated Fatty Acids found here helps improve Blood Sugar Levels and promotes healthy heart function.

RICH IN VITAMIN E | PROMOTES HAIR GROWTH

TERRA GREENS COLD PRESSED ORGANIC MUSTARD OIL

Known to help manage Blood Sugar Levels, it also helps reduce cases of inflammation.

**PROMOTES HEALTHY HEART | RICH IN ANTIOXIDANTS
PROMOTES HAIR GROWTH**

TERRA GREENS COLD PRESSED ORGANIC SOYBEAN OIL

High in Omega-3 Fatty Acids, this helps improve and maintain overall bone and skin health.

RICH IN VITAMIN E | RICH IN VITAMIN K





TERRA GREENS COLD PRESSED ORGANIC CORN OIL

The presence of Phytosterols helps block your body's absorption of bad Cholesterol.

**RICH IN VITAMIN E | LOWERS CHOLESTEROL | MAINTAINS
HEART HEALTH**

TERRA GREENS COLD PRESSED ORGANIC OLIVE OIL

Packed with healthy Fats, it helps fight inflammation, maintains heart health and Blood Sugar Levels.

**CONTAINS ANTIOXIDANTS | RICH IN VITAMIN E
RICH IN VITAMIN K**

TERRA GREENS COLD PRESSED ORGANIC FLAXSEED OIL

High in Omega-3 Fatty Acids, this helps improve overall skin health and treats digestive problems.

**RICH IN PROTEIN | RICH IN FIBRE
REDUCES INFLAMMATION**



SUPER FOODS



Super Foods, as the name suggests, are a variety of fruits, vegetables and staples that are filled with super nutritional benefits.



BLACK CHIA

They may seem small, but they're packed with important nutrients. They're an excellent source of Omega-3 Fatty Acids that help control your Cholesterol.

RICH IN ANTIOXIDANTS | HIGH IN FIBRE
GREAT SOURCE OF IRON



WHEAT GRASS POWDER

Consumed as juice and as powder, Wheatgrass has several nutritional benefits.

AIDS DIGESTION | IMPROVES IMMUNITY
PROMOTES DENTAL HEALTH



MORINGA LEAF POWDER

Moringa, also known as the Drumstick Tree, when crushed into a powder gives you a whole range of natural benefits that are good for your body.

RICH IN ANTIOXIDANTS
LOWERS BLOOD SUGAR LEVELS
REDUCES INFLAMMATION





BLACK QUINOA

Black Quinoa has an earthier flavour and tends to taste sweeter than its counterparts. They still retain the same nutritional benefits found in Quinoa.

HIGH IN FIBRE | GLUTEN-FREE | CONTROLS BLOOD SUGAR

SMALL QUINOA

Nutrient-rich with a lot of health benefits, Small Quinoa is the perfect complement to a healthy diet.

**CONTROLS BLOOD SUGAR LEVELS | HIGH IN FIBRE
GLUTEN-FREE**

BOLD QUINOA

Gluten-free and good for your gut, Bold Quinoa is the healthier cousin of normal White Rice.

RICH IN PROTEIN | HIGH IN FIBRE | PACKED WITH MINERALS

RED QUINOA

Vibrant in colour, chewy in texture and topped with a nutty flavour, Red Quinoa is just as nutritious as other Quinoa, if not, better!

RICH IN ANTIBIOTICS | GLUTEN-FREE | HIGH IN FIBRE





WHITE CHIA

They may be small, but they pack thrice the punch in terms of nutritional goodness for one's overall health.

RICH IN ANTIOXIDANTS | HIGH IN FIBRE
GREAT SOURCE OF IRON

MORINGA POWDER

A truly nutritious powder, Moringa Powder helps improve and prevent several ailments such as high Cholesterol.

RICH IN ANTIOXIDANTS | LOWERS BLOOD SUGAR LEVELS
REDUCES INFLAMMATION

FLAX POWDER

Flax Powder retains the same benefits as seeds that aid in improving one's wellbeing.

RICH IN ANTIOXIDANTS | REDUCES CHOLESTEROL
GREAT SOURCE OF OMEGA-3 FATTY ACIDS

SUNFLOWER SEEDS

Great for detoxification, Sunflower Seeds aid in weight loss and fuels you up with energy.

RICH IN ANTIOXIDANTS | BOOSTS HEART HEALTH
CONTAINS VITAMIN E





WATERMELON SEEDS

Nutrient-dense and ready for consumption, Watermelon Seeds are a rich source of various Vitamins and Minerals.

RICH IN OMEGA-3 & 6 FATTY ACIDS
GREAT SOURCE OF MAGNESIUM, ZINC & COPPER
HIGH IN PROTEIN

FLAX SEEDS

Filled with the "good kind" of fat, Flax Seeds help improve your digestive system thanks to its high Fibre content.

RICH IN ANTIOXIDANTS | REDUCES CHOLESTEROL
GREAT SOURCE OF OMEGA-3 FATTY ACIDS

PUMPKIN SEEDS

Good for maintaining heart health, Pumpkin Seeds are rich in Antioxidants, Vitamins and Minerals.

