



-  USA
-  Australia
-  Singapore
-  Malaysia
-  Canada
-  UAE
-  UK

Southern Health Foods (P) Ltd

HO : Khivraj Complex - 1, Third Floor,
No.477-482, Anna Salai, Chennai - 600 035.
Phone : 044-43504417
Mobile : 91 98848 66076
Email: info @mannafoods.in
Web: www.mannafoods.in



Manna

**We Believe in Enhancing People's life
through Nutritious Food and Beverages...**





100% Natural Nutrition

- ✓ No Added Sugar
- ✓ No Additives
- ✓ No Added Colour & Flavour

Available SKU: 250g / 500g / 1 kg (also available in lbs)

Manna
HEALTH MIX

100% Natural Nutrition

Manna Health Mix is a nutritional supplement provide a balanced and wholesome diet, especially for children, but can be consumed by people of all ages.

- Manna Health mix is made from a variety of natural ingredients, including cereals, pulses, and nuts. Common components include wheat, millet, ragi (finger millet), barley, green gram, black gram, and roasted Bengal gram.
- Rich in Dietary Fibre, proteins, vitamins, and minerals.
- Manna Health Mix is appreciated for its natural ingredients and balanced nutritional profile.



14 Natural Ingredients



WHY CHOOSE MANNA HEALTH MIX?



The Anytime HEALTH DRINK

OUR INGREDIENT PANEL IS A TESTAMENT TO QUALITY AND GOODNESS

100% NATURAL NUTRITION

SUGAR FREE PROMISE

Nutritional Information#			
Serve Size - 30 g (3 tbsp) ; Servings per pack - 33			
		Per 100g	% RDA per serve
Energy*	kcal	362	7.9
Protein*	g	10	18.9
Carbohydrates	g	76	
Total Sugars	g	2.1	
Added Sugars	g	0	0
Dietary Fibre	g	10	
Total Fat	g	4	
Saturated Fat	g	0.8	1.1
Trans Fat	g	0	0
Cholesterol	mg	0	
Calcium	mg	85	4.6
Iron*	mg	3.5	9.5
Sodium	mg	15	0

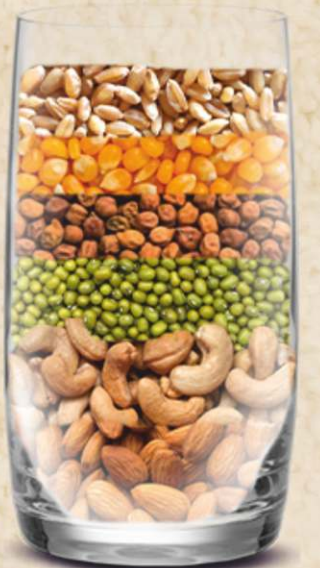
SPOT YOUR FAVOURITE HEALTH DRINK



OTHERS



Manna HEALTH MIX





Manna

Instant Health Mix⁺

Multigrain Breakfast Cereal Fruits & Vegetables



Rich in Calcium
Calcium helps in building strong bones and teeth



Available SKU: 200g

Rich in Protein
Proteins are building blocks of our body and also help to boost immunity



Rich in Iron:
Iron helps in formation of red blood cells, boosts stamina and helps fight anemia.



BANANA, DATES & HONEY



Real Nutrition

Real Vegetables

Real Fruits

Small (Minor) Millet: Kodo Millet (Kodra), Barnyard Millet (Sama), Browntop Millet (Hari Kagni), Little Millet (Kutki) Foxtail Millet (Kagni).

Timeline of the History of Millets in India:

