LEFT BACK PANEL | LEFT SIDE PANEL | FRONT PANEL | RIGHT SIDE PANEL | RIGHT BACK PANEL

5 | 40 | 10 | 35 | 10 | 90 | 10 | 35 | 10 | 30 | 5

8mm 4mm

8mm 4mm

17

5

153

29

20

23

CENTER SEAL

181

215

CENTER SEAL

Saffola FIT foodie™

Discover unbelievably delicious, healthy recipes created by our Expert Chefs at www.fitfoodie.in

HELPS REDUCE CHOLESTEROL²

The soluble fibre, beta glucan, in oats have been proven to help reduce bad cholesterol² from your body.

HELPS MANAGE WEIGHT¹

Oats are high in fibre and source of protein³, which keep you fuller for longer, control your hunger pangs and thereby help you manage your weight¹.

7 OTHER

MRP ₹ (incl. of all taxes):

Lot No.:

PKD.:

Net wt.: 200 g

BEST BEFORE 12 MONTHS FROM PACKAGING.

¹Research shows that diets rich in fibre help in weight management; oats are a high fibre wholegrain breakfast, and hence, a smarter option than refined cereals. Saffola® encourages you to exercise regularly, follow a healthy lifestyle and a diet low in saturated fat and cholesterol to keep your body fit. ²(Source USFDA) 3 g of soluble fibre daily from oats, in a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. ³As per Codex Alimentarius Commission Guidelines (CAC/GL 23-1997). Saffola® Oats: Rolled Oats

8 901088 071277

Saffola® OATS 100% Natural

SAFFOLA® OATS PORRIDGE

INGREDIENTS: 32 g (½ cup) Saffola® Oats, 250 ml (one large glass) milk, sugar.

RECIPE: Take the oats in a cooking pan and pour the milk into it. Add sugar to taste. Boil for 3-4 minutes on medium heat. Stir occasionally. Serve hot. To make it even more delicious, add some freshly cut fruits and almonds.

SAFFOLA® OATS UPMA

INGREDIENTS: 100 g (1½ cup) Saffola® Oats, 1 tbsp cooking oil, 1 chopped onion, 1 chopped tomato, 1-2 cut green chillies, 5-6 curry leaves, ½ tbsp jeera, ½ tsp black mustard seeds, 300 ml water, salt, sugar and lemon juice to taste.

RECIPE: Heat oil in a pan for 3-4 minutes. Add the jeera, mustard seeds and curry leaves followed by the onions. Sauté for 2-3 minutes. Add the chillies and tomatoes and cook further for 2-3 minutes. Add the oats and the water and mix well. Add the salt, sugar and lemon juice. Cook until the water has evaporated and the mixture is of semi-soft consistency. Remove from the stove, garnish with coriander and serve hot. Serves 2.

SAFFOLA® OATS BUTTERMILK

INGREDIENTS: 12 g (1 tbsp) Saffola® Oats, 100 g (½ cup) curd, 100 ml (¾ cup) water, ¼ tsp jeera powder, salt to taste.

RECIPE: Roast the oats and powder them. Add to it the curd, water, jeera powder and salt and mix well. Blend them well in a blender and pour it out into a glass. Garnish it with roasted jeera and coriander leaves.

For more interesting recipes from Saffola® Oats, log on to www.fitfoodie.in

Saffola® OATS™

100% Natural

The Smarter Way To Stay Fit¹

READY IN 3 MINUTES

Suggested garnishing

Creative Visualization

HELPS REDUCE CHOLESTEROL²

HELPS MANAGE WEIGHT¹

Saffola® OATS™ 100% Natural

- ✓ 100% Wholegrain
- ✓ High in Fibre³
- ✓ Source of Iron and source of Protein³

NUTRITIONAL INFORMATION

(Approximate values)

NUTRIENTS	Per 100 g	Per serve (32 g)
Energy (kcal)	386.0	124.0
Protein (g)	12.6	4.0
Carbohydrate (g)	66.8	21.4
of which total sugars (g)	0.5	0.2
of which added sugar (g)	0.0	0.0
Dietary Fibre (g)	10.4	3.3
Soluble dietary fibre (g)	4.3	1.4
Insoluble dietary fibre (g)	6.1	2.0
Fat (g)	5.3	1.7
Saturated fat (g)	1.6	0.5
Trans fat (g)	0.0	0.0
Cholesterol (mg)	0.0	0.0
Iron (mg)	3.7	1.2
Sodium (mg)	4.6	1.5
Magnesium (mg)	113.0	36.2
Zinc (mg)	2.6	0.8

PORRIDGE. RECOMMENDED TWO SERVINGS A DAY.