RICH IN ANTIOXIDANTS
GREAT SOURCE OF ZINC & MAGNESIUM
HIGH FIBRE CONTENT



RICE



An excellent source of healthy nutrients such as Fibre, Phytochemicals, and essential minerals, organic Rice promotes good digestion and healthy weight management.

SM BROWN RICE



Brown Rice's health benefits are partially due to the way it is prepared, which promotes the benefits of healthy eating. They are rich in minerals such as Manganese and Selenium.

**RICH IN FIBRE | IMPROVES REPRODUCTIVE HEALTH
AIDS IN WEIGHT LOSS**



SM HAND POUNDED RICE

Hand Pounded Rice is processed using hand techniques which helps retain the natural wholeness of the grain and has more nutritional content compared to machine-made rice.

**RICH IN FIBRE & CALCIUM | IMPROVES REPRODUCTIVE HEALTH
AIDS IN WEIGHT LOSS**

SM WHITE RICE

Found in almost every Indian household, White Rice is known for its aroma and unique taste quality, White Rice has a low to medium glycemic index, firmer texture, nutty flavour.

**RICH IN FIBRE | AIDS WITH DIGESTIVE ISSUES
RICH IN VITAMINS**





BLACK RICE

A great source of food for vegetarians, Black Rice is loaded with Antioxidants, Vitamin E and natural Iron.

**RICH IN FIBRE | CONTROLS BLOOD SUGAR LEVELS
AIDS HEART PROBLEMS**



BASMATI BROWN RICE

High in Phytochemicals, Vitamins and Fibre, Basmati Brown Rice is a much healthier alternative to its white counterpart.

**RICH IN VITAMIN B & E
HIGH SOURCE OF MAGNESIUM, IRON AND POTASSIUM
HELPS MAINTAIN BODY WEIGHT**



PONNI RICE

Ponni rice has enormous health benefits especially for diabetics and high blood sugar patients thanks to its low glycemic index.

HIGH FIBRE | GLUTEN-FREE | LOWERS CHOLESTEROL



BASMATI WHITE RICE

Known for its aroma and unique taste quality, Basmati White Rice suits Biryani and Pulao and is great for Indian & Middle Eastern dishes. Basmati has a low to medium glycemic index, firmer texture, nutty flavour.

**HIGH FIBRE | LOWERS CHOLESTEROL
MAINTAINS BLOOD SUGAR LEVELS**





RED POHA

A popular Indian breakfast food, Red Poha is light, fluffy but heavy with nutritional benefits.

CONTROLS BLOOD SUGAR LEVELS
A GOOD PROBIOTIC
EASY TO DIGEST



WHITE POHA

An Indian staple that is brimming with nutritional benefits, White Poha is normally served as a breakfast food to power you through the day.

RICH IN IRON | RICH IN FIBRE | AIDS DIGESTION

GOBINDOBHOG RICE

Flavourful and aromatic, this rice is often served plain and steamed as an accompaniment with Bengali curries.

LOW IN GLUTEN, FAT AND CHOLESTEROL
FREE FROM ANY KIND OF POLISHING | RICH IN FIBRE

CHITTIMUTHYALU RICE

A very small-grained rice that is rich in aroma and taste with a relatively low glycemic index.

RICH IN FIBRE | GLUTEN-FREE
MAINTAINS BLOOD SUGAR LEVELS





JOHA RICE

Special aromatic rice found in North East India, Joha Rice helps neutralise free radicals and fight against ageing and many diseases.

HIGH STARCH CONTENT | RICH IN CARBOHYDRATE
CONTAINS ESSENTIAL AMINO ACIDS

RED RICE

Red Rice helps in the production of RBC (Red Blood Corpuscles) in our body, which is considered as an essential element for good skin health.

RICH IN IRON AND VITAMINS
GREAT SOURCE OF ANTIOXIDANTS
PREVENTS PREMATURE AGEING

HIMALAYAN RED RICE

Himalayan Red Rice is minimally processed, retaining the high whole-grain health benefits, but with a beautiful red pigment and unique flavour profile.

HIGH IN FIBRE | HELPS REDUCE CHOLESTEROL
RICH IN VITAMINS & MINERALS

WILD RICE

Chewier, tastier and brimming with nutritional benefits, Wild Rice has higher Protein than regular Rice.

RICH IN ANTIOXIDANTS | IMPROVES HEART HEALTH
LOWER RISK OF TYPE 2 DIABETES



MILLETS



Millets are an excellent choice to replace your regular staples. Sown and grown without any chemical intervention, they are also Gluten-free and contains high amounts of Protein, Fibre, and Antioxidant contents.



BARNYARD MILLET

A millet found in almost every Indian household, they are Gluten-free and a healthier alternative to rice.

LOW CALORIES | RICH IN FIBRE
GREAT SOURCE OF IRON

FOXTAIL MILLET



Foxtail millets are the powerhouse of energy. They are packed with Calories and are an easy substitute to staples such as Rice.

