

*Go,
organic &
natural*



CONSCIOUS FOOD[®]

International Trade Guide



Introduction

Conscious Food has been the pioneer of the Indian organic and natural food world since 1990.

In maintaining an ethical stance, we source responsibly grown produce, promote indigenous varieties, follow sustainable practices wherever possible and advocate for women's participation in the workforce.

In essence we believe in doing well by doing good.



Why Organic?



Pesticide and Chemical Free

- Grown, processed and packaged without chemicals
- All natural, whole and unrefined, therefore more nutritious
- Free from chemical additives

Better for Your Health Better for Our Planet

- No chemicals used in soil or on plants, no build-up of chemicals in the human body or in our fields and rivers.

Eat Local, Eat Indian

- Seasonal food and local food is known to be better for human health
- Non-genetically modified varieties (non-GMO), only natural 'desi' produce

Conscious Food assures...



Display



International Presence



Product Range



Rice



Grains & Cereals



Millets



Pulses



Ghee & Oil



Salt & Spices



Sugar & Honey



Superfoods



Dry Fruits



Makhana



Ready-to-Cook



For Kids

Rice

Switch from conventionally processed and mass-produced white rice, to the nutritionally superior, fiber-rich unpolished rice.

Unpolished rice, be it any color, is the way rice was originally meant to be eaten. Polishing came into being only to let the rice last longer on the shelf. After rice is harvested, the grain is dried, the outer hull removed, and what's left — the brownish germ and the bran — constitutes brown rice.

Milling and polishing produces white rice. This refinement strips away vitamins, minerals, and fiber.



Whole grain



Lower Glycemic Index



Stay full for longer



High in fibre



Easy to digest





Brown Rice Indrani
500g | 1kg | 5kg



Brown Rice Sikander
500g | 1kg | 5kg



White Basmati Rice
500g | 1kg | 5kg

Grains & Cereals

Take a step further than your usual grocery stock. Pick up a pack from our eclectic range of pure, whole and split grains. From Whole Barley and Amaranth, to, Split Wheat Dalia - this is your one-stop-shop for healthy grains.

Whole grains are full of energy, easy to digest and will keep you fuller for longer. Eating whole grains, has been linked to protection against diabetes, insulin resistance and obesity. Studies recommend that at least 3 servings of whole grains should be eaten daily.



Whole grain



High in protein



Essential vitamins & minerals



High in fibre



Easy to digest



Lower Glycemic Index



Stay full for longer





Brown Rice Flakes
Desi Poha
500g



Amaranth Rajgira
500g | 1kg



Barley Jav
500g | 1kg

Millets

Millets are teeming in essential minerals like calcium, iron and magnesium, B vitamins and antioxidants.

They are Probiotic, gluten-free and alkaline, they are soothing to digest and great for weight management. Diabetics prefer millets to rice and wheat for their low glycemic index and impressive fiber content, which keeps blood sugar levels in check. Millets also have a reasonable amount of protein.

However, millets contain goitrogens and excessive consumption could lead to thyroid issues.



Whole grain



High in protein



Essential vitamins & minerals



High in fibre



Easy to digest



Lower Glycemic Index



Stay full for longer





Foxtail Millet
500g | 1kg



Millet Noodles
165g



Kodo Millet
500g | 1kg

Pulses

Pick up a pack of our pulses - the new global favorite - and meet your requirement of healthy plant based proteins - without the fat but loads of fiber.

Pulses absorb the flavor of spices and herbs, making them versatile ingredients to cook and delicious to eat. India's favorites – yellow moong dal - cooks quickly and is easy to digest.

When soaked for a long period of time, organic legumes, grains or pulses do not become soft or break easily and the skin only slightly shrinks. This is because organic grains are denser and fuller as there are no synthetic chemicals that tend to hollow out the grains. Organic food normally takes about double the amount of time to cook when compared to non-organic varieties.

In India, different crops have different peak conditions at which they grow and we do our level best to source each product from where it grows to its peak quality.

For instance, the best quality Bengal gram (desi chana) and chickpeas (kabuli chana) are grown in Gujarat whilst the best dals (tuvar, urad, mung) are grown in Vidharbha, Maharashtra.

Masoor dal is best grown in Karnataka and we try to ensure that our aggregators are giving us produce from these specific regions.



