

ALVA'S COLLEGE, MOODUBIDRI



DEPARTMENT OF FOOD SCIENCE AND NUTRITION

FLAX SEEDS BISCUITS 😊

**CRISPY
CRUNCHY
YUMMY
COOKIES**



Ingredients

Flax seed
Wheat flour
Jaggery
Cashew
Almond
Coco powder

NOW MAKE IT YOURS JUST AT 15/-

ALVA'S COLLEGE (AUTONOMOUS), MOODUBIDRI

DEPARTMENT OF PG STUDIES IN FOOD SCIENCE AND NUTRITION

RIBBON CHAKKULI

(BAKED AND NUTRITIOUS)



RS 10

Nutritive value

Energy	-68.25Kcal
Carbohydrates	-11.3g
Protein	-2.4g
Fat	-1.22g

**TASTY
CRUNCHY
MUNCHY**

NOW MAKE IT YOURS

**Department Of PG Studies In Food Science And
Nutrition**

SWEET POHA DELIGHT

("Simplicity meets sweetness!")



10/-

NUTRITIVE VALUE per CUP :-

Energy :260kcal

Carbohydrates:55g

Protein:8g

Fat:4 g



Department Of PG Studies of Food Science And Nutrition

ASH GOURD BUTTERMILK

15/-



Nutritive value of 1 cup (150 ml)

Energy	94kcal
Carbohydrates	5.7g
Protein	4.2g
Fat	3.5g



Department Of Pg Studies In Food Science And Nutrition

Ragi Proso laddu

"Wholesome Energy in Every Bite!"



Nutritive Value

1 laddu(30g)

- **Calories - 112kcal**
- **carbohydrate - 20g**
- **Protein - 2.9g**
- **Fat - 2.24g**

10/-





Department Of Pg Studies In Food Science And Nutrition

Black grape jafjeera

15/-



Nutritive value/serving

Energy:60kcal

Carbohydrates:30g

**DEPARTMENT OF FOOD SCIENCE AND
NUTRITION**

PANEER CORN CHAT

INGREDIENTS

CORN

PANEER

CUCUMBER

TOMATO

ONION



NUTRITIVE VALUE

(1 SERVING)

ENERGY- 19.3 KCAL

CHO-4G

PROTEIN-1.4G

FAT-1G

DEPARTMENT OF FOOD SCIENCE AND NUTRITION



BAJRA BISCUITS



INGREDIENTS

**WHEAT FLOUR
BAJRA
OATS
GREEN GRAM DAL
SESAME SEEDS
JAGGERY
BUTTER**

NUTRITIVE VALUE (1 SERVING)

**ENERGY – 77.5 KCAL
CHO. – 11.7 G
PROTEIN – 1.41 G
FAT. – 2.8 G**

- **Delicious protein rich snack**
- **No maida added**

15 RS



DEPARTMENT OF FOOD SCIENCE AND NUTRITION



MOONG OATS TIKKI

INGREDIENTS

Green gram
Oats
Potato
Onion

NUTRITIVE VALUE

Energy -90 kcal
CHO - 20g
Protein -7g
Fat - 2g

15 rs





DEPARTMENT OF FOOD SCIENCE AND NUTRITION



BEETROOT BURFI

INGREDIENTS

Beetroot
jaggery
Semolina
Ghee
milk

NUTRITIVE VALUE

Energy -89.86kcal
CHO - 14.1g
Protein 1.4g
Fat - 0.39 g



Guava milkshake

NUTRITIVE VALUE

Energy-621.46kcal

CHO-181.5g

Protein_41.6g

Fat-44g

Vit C-2143.2mg

INGREIENTS

Guava

Sugar

Milk

Mint Leaves

20/-



Department of PG Food Science and Nutrition

MULTIGRAIN NANKATAI BISCUIT

Rich in Fiber, Protein and Omega3
Diabetic Friendly!!!

Ingredients:

Wheat Flour
Ragi
Jowar
Besan
Jaggery
Ghee

Energy:	260Kcal
CHO:	44g
Protein:	7g
Fat:	6g
Fiber:	1g

₹15/-





ASH GOURD PAYASAM

- Ash gourd, milk, sugar, sabudana, sunflower seeds, Ghee, Cardamom powder

NUTRITIONAL FACT

Calories.....85Kcal
Carbohydrate...14g
Protien.....0.9g
Fat.....3g
Fiber.....0.9g
Omega-3....122mg

RS.
20

enriched with
goodness of
Omega-3 fatty acids



DEPARTMENT OF PG STUDIES IN
FOOD SCIENCE AND NUTRITION

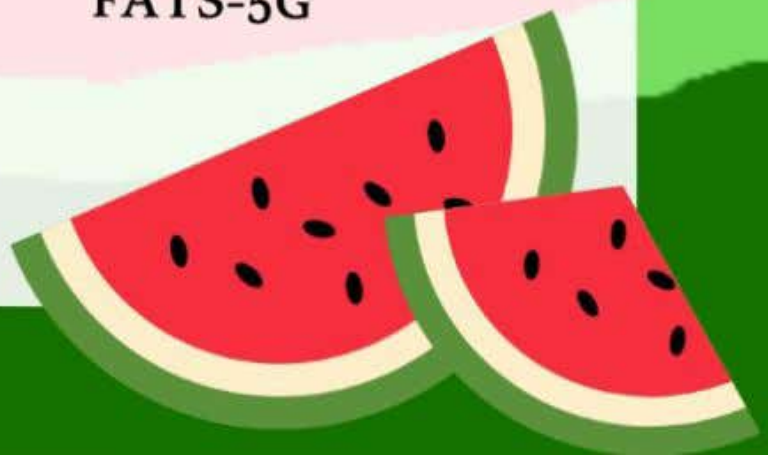
Watermelon mogu mogu



Rs. 20

NUTRITIVE VALUE

CARBOHYDRATES- 20G
PROTEIN- 8G
FATS-5G





Nutritive value/serving
Energy-17 kcal
Vitamin C-3 mg

**Tender coconut and
pineapple juice**

**DEPARTMENT OF FOOD SCIENCE
AND NUTRITION**



Beetroot Bliss Drink

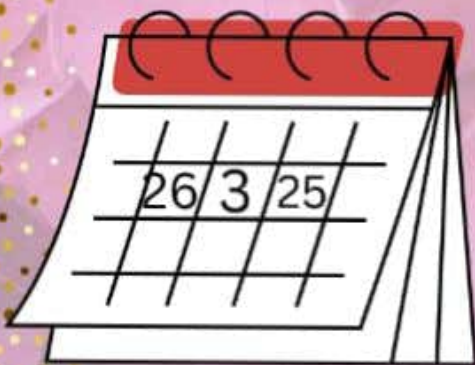
**Nutritive value of
150 ml**

Energy :-90 kcal

Carb:- 12g

Protein:-3g

Fat:-3.5g



15RS

Mango Sago

Beat the Heat with
a Chill Mango Sago
Treat!



INGREDIENTS :

Mango

Milk

Sago

NUTRITIVE VALUE

Energy - 83 Kcal
Carbohydrate - 19 g
vitamin C - 35 mg

RS:20/-