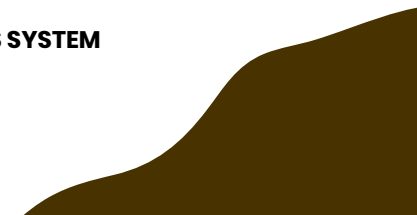
RICH IN VITAMIN B12 | RICH IN NATURAL IRON
MAINTAINS HEALTHY HEART



KODO MILLET

This grain contains a very high amount of Fibre content and Protein that aids in a person's overall wellbeing

CONTROLS BLOOD SUGAR LEVELS
TREATS INFLAMMATION
HELPS STRENGTHEN THE NERVOUS SYSTEM





LITTLE MILLET

A traditional crop grown across India, they contain several nutritional benefits for a healthy life.

**DETOXIFIES THE BODY | RICH IN MAGNESIUM
RICH IN VITAMIN B3**



QUINOA MILLETS

Quinoa Millets are nutrient rich and have significant health benefits.

**RICH IN DIETARY FIBRE
GREAT SOURCE OF PROTEINS
HELPS LOWER BLOOD SUGAR LEVELS**

FINGER MILLET (RAGGI)

Substituting your staples with Ragi will give you the same, if not more, health benefits.

**AIDS IN WEIGHT LOSS | RICH IN CALCIUM
RICH SOURCE OF FIBRE**

PEARL MILLET (BAJRA)

Pearl Millet or Bajra help reduce Cholesterol and lowers blood pressure, reducing the risk of heart ailments.

**RICH IN FIBRE | MAINTAINS GLUCOSE LEVELS
AIDS IN WEIGHT LOSS**





PROSO MILLET

They are Gluten-free and have significant amounts of Carbohydrates and Fatty Acids. They also contain essential Vitamins and Minerals.

HELPS STRENGTHEN THE NERVOUS SYSTEM
RICH IN CALCIUM
GREAT SOURCE OF PHOSPHOROUS

FINGER MILLET

A traditional crop grown across India, they contain several nutritional benefits for a healthy life.

DETOXIFIES THE BODY | RICH IN MAGNESIUM
RICH IN VITAMIN B3

JOWAR (SORGHUM)

The healthy alternative to maida, Jowar is just as tasty and rich in Fibre and nutritional benefits.

RICH SOURCE OF PROTEIN | AIDS IN WEIGHT LOSS
GLUTEN-FREE



FLOURS/ATTA



Protein, Vitamins, Fibre and complex Carbohydrates.
It is also low in Fat and Cholesterol. When mixed with water,
you can make several dishes such as Rot and Chapati.



WHOLE WHEAT ATTA

Whole Wheat Atta is derived from organic wheat kernels,
providing a sweet and nutty flavour.

AIDS IN WEIGHT LOSS & STABILISING METABOLISM
REDUCES THE RISK OF TYPE 2 DIABETES
PROMOTES WOMEN'S HEALTH & GASTROINTESTINAL HEALTH

BESAN

Also known as Chickpea Powder, Besan is rich in Fibre and
nutrients that can be used to make delicious snacks such
as pakodas.

AIDS IN WEIGHT LOSS | GOOD FOR YOUR HEART



JOWAR FLOUR

The healthy alternative to maida, Jowar is just as tasty
and rich in Fibre and nutritional benefits.

RICH SOURCE OF PROTEIN | AIDS IN WEIGHT LOSS
GLUTEN-FREE





RICE FLOUR

Thanks to its large quantity of Fibre and Minerals such as Zinc and Calcium, Rice Flour is just as good as, if not better than, Brown Rice.

**RICH IN PROTEIN | GOOD SOURCE OF VITAMINS
GREAT FOR SKIN**



JOWAR

The healthy alternative to maida, Jowar is just as tasty and rich in Fibre and nutritional benefits.

**RICH SOURCE OF PROTEIN
AIDS IN WEIGHT LOSS
GLUTEN-FREE**



RAGI

Ragi is also a rich source of Fibre that provides several health benefits such as lowering Cholesterol levels.

**AIDS IN WEIGHT LOSS | PERFECT FOR DIABETICS
COOLS THE BODY**



WHOLE WHEAT FLOUR

Whole Wheat Flour is a healthier alternative to Wheat Flour as it hasn't been stripped of the nutrients and Fibre that's naturally found in wheat.

**RICH IN FIBRE | CONTAINS LOW GI
PROMOTES HEART HEALTH**





MAIDA FLOUR

Maida is most commonly used in baking breads, cookies, pastries and cakes. In India, it is used to make traditional Indian pan-based breads like Naans.

RICH IN FIBRE
GREAT SOURCE OF IRON & MAGNESIUM



SUJI RAVA FLOUR

Used to prepare many Indian sweet dishes, Suji Rava Flour also benefits weight management, heart health, and digestive system.