High in protein



High in fibre



Easy to digest



Diabetic friendly



Stay full for longer





**Bengal Gram
Desi Chana**
500g | 1kg | 2kg



**Chickpeas
Kabuli Chana**
500g | 1kg | 2kg



**Green Gram
Whole Mung**
500g | 1kg | 2kg



**Pigeon Pea
Tuar Dal**
500g | 1kg | 2kg



**Split Bengal Gram
Chana Dal**
500g | 1kg | 2kg



**Split Mung Bean
Green Mung Dal**
500g | 1kg | 2kg



Masoor Dal
500g | 1kg | 2g



Whole Masoor
500g | 1kg | 2kg



**Split Black Gram
Urad Dal**
500g | 1kg | 2kg



**Yellow Lentil
Yellow Mung Dal**
500g | 1kg | 2kg



**Kidney Beans
Rajma**
500g | 1kg | 2kg

Ghee (Clarified butter) & Oil

Incorporate high quality fats into your diet. The days of low fat diets are long gone. In the presence of fat, vitamin A, D, E and K, are absorbed by the body – thus our memory sharpens, hair becomes lustrous, skin glows and eyesight improves. Fat is essential for healthy & strong bones, and bodily functions improve with it.

All of our oils are cold pressed and our ghee comes from happy, healthy Gir Cows who graze freely through the day. Cold-pressing retains the natural anti-oxidant properties and eliminates the need to add stabilizing chemicals. It also enables the oils to retain their aroma, flavor and nutritional value which makes them great for both cooking as well as skin care.

It is known as the ghani technique, another time-honored tradition kept alive by Conscious Food, supporting village industries in India



Cold-pressed



**Pure &
unadulterated**



**Strong &
flavourful**





A2 Gir Cow Ghee
200g | 600ml



A2 Desi Cow Ghee
500ml | 1L



Organic Cow Ghee
500ml | 1L



Coconut Oil
250ml | 500ml | 1L



Virgin Coconut Oil
250ml | 500ml | 1L



Sesame Oil
500ml | 1L



Extra Virgin Olive Oil
250ml



Sunflower Oil
500ml | 1L | 5L



Groundnut Oil
500ml | 1L | 5L



Mustard Oil
500ml | 1L | 5L

Infused Oils

Our infused oils bring a burst of flavor to your cooking. Made from cold-pressed, organic oils and blended with natural herbs and spices, they are perfect for drizzling, marinating, or finishing a dish. Free from preservatives and additives, our infused oils are a pure and delicious way to elevate your meals with ease. Enjoy a gourmet touch in every drop!



Cold-pressed



**Pure &
unadulterated**



**Strong &
flavourful**





**Organic sunflower oil
blended with almond oil**
250ml | 500ml | 1L



**Organic sunflower oil
blended with saffron oil**
250ml | 500ml | 1L



**Organic sunflower oil
blended with flax oil**
250ml | 500ml | 1L



**Organic sunflower oil
blended with fenugreek oil**
250ml | 500ml | 1L



**Organic sunflower oil
blended with cumin oil**
250ml | 500ml | 1L



**Organic sunflower oil
blended with clove oil**
250ml | 500ml | 1L



**Organic sunflower oil
blended with chilli oil**
250ml | 500ml | 1L



**Organic sunflower oil
blended with cardamom oil**
250ml | 500ml | 1L

Salt & Spices

Get the most out of your healthy diet and commit to our pure, unadulterated and iron-pounded spices. Organic spices are superior to run-of-the-mill spices due to the fact that we do organic farming. Ultimately, they are derived from plants that have been cultivated without the use of pesticides, animal hormones and chemical fertilizers.

Next is the processing – Conventional spices are sterilized using irradiation and carcinogenic chemicals like ethylene oxide while organic spices are sterilized using safe methods like steaming, freezing and sun-drying.

Iron pounding ensures that spices are ground at a lower temperature thereby retaining the oils and flavors. This also means that you need a smaller quantity for seasoning compared to commercially-ground spices. None of our spices are bulked up with the addition of maida, wheat or anything else.

Our customers love our hing and turmeric. Try them and tell us what you think!



