



सत्यमेव जयते
Ministry of AYUSH
Government of India



RAV

FOOD PRODUCT

BROCHURE





Rashtriya Ayurveda Vidyapeeth (National Academy of Ayurveda) Ministry of Ayush, Govt. of India



Introduction: Ayurveda has acknowledged the significance of diet and nutrition in health and disease. The entire world is witnessing unprecedented growth in the Ayurveda Food sector. There is a rise in demand for easy-to-cook and ready-to-serve food. With aim to promote Ayurveda healthy food and to meet the growing preferences for traditional foods have led to an increase in more innovative ways to meet consumer demands, Rashtriya Ayurveda Vidyapeeth (RAV) is striving to encourage healthy snacking among the young population through its innovative range of Ayurveda food products.

The rapidly changing globalization has resulted in tremendous changes in eating habits and eating choices of people. The preparation of food & beverages incorporating indigenous ingredients in the recipes and food items that are found in most kitchens and food aisles has resulted in the emergence of a newer category of food. Owing to this, the Ministry of Ayush (MoA) and FSSAI regulations has come up with new regulations under the 'Ayurveda Aahara' category. In accordance to the regulation, RAV has come up with variety of Ayurveda based-food products.

A.N.I.E. BREAD

'Ayurvedic Nutritious Ingredients Enriched' Bread

“ANIE” bread which stands for ‘Ayurvedic Nutritious Ingredients Enriched’ Bread. ANIE bread is a tastier and healthier alternative to traditional Maida /Atta bread.

Key Ingredients:

1. Godhuma (Gehun/ Wheat)
2. Mudga (Moong Dal/ Green gram)
3. Ajamoda (Ajwain/ Carrom Seeds)
4. Jeeraka (Jeera/ Cumin Seeds)
5. Pumpkin Seeds (White Sitaphal)
6. Watermelon seeds (Tarbuja)
7. Muskmelon Seeds (Kharbuja)



Nutritional benefits of ingredients used

- Wheat provides nourishment, and strength, vital for life in nature as per Ayurveda classics.
- Moong dal is easy to digest, promotes physical strength and growth, good for eyes, and improves skin complexion.
- Pumpkin seeds relieve constipation, improve eyesight, exhibits anti-fungal and antiviral properties also.
- Watermelon seeds have cooling nature and are a rich source of unsaturated fatty acids. Musk melon seeds are antitussive, antipyretic, anthelmintic and also promote digestion.
- Ajwain (Carrom seeds) is digestive in nature, promotes appetite, and reduces bloating.
- Jeeraka (Cumin Seeds) acts as an appetizer, carminative, blood purifier, anti-spasmodic and anti -fungal.



A.N.I.E. BREAD

'Ayurvedic Nutritious Ingredients Enriched' Bread

Sr. No.	Test Parameter	Unit of Measurement	Results
1.	Energy	Kcal/100g	247.0
2.	Total Carbohydrates	g/100g	43.35
3.	Protein	g/100g	8.41
4.	Total Fat	g/100g	4.44
5.	Moisture	g/100g	42.09
6.	Total Ash	g/100g	1.71
7.	Saturated Fat	g/100g	2.35
8.	Monounsaturated Fat	g/100g	1.25
9.	Poly unsaturated Fat	g/100g	0.84
10.	Trans Fat	g/100g	BLQ(0.1)
11.	Cholesterol	mg/100g	BLQ(0.2)
12.	Sodium	mg/100g	355.0
13.	Calcium	mg/100g	364.67
14.	Total Sugar	g/100g	4.74
15.	Dietary Fibre	g/100g	5.83
16.	Iron	mg/kg	28.35



RASHTRIYA AYURVEDA VIDYAPEETH (NATIONAL ACADEMY OF AYURVEDA)

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