CONTAINS HIGH LEVELS OF VITAMIN B
RICH IN PROTEIN
GREAT SOURCE OF FIBRE



RAGI WHOLE FLOUR

Known as the 'Wonder Grain of Weight loss', Ragi Whole Flour is considered as the best aid for people suffering from Diabetes.

HIGH IN PROTEIN
PROMOTES HAIR GROWTH
RICH IN CALCIUM



WHEAT DHALIYA FLOUR

Also known as 'Broken Wheat', Wheat Dhaliya Flour is the healthier alternative to Wheat Flour.

LOW-FAT DIET
PROMOTES WEIGHT LOSS
RICH IN FIBRE





JOWAR RAVA

They are considered as one of most healthy grains in the world due to its Gluten-free property and the innumerable health benefits.

IMPROVES DIGESTION
IMPROVES HEART HEALTH
BOOSTS IMMUNITY

OAT FLOUR

Not only is Oat Flour an excellent source of Dietary Fibre, they also reduce Cholesterol levels in your body.

HIGH IN PROTEIN | RICH IN HEALTHY FATS
LOW IN CARBOHYDRATES

GLUTEN-FREE ATTA

Consuming Gluten-free Atta has many benefits other than just taste.

IMPROVES ENERGY LEVELS
PROMOTES HEALTHY WEIGHT GAIN
IMPROVES BONE HEALTH

LOW GI ATTA

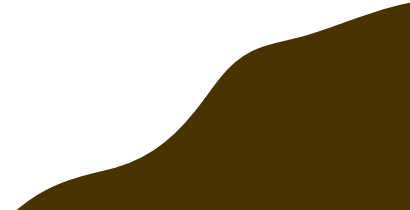
Low Glycaemic Index Atta aids your digestion system which in turn helps in weight loss management.

HIGH IN PROTEIN | RICH IN FIBRE | LOW GI

MULTIGRAIN ATTA

Multigrain Flour Atta is made with two or more grains and is more nutritious than consuming a single grain.

LOW GLYCAEMIC INDEX | GLUTEN-FREE
HELPS CONTROL DIABETES



SPICES



Natural spices not only add flavour to your dishes but they also provide a variety of health benefits to improve one's overall wellbeing.



CUMIN

Found in almost every Indian household, Cumin seeds add flavour and aroma to all dishes.

**RICH IN ANTIOXIDANTS | TREATS DIGESTIVE ISSUES
HELPS CONTROL BLOOD SUGAR LEVELS**

MUSTARD

Add a little spice in your life along with a variety of nutritional benefits to your everyday meals.

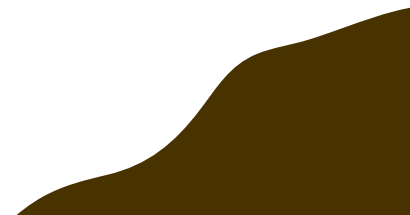
**SPEEDS UP METABOLISM | AIDS DIGESTION
LOWERS HIGH BLOOD PRESSURE**



FENUGREEK

Backed by science, Fenugreek Powder is known for lowering Blood Sugar and Cholesterol levels. They're a great addition to your dishes.

**BOOSTS TESTOSTERONE | LOWERS INFLAMMATION
AIDS IN WEIGHT LOSS**





CORIANDER WHOLE



It adds a touch of mint to your food and drinks and is packed with multiple health benefits.

RICH IN DIETARY FIBRE | CONTAINS CALCIUM & POTASSIUM
GREAT SOURCE OF VITAMIN C, K AND PROTEIN

CORIANDER POWDER



Known for its minty and refreshing flavour, Coriander Powder is brimming with health benefits.

RICH IN DIETARY FIBRE | CONTAINS CALCIUM & POTASSIUM
GREAT SOURCE OF VITAMIN C, K AND PROTEIN

TURMERIC POWDER



An ingredient in every household, Turmeric Powder is known for its medicinal use as well as its taste and aroma.

CONTAINS NATURAL ANTI-INFLAMMATORY PROPERTIES
RICH IN ANTIOXIDANTS
MAINTAINS HEART HEALTH

RED CHILLY WHOLE



Red Chilly Whole is free from unwanted impurities, giving you the rich aroma and taste in the dishes you make.

SOURCE OF VITAMIN C
RICH IN ANTIOXIDANTS
SUPPORTS THE IMMUNE SYSTEM





TAMARIND PASTE

A tropical fruit brimming with health benefits, Tamarind Paste is both tasty and easy to consume.

HAS ANTI-INFLAMMATORY PROPERTIES
CONTAINS ANTIOXIDANTS
LOWERS BLOOD SUGAR LEVELS



CLOVES

Brimming with nutrients, Cloves can be used in drinks, food or chewed on raw!

RICH IN ANTIOXIDANTS
CONTAINS ANTIBACTERIAL PROPERTIES
IMPROVES LIVER HEALTH



BLACK PEPPER WHOLE

Add a little zest to your salads and wholesome meals with Terra Greens Organic Black Pepper.