Iron-pounded



Pure & unadulterated



Strong aromatic flavour



No chemicals & additives





Black Pepper
100g



Coriander Seeds
Dhania
100g



Cumin Seeds
Jeera
100g | 200g



Black Pepper
Powder
100g



Coriander Powder
Dhania Powder
100g



Cumin Powder
Jeera Powder
100g



**Himalayan Rock Salt
Saindhav
500g**



**Asafoetida
Hing
10g**



**Turmeric Powder
Haldi
100g | 200g**



**Kashmiri Red Chilli Powder
100g | 200g**



**Red Chilli Powder
100g**



**Saffron
1g**



**Cinnamon
Dal Chini
50g**



**Clove
Lavang
50g**



**Cardamom
Elaichi
100g**



**Cinnamon Powder
Dal Chini Powder
50g**



**Indian Bay Leaf
Tej Patta
10g**



**Garcinia Indica
Kokum
200g**



**Tamarind
Imli
200g**



**Fenugreek Seeds
Methi Dana
100g**



**Mustard Seeds
Rai
100g**



**Aniseed
Saunf
100g**

Sugar & Honey

Why choose refined white sugar when we offer so many nutritious and healthy sweeteners? Refined white sugar is milled and processed to become completely devoid of real nutrition. Instead, choose from our natural sweeteners - raw sugar, golden sugar, pure honeys or jaggeries.

Raw Sugar does not undergo the chemical treatment that refined white sugar undergoes and retains its nutritive value. Most Indian households are familiar with sugarcane jaggery and jaggery powder which is used in many traditional dishes. Jaggery is a sweetener that has great nutritive and medicinal value.

Our palm jaggery is made from the sap of the date palm. Honey is known to be packed with the medicinal properties of the plants it is derived from and our honeys are all pure and unadulterated.



**Healthy
refined sugar
alternative**



**Pure &
unadulterated**



**Full of
antioxidants
& vitamins**



**Diabetic
friendly**



**Boosts
immunity**





Wild Forest Honey
200g | 500g



Himalayan Multiflora Honey
200g | 500g



Brown Sugar
500g



Jaggery Powder
500g | 1kg



Jaggery Cubes
500g



Sugarcane Jaggery
925g



Palm Jaggery
500g

Superfoods

Our superfoods range offers a selection of unique products. As with any natural, alternative therapy, use it as suited to your body.

A pinch of our after-meal digestive can be had after any meal. For products such as apple cider vinegar, it may be wise to start with controlled quantities or consult a nutritionist.

Our seeds are packed with essential antioxidants, protein, and healthy fats. These make for a delicious textural addition to your soups, salads, sandwiches, and even as snacks on the go!

Our apple cider vinegar (ACV) is organic and raw, retaining the 'mother' of the vinegar, which is made of enzymes, proteins, and beneficial bacteria. It can be diluted in water on an empty stomach or used as a dressing for salads. Apple cider vinegar helps in alkalizing and balancing the body's acidity levels. Thus, it improves digestion, metabolism and controls blood sugar levels. It is also known to be an appetite suppressant.



**Pure &
unadulterated**



Organic



Superfood



**Full of essential
nutrients**





Apple Cider Vinegar
500ml



**High Curcumin
Lakadong**
100g



After Meal Digestive
100g



Flax Seeds
200g



Chia Seeds
340g



Quinoa Seeds
340g

Dry Fruits

Dry fruits by Conscious Food are organic, natural, and enriched with the nutritional value of fresh fruits. They are sourced from local farmers from across the country who produce their foods in small batches to restore their original nutritional content.

Dry fruits make way for a great snack and can be used to satiate sugar cravings. They are a wholesome accompaniment to tea and can be a healthier alternative to packaged biscuits. While raisins are the most popular dry fruits, there are also others like cashews, walnuts and almonds for those who are looking for a savory snack.

A handful of dry fruits added to a lunch box can make the meal a great deal healthier and a whole lot tastier. Nuts contain fats that are essential for the health of our cells and the brain



**No chemicals
& additives**



Oil-free



Vegan



**Guilt-free
snacking**





Almonds
100g | 250g | 500g



Cashew
100g | 250g | 500g



Walnuts
250g | 500g



Raisins
250g | 500g

Makhana

Makhanas, also known as fox nuts, come from the lotus flower. They are harvested from the bottom of the lotus pond or river. They are collected, cleaned, dried and roasted in a pan at high flame. Then, beaten so that the black shells break and white puffs pop out.

They are a great source of magnesium for vegetarians and vegans. Since they are low in cholesterol, fat, and sodium they make way for a great snack for in-between meals. They have low calorie content and yet they're protein-rich - an extraordinary attribute few foods have. Lastly, they are gluten-free, vegan, and have a low glycemic index- making them an easy choice of food for people who are allergic to gluten, follow a plant-based diet, and/or are diabetic.

Our makhanas are clean label and free of emulsifiers or caking agents. They make snacking a non-guilty pleasure.