INGREDIENT: Rolled Oats

DIAL A DIETICIAN

For more information on how you can provide your family with wholesome nutrition and a balanced diet, call us on our toll-free number 1800 222 929 or visit us at www.saffolalife.com

Do not Consume if found Open or Damaged

STORAGE INSTRUCTIONS

Once opened
- Transfer the product into a clean, dry and air tight container.
- Always store in a cool, dry, hygienic place and away from strong odours.
- Prolonged storage and exposure to air may result in infestation.
- Consume within 20 days for best food experience.

Copying of label graphics is an offence.

For feedback, contact:
Marico Consumer Services
Cell, P.O. Box no. 9411,
Mumbai - 400 093, MH.
Call: 1800222248,
E-mail: csc@marico.com

fssai Lic. No. 10012022000258

What Are Oats?

Oat is a **cereal grain** like wheat or rice that is known for its **superior health benefits**. It has a unique **soluble fibre** called beta glucan making it one of the **healthiest cereal grains**.

The Smarter Way to Stay Fit¹

Saffola® Oats are made from **100% natural** wholegrain oats, which give you fantastic health benefits. Eating Saffola® Oats as part of your **daily routine** is both **delicious** and requires **minimal effort**. Saffola® Oats really are the smarter way to **stay fit**¹.

marico

Marketed by: Marico Ltd., 175, CST Road, Kalina, Mumbai - 400 098, MH, Lic. No. 10012022000258.

Manufactured & Packed by (See 8th letter of Lot No. and Address Panel below): (B) Ameya Foods, S.F. No.- 315, Angels Garden, Nagamanaicken Palayam, Pattanam (PO), Ondipudur (Via), Coimbatore - 641 016, TN. Lic. No.10012042000397. (C) Ameya Foods [Unit II], No. 344/1, Veidhiyer Thottam, Peedampalli, Peedampalli (Post), Coimbatore - 641 016, TN. Lic. No. 10013042000970. (E) Ameya Foods [Unit IV], No. 3/275, Kittampalayam, Annur Road, Karumathampatti, Coimbatore - 641 659, TN. Lic. No. 10015042002062. (G) Ankita Agro & Food Processing Pvt. Ltd., Plot No. F-40-41, EPIP, RIICO Industrial Area, Neemrana, District Alwar, Rajasthan - 301 705, Lic. No. 10014013000845. (K) Kayem Food Industries Pvt. Ltd. Plot No. 2244-2247, Food Park, HSIDC, Industrial Estate, Rai, Sonipat, Haryana - 131029. Lic No. 10016064000819. (D)Ameya Foods (Unit V), SF. No. 35/4, Kalangal Road, Kasigoundenpudur, Sulur, Coimbatore- 641402, TN. Lic No. 10021042000608.

Try other **exciting** flavours of **Saffola masala oats**

Creative representation only. Not an indicator of actual contents of the product.

10 | 50 | 45 | 50 | 50 | 45 | 40 | 20

28.5

155 | 155

310mm

38.624 mm

CYAN MAGENTA YELLOW BLACK

PANTONE 115 C PANTONE 186 C PANTONE 7622 C GOLD

Quotient

Job No.	QC-5107
Revision No.	----
Date	27-04-2021

marico

	Name/Sig.	Date
DRAWN		
UNITS : mm	SCALE : 1:1	

TITLE: Pouch KLD - 200g

Rev.: R0

PRODUCT FAMILY: Saffola Plain Oats

PROJECTION | SIZE: A2 | SHEET: 1