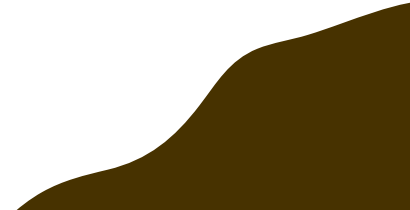
GOOD FOR DIGESTION | PREVENTS CONSTIPATION
TREATS SKIN PROBLEMS



RED CHILLY POWDER

A spice powder that will give you the kick your dish needs with the added bonus of various health benefits, Red Chilly Powder is found in almost every Indian household.

SOURCE OF VITAMIN C
RICH IN ANTIOXIDANTS
SUPPORTS THE IMMUNE SYSTEM





CINNAMON



High in medicinal properties, Cinnamon is used in a variety of dishes and beverages giving you that extra spice kick while nourishing your body.

LOWERS BLOOD SUGAR LEVELS
RICH IN ANTIOXIDANTS
CONTAINS ANTI-INFLAMMATORY PROPERTIES

DRY GINGER POWDER

Dry Ginger Powder helps store Fat and process Glucose in the blood which in turn helps facilitate weight loss and management.

LOWERS CHOLESTEROL | PREVENTS INDIGESTION
LOWERS BLOOD SUGAR LEVELS

ONION FLAKES

Dried, raw or in any other form, Onions will add the flavour, aroma and nutritional goodness your dishes and body needs.

MANAGES DIABETES | ALLEVIATES HEART PROBLEMS
PROMOTES BONE HEALTH

KALONJI

Kalonji, also known as Nigella Seeds, adds flavour and aroma to your food. It has several nutritional benefits as well.

FIGHTS ACNE
KEEPS A CHECK ON DIABETES
PROTECTS THE KIDNEY





CARDAMOM

Cardamom contains natural chemicals that are known to increase the movement of food through the intestine.

**LOWERS BLOOD PRESSURE | RICH IN ANTIOXIDANTS
HAS ANTI-INFLAMMATORY PROPERTIES**

DRY GINGER FLAKES

Dry Ginger Flakes have anti-inflammatory properties that help maintain gut health while stimulating digestion.

**LOWERS CHOLESTEROL | PREVENTS INDIGESTION
LOWERS BLOOD SUGAR LEVELS**

GINGER

Ginger has anti-inflammatory properties that help the stomach neutralise the digestive juices and further stimulates food digestion and absorption.

**LOWERS CHOLESTEROL | PREVENTS INDIGESTION
LOWERS BLOOD SUGAR LEVELS**

CELERY POWDER

Light, healthy and tasty, Celery Powder is the perfect complement to add to all your dishes.

**RICH IN ANTIOXIDANTS
REDUCES INFLAMMATION
RICH IN VITAMINS & MINERALS WITH A LOW GLYCEMIC
INDEX**





INDIAN BAY LEAF

No Indian dish is complete without the Indian Bay Leaf Spice. They contain enzymes that help breakdown Proteins and digest food faster.

RICH SOURCE OF VITAMIN A & C
GREAT SOURCE OF CALCIUM, POTASSIUM & MAGNESIUM
TREATS MIGRAINES

NUTMEG

Nutmeg is found to have health benefits, including its ability to relieve pain, soothe indigestion, strengthen cognitive function and detoxify the body.

RICH IN ANTIOXIDANTS
CONTAINS ANTI-INFLAMMATORY PROPERTIES
HAS ANTIBACTERIAL PROPERTIES

GARAM MASALA

This Indian spice mix is great for adding flavour and aroma to your food and drinks.

AIDS DIGESTION | BOOSTS METABOLISM
RICH IN ANTIOXIDANTS

MACE

Enhance the taste and aroma of your food with Mace. Packed with nutritional benefits, Mace is a highly recommended item to have at home.

PROTECTS KIDNEYS | REGULATES DIGESTION
BOOSTS BLOOD CIRCULATION





STAR ANISE

As the name suggests, this star-shaped plant has several beneficial properties to improve one's overall health.

RICH IN POWERFUL BIOACTIVE COMPOUNDS
OFFERS MEDICINAL BENEFITS
CONTAINS ANTIFUNGAL PROPERTIES

GINGER GARLIC PASTE

The perfect mixture for any dish, Ginger Garlic Paste is a must in every Indian household.

BOOSTS IMMUNITY
HAS ANTI-INFLAMMATORY PROPERTIES

CHILLY FLAKES

If it's too hot to handle, it's doing its job of providing you the nutrients you need.

STIMULATES METABOLISM | PREVENTS FAT STORAGE



BUTTERS



Delicious and easy to eat, Butter is best served with bread, Indian flat bread or even mixed in dishes to create aromatic food.

CASHEW BUTTER

Cashew Butter is one of the best sources of monounsaturated Fatty Acids and Amino Acids which are beneficial for one's health.

MAINTAINS BLOOD PRESSURE
MAINTAINS BLOOD SUGAR LEVELS
BOOSTS IMMUNE SYSTEM

ALMOND BUTTER

Rich in healthy monounsaturated Fats, they help keep in check several health ailments.