**Hand-made
in small batches**



**No chemicals
& additives**



Oil-free



Vegan



**Guilt-free
snacking**





Makhana - Peri Peri
65g



Makhana - Herbs & Cheese
65g



Makhana - Salt & Pepper
65g



Raw Makhana
50g

Ready to Cook



Conscious Food's ready to eat segment; Currygram aspires to make cooking a seamless process for young adults, homemakers, the elderly, and just anybody who is looking to whip up a quick yet healthy and delicious Indian affair. To ensure we spend less time cooking and more time eating,

Currygram is here with 6 delectable ready-to-cook gravies to curb your hunger pangs. The gravies are 100% preservative-free, vegan, natural and free from any colors or chemicals. Each Currygram paste is simmered with fresh vegetables and spices such as fresh tomatoes, garlic, and onion - so that your meals are wholesome, natural, and delicious.

Just snip a bag of Currygram paste, mix it with veggies/paneer/tofu/fish/meat, and devour your best home-cooked meal yet. With Currygram you can expect and experience a mélange of flavours that leave you contented and nourished.



**Hand-made
in small batches**



**No chemicals
& additives**



Oil-free



Vegan

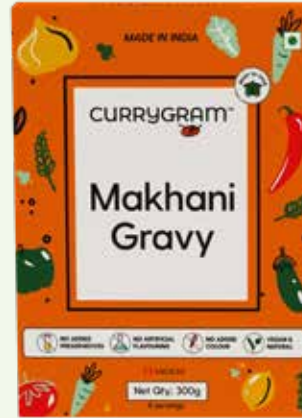


**Guilt-free
snacking**





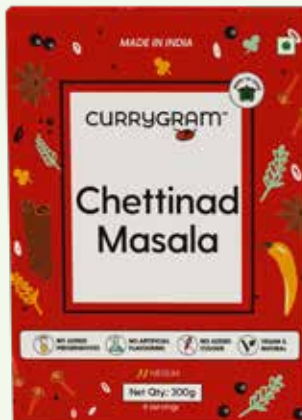
Bhuna Masala Gravy
300g



Makhani Gravy
300g



Biryani Paste
300g



Chettinad Masala
300g



Goan Fish Curry
300g



Udupi Sambar
300g

Heat & Eat Soups

Our ready-to-eat soups are a comforting blend of flavor and wellness. Made with the finest ingredients, they are free from chemicals and preservatives, ensuring every sip is as pure as it is delicious.

Choose from four delectable varieties—Mushroom Soup, Tomato Soup, Sweet Corn Soup, and Manchow Soup—each crafted to deliver wholesome goodness with the perfect balance of taste and nutrition.

A quick, clean, and hearty meal for every mood!



**Pure &
unadulterated**



**No
preservatives**



**Easy to
cook**



**Tasty &
flavourful**





Creamy Tomato Soup
300g



Sweet Corn Soup
300g



**Cream of
Mushroom Soup**
300g



Manchow Soup
300g

Conscious Food for Kids

At Conscious Food, we are dedicated to providing a nutritious and delicious range of superfoods for your little ones. Our products are made using wholesome whole grains, ensuring that your child's meal is free from any preservatives or added flavours, making sure your little superheroes always have a healthy treat on the table.

We understand that preparing traditional dishes like dosa and chilla can be time-consuming, especially when catering to last-minute cravings or quick snacks. That's why Conscious Food offers a range of natural food for children, making us your go-to destination for finding kids' food online in India.

For a ready-to-eat snack, we've got puffs made from wholesome whole grains, providing the right blend of nutrition and taste to your child's palate. With zero preservatives and additives, our puffs are the perfect snack for your little ones. With two delicious flavours, Salted Puffs and Cheesy Pops, these ready-to-eat snacks are made from sustainably sourced ingredients and are free from any harmful chemicals. They are perfect for on-the-go snacking or as an addition to your child's lunchbox, making your child go: "This snack is yummy in my tummy!"



**Pure &
unadulterated**



**No chemicals
& additives**



**Guilt-free
snacking**



**Full of
antioxidants
& vitamins**





Moong Dal Chilla
200g



Multigrain Dosa
200g



Super Oats Chilla
200g



Sprouted Ragi Powder
200g



Super Jaggery Powder
200g

*Time to get
Conscious*

The text is written in a brown, cursive font. The word "Time" is on the top line, "to get" is on the top line to the right of "Time", and "Conscious" is on the bottom line. There are two decorative leaf icons: one on the left side of the top line, partially overlapping the letter 'T', and one on the right side of the top line, partially overlapping the word "get".