RICH IN VITAMIN E
GREAT SOURCE OF CALCIUM, MAGNESIUM & POTASSIUM
PACKED WITH HEALTHY FIBRES

PEANUT BUTTER

Make your sandwiches nuttier with nutrient-rich Peanut Butter spread!

RICH IN VITAMIN E
RICH IN ANTIOXIDANTS
BOOSTS IMMUNITY





NUT BUTTER

Nut Butters contain important nutrients that are essential to one's overall growth especially in the development stage.

RICH IN VITAMIN E
RICH IN ANTIOXIDANTS
BOOSTS IMMUNITY

HAZELNUT BUTTER

Hazelnut Butter, when used as a spread, shares the same nutritional qualities as normal Hazelnut.

RICH IN DIETARY FIBRE
AIDS IN WEIGHT LOSS
LOWERS CHOLESTEROL

SUNFLOWER BUTTER

Like Sunflower Seeds, Sunflower Butter contains Antioxidants that improve one's overall health and wellbeing.

PROMOTES HEALTHY HEART
RICH IN VITAMIN E
IMPROVES HAIR QUALITY



DALS



A dietary must found in every Indian household, Dals are rich in Protein, Fibre and low in Fat.



MOONG DAL WHOLE

These beans are dried, mature moong beans that have been skinned. They are rich in nutritional properties that benefits one's health and wellbeing.

RICH IN VITAMIN A, B, C AND E
CONTROLS BLOOD SUGAR LEVEL
PROMOTES HEALTHY HEART

MOONG DAL

Moong Dal can be served as an Indian staple for an extra boost of nutrition.

RICH IN ANTIOXIDANTS
MAY LOWER BAD CHOLESTEROL
RICH IN POTASSIUM, MAGNESIUM AND FIBRE



GREEN MOONG WHOLE

Green Moong Dal has several health benefits and is served as an Indian staple for an extra boost of nutrition.

RICH IN ANTIOXIDANTS
MAY LOWER BAD CHOLESTEROL
RICH IN POTASSIUM, MAGNESIUM AND FIBRE





MASOOR DAL



Masoor Dal is rich in natural minerals without any chemical intervention.

GOOD SOURCE OF FIBRE
HIGH LEVELS OF PROTEIN
RICH IN AMINO ACIDS

URAD DAL SPLIT



Urad Dal is a great source of nutrients and is used widely in Indian cooking.

RICH IN FIBRE
IMPROVES BONE HEALTH
STRENGTHENS THE NERVOUS SYSTEM

URAD DAL WHOLE WHITE



Great for improving digestion, they are also a delicious staple to complement your Rice dishes.

RICH IN FIBRE
IMPROVES BONE HEALTH
STRENGTHENS THE NERVOUS SYSTEM

KABULI CHANNA



Kabuli Channa is a common item found in many Indian households and eaten as a staple.

MAINTAINS BLOOD SUGAR LEVELS
HIGH IN FIBRE
RICH IN PROTEIN





CHANNA DAL



Channa Dal is sourced and grown locally and can be used in many Indian dishes and savouries. The Dal can be roasted then crushed into powder to create Besan.

HIGH FIBRE CONTENT
LOW GLYCAEMIC INDEX
GOOD FOR CONTROLLING DIABETES

RED RAJMA



Rajma is an excellent legume that helps in stabilising blood glucose levels as it is a good source of soluble Fibre and low on the glycaemic index.

PROMOTES A HEALTHY HEART
AIDS IN WEIGHT LOSS & MANAGEMENT
STRENGTHENS BONES



BROWN CHANNA

Consuming Brown Channa on a daily basis provides all the right nutrients your body needs.

REDUCES BAD CHOLESTEROL
CONTROLS BLOOD SUGAR LEVELS
RICH IN FIBRE

MOTH BEANS



The tiny cylindrical-shaped lentil is considered to be a rich source of Protein and is a staple in several vegetarian dishes in Maharashtra.

RICH IN ANTIOXIDANTS
LOWERS CHOLESTEROL LEVELS





SOYBEANS



Soybeans are members of the legume family of vegetables and have been a staple in Indian cuisines for many years. It contains high quality Proteins.

CHOLESTEROL-FREE
HIGH IN FIBRE
LACTOSE-FREE

BLACK URAD DAL

Also known as Black Lentil, Urad Dal is a great source of nutrients and is used widely in Indian cooking.

RICH IN FIBRE
IMPROVES BONE HEALTH
STRENGTHENS THE NERVOUS SYSTEM

URAD DAL WHITE SPLIT



Urad Dal White Split is widely used for preparing several South Indian vegetarian dishes including, Papad, Dosa, and Medu Vada. It is also a common ingredient in many Ayurvedic medicines.

RICH IN PROTEIN
GREAT SOURCE OF VITAMIN B
BENEFICIAL FOR PREGNANT WOMEN



HEALTHY BREAKFAST FOR INDIA



It goes without saying that the first meal of the day is the most important one. To help you get a head start on healthy living, we're bringing you a wide range of breakfast foods.

SONAMASURI WHITE RICE WITH MIX VEGETABLE KICHIDI

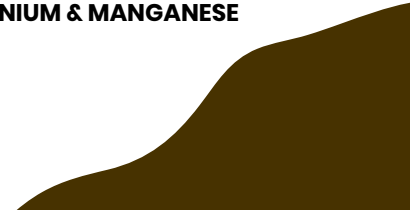
A wholesome healthy meal to give you all the nutrients you need to be energised throughout the day.

HIGH IN FIBRE
RICH IN CALCIUM & IRON

BASMATI BROWN RICE WITH MIX VEGETABLE KICHIDI

A mix of healthy vegetables in a bowl of Brown Rice is a healthy alternative that'll take a good toll on your health.

RICH IN FIBRE, CALCIUM, POTASSIUM, SELENIUM & MANGANESE
IMPROVES REPRODUCTIVE HEALTH
AIDS IN WEIGHT LOSS





FOXTAIL MILLET WITH MIX VEGETABLE KICHIDI

Foxtail Millets are the powerhouse of energy. They are packed with Calories and several other health benefits.

RICH IN VITAMIN B12

RICH IN NATURAL IRON

MAINTAINS HEALTHY HEART

WHEAT DALIYA WITH MIX VEGETABLE UPMA

Naturally full of nutrients and Fibre, Wheat Daliya with Upma is a deliciously wholesome breakfast food.

MAINTAINS HEART HEALTH

PROMOTES DIGESTION

REDUCES INFLAMMATION

SUJI RAVA WITH MIX VEGETABLE UPMA

Suji Rava, a Protein-rich breakfast food that'll give you the burst of energy you need for the rest of the day.

RICH IN VITAMIN B

GREAT SOURCE OF IRON





FOXTAIL MILLET WITH MIX VEGETABLE UPMA

Upma, a regularly eaten breakfast food in South India, is light, fluffy and Foxtail Millet Upma is packed with nutrients.

RICH IN VITAMIN B12
RICH IN NATURAL IRON
MAINTAINS HEALTHY HEART

JOWAR PASTA

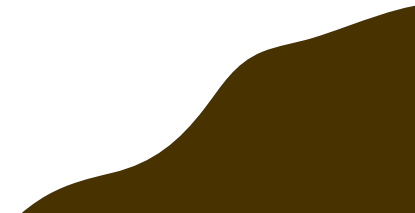
Jowar Pasta is a healthy alternative to maida Pasta. Jowar is just as tasty and rich in Fibre and nutritional benefits.

RICH SOURCE OF PROTEIN
AIDS IN WEIGHT LOSS
GLUTEN-FREE

JOWAR NOODLES

Jowar is an exceptionally good and healthier alternative to flour based foods as they are filled with nutritional health benefits.

RICH SOURCE OF PROTEIN
AIDS IN WEIGHT LOSS
GLUTEN-FREE





GLUTEN-FREE MUESLI

A mixture of various Gluten-free dried fruits and nuts, Muesli are rich in healthy nutrients that'll go great in a breakfast cereal.

RICH IN ANTIOXIDANTS
IMPROVES DIGESTION
STRENGTHENS THE NERVOUS SYSTEM

SOYA NOODLES

In place of unhealthy maida, consuming Soya Noodles aids in healthy digestion and is packed with several benefits.

HIGH IN FIBRE
PACKED WITH PROTEIN
LOW IN SATURATED FATS

POHA UPMA MIX

A great source of healthy Carbohydrates, Poha Upma is considered to be a good meal for those suffering from Diabetes.

EASY TO DIGEST
RICH IN IRON
LOW IN CALORIES

QUINOA UPMA MIX

This whole grain superfood provides a wide range of nutrients and Minerals, giving you the energy burst you need.

GLUTEN-FREE
HIGH IN PROTEIN
CONTAINS ESSENTIAL AMINO ACIDS



BEVERAGES

Nothing like a good old warm glass of drink to have with your snacks. Each with its own unique benefits, Beverages can add the freshness your body needs.



GREEN TEA

A herbal tea brimming with nutritional benefits, Green Tea is popular among many around the world.

RICH IN ANTIOXIDANTS
AIDS IN WEIGHT LOSS
IMPROVES BLOOD CIRCULATION

COFFEE

Dark or with milk, Coffee is the burst of energy for your mornings accompanied with a host of nutritional benefits.

CLEANSSES THE STOMACH
PREVENTS GOUT
CAN AID IN WEIGHT LOSS

ASSAM TEA

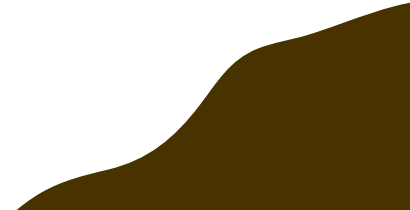
Great in taste from the hills of Assam, this tea is brimming with nutritional benefits.

RICH IN ANTIOXIDANTS
IMPROVES BLOOD CIRCULATION
BOOSTS IMMUNITY

FLAVOURED TEA

Tea as a whole is filled with nutritional benefits with the added bonus of coming in different flavours as well.

RICH IN ANTIOXIDANTS
AIDS IN WEIGHT LOSS
IMPROVES BLOOD CIRCULATION



GHEE



An all-natural additive to make your dish tastier, healthier and more aromatic, Ghee is found in almost every Indian household for this very purpose.

BILONA COW GHEE



Made from using the milk of grass-fed cows, a spoonful of Bilona Cow Ghee will provide you with a number of benefits.

HELPS IN DIGESTION AND ABSORPTION OF VITAMINS
HEALS THE INTESTINAL WALL
DETOXIFIES THE BODY

DESI BUFFALO GHEE

Pure and unadulterated, Desi Buffalo Ghee is made using milk from grass-fed buffalos which benefits one's overall wellbeing.

RICH IN ANTIOXIDANTS
AIDS IN DIGESTION
BOOSTS IMMUNITY



NUTS & SEEDS



Nuts and Seeds are good sources of Protein, healthy Fats, Fibre, Vitamins and Minerals. They provide protective effects against Heart disease and are beneficial for your health.

ALMONDS

Known in many Indian families to help promote brain activity, Almonds can be consumed in many different forms; raw, smoked, soaked, etc. They also foster a variety of health benefits that improves your overall wellbeing.

LOWERS BAD CHOLESTEROL
RICH IN VITAMIN E
PROMOTES HEALTH BONES



BUCKWHEAT

Due to its high mineral and antioxidant content, Buckwheat has become quite popular as a health food. It contains several health benefits that improves the wellbeing of those who consume it on a regular basis.

RICH IN FIBRE
GLUTEN-FREE
IMPROVES BLOOD SUGAR LEVELS

CASHEW

They are kidney-shaped beans often given as an exotic gift for consumption because of its various health properties.

PROMOTES WEIGHT LOSS
IMPROVES HEART HEALTH
RICH IN FIBRE





KISMIS



A quick and simple snack that can be eaten alone or added as a topping to any dish. Each Kismis, or Raisin, is brimming with natural benefits.

AIDS IN DIGESTION
PREVENTS ANAEMIA
LOWERS RISK OF HEART DISEASE

RAW PEANUTS



Raw Peanuts are known for its natural nutritional profile. They are an excellent source of Protein, Fibre and many key Vitamins and Minerals.

CONTAINS HEALTHY FATS
GOOD SOURCE OF DIETARY FIBRE
RICH SOURCE OF PLANT-BASED PROTEIN



WALNUTS

A tough nut to crack but one whose insides will reward you with a variety of nutritional benefits, Walnuts are a rich source of various Vitamins and Minerals.

RICH IN ANTIOXIDANTS
PROMOTES A HEALTHY GUT
DECREASES INFLAMMATION



WHITE SESAME SEEDS

Known as a winter food, White Sesame Seeds are known in Ayurveda for its natural ability to keep the body warm.

CONTAINS ANTI-AGEING PROPERTIES
PROMOTES HAIR GROWTH
BOOSTS SKIN HEALTH



SALT



A necessity in almost every dish that is made, Salts are equipped with Minerals that not only add to the taste but also benefits ones overall wellbeing.



HIMALAYAN PINK ROCK SALT (CRYSTAL)

Used in several dishes and beverages, Himalayan Pink Rock Salt Crystal is known for its nutritional properties that promotes a healthy life.

REDUCES MUSCLE CRAMPS
AIDS DIGESTION
RICH IN MANGANESE, COPPER & ZINC

HIMALAYAN PINK ROCK SALT

A delicious additive that gives your dish that extra aroma and taste, Himalayan Pink Rock Salt Powder is the healthier alternative to White Salt.

RICH IN MANGANESE, COPPER & ZINC
AIDS DIGESTION
IMPROVES LOW SODIUM LEVELS



SNACKS



Hunger pangs deserve to be rewarded with light, healthy Snacks. While some believe such binging can be unhealthy, there are some Snacks that are actually packed with health benefits.



PLAIN PAPAD

Crunchy and easy to cook, Plain Papad is eaten as an appetiser or as an accompaniment to Rice and Dal.

GLUTEN-FREE

RICH IN PROTEIN

GREAT SOURCE OF DIETARY FIBRE



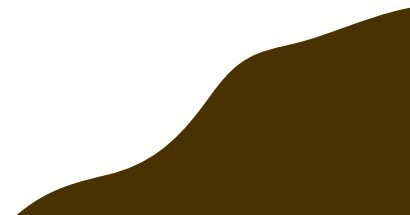
MASALA PAPAD

Light and easy to digest, Masala Papad gives you a nice kick of spices that are actually beneficial for your health.

GLUTEN-FREE

RICH IN PROTEIN

GREAT SOURCE OF DIETARY FIBRE



**YOU DON'T
JUST BUY
ORGANIC,
YOU CHOOSE
ORGANIC.**



terra greens
organic

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