- 2600 BC:** Cultivation of Little Millet started in 2600 BC
- 2300 BC:** Cultivation of Foxtail Millet started in 2300
- 2000-1700 BC:** Sorghum Cultivation started in 2000-1700 BC
- 1000 BC:** Cultivation of Ragi & Kodo Millet started in 1000 BC
- 500-1000 BC:** Cultivation of Bajra started in 500-1000 BC
- 1000 BC:** BC Cultivation of Ragi started in 1000 BC
- 16.90 & 16.45 Mn MT in 1960:** Production & Consumption of all Millets reported at 16.90 & 16.45 Mn MT in 1960
- 1964:** Marking of Green Revolution in India with rice & wheat as production focal point leading to declined focus on millets 1964
- 1970:** Per capita consumption was reported at nearly 29 kg per annum in 1970
- 2012:** Initiative for Nutritional Security through Intensive Millet Promotion (INSIMP) started in 2012
- 2013:** National Food Security (NFS) Act covers 'coarse grains' 2013
- 2017:** NITI Aayog - GoI released the National Nutrition Strategy for 'Nourishing India' and recommended that the MoA & FW strengthen cereal productivity and production diversity including the production of 'coarse' cereals such as Millets 2017
- 2018:** GoI released 2018 as 'National Year of Millets' (NITI Aayog) 2018
- 2018:** Millets officially declared as "Nutri-cereals" + Millets made part of the National Food Security Mission (NFSM) 2018
- 2021:** UNGA declared 2023 as the 'International Year of Millets' 2021
- 2022:** APEDA Pre Launch event to promote exports 2022
- 2023:** International Year of Millets 2023

Manna

ETHNIC MILLETS

100% MORE NUTRITIOUS THAN WHITE RICE

2 times a week from white rice



Available SKU : 1 kg (also available in lbs)
(Bulk Packing for HORECA Available)



Available SKU: 500g / 1 kg (also available in lbs)

GLUTEN
FREE

SOURCE OF
DIETARY
FIBRE

SOURCE OF
PHOSPHOROUS

GOOD
SOURCE
OF ZINC

SOURCE OF
DIETARY
FIBRE

EXCELLENT
SOURCE OF
MAGNESIUM

Manna

MILLET FLOUR RANGE



Available SKU: 1 kg (also available in lbs)



Available SKU: 1 kg (also available in lbs)

We at Manna would like to make healthy life style a habit. Introducing ethnic millet, to give your family the maximum nutritional benefits. Few decades back people ate more millets than rice. Now modern science is rediscovering the health promoting properties of millets. So bring back age old wisdom to your home with Manna's Ethnic Millets!

WHY MANNA MILLETS & HOW WE PROCESS OUR MILLETS?



More Iron

300% more Iron

Manna Ethnic Millets contain **300% more Iron than White Rice**. Helps improve the immune system & fight anaemia in women.



More folate

600% more Folate

Manna Ethnic Millets contain **600% more Folate than White Rice**. Helps to improve blood circulation & a healthy growth.



More Fibre

100% more Dietary Fibre

Manna Ethnic Millets contain **100% more Dietary Fibre than White Rice**. Helps in better digestion and makes the meal feel fuller.



More Protein

20% more Protein

Manna Ethnic Millets contain **20% more Protein than White Rice**. Helps build muscle strength and keeps the body healthy.

MILLETS ARE A HEALTHIER HABIT



Gluten Free

Gluten-free

Gluten-free food is not just for people with Gluten sensitivity, but eating gluten free foods helps in better digestion and higher absorption of nutrients. Manna Ethnic Millets are nutritious and gluten-free.



Manage Blood sugar

Manage blood sugar

Millets are high in fibre, so the absorption of blood sugar takes time. Hence helps control blood sugar, blood pressure apart from other weight and fitness related conditions. Manna Ethnic Millets should be a part of those with & prone to lifestyle diseases.



Weight Watchers

Helps control weight

The high fibre content in Manna Ethnic Millets makes you feel fuller and satiates hunger well. So, you will not feel hungry for a longer time. This helps in overall weight loss and weight control, so you stay fit and healthy.



Crop Sustainability

Requires less water for cultivation

Millets use just 20 - 30% of the water that rice or wheat need for cultivation. The lower water usage makes it a sustainable crop and friendly to Mother Earth. Hence, it is a crop sought after by the farmers.

WHY MANNA MILLETS & HOW WE PROCESS OUR MILLETS?



Minimally Processed

Minimally processed

Manna Ethnic Millets are minimally processed. Only the hard outer husk is removed without losing the bran, so the goodness of the bran & nutrients stay intact.



De-stoned

De-stoning, clean & natural

After the collection of fresh millets, they are de-stoned to **remove stones, dust and impurities**. Manna Ethnic Millets are easy & convenient to use and ready to cook anytime.



Grading

Millet Grading by size

Post de-stoning, the Millets are graded and separated for **even-sized, fully formed grains**. Only the best grade are used for Manna Ethnic Millets, making them healthy and nutrition-packed.



Cooks in 10 Minutes

Cooks in 10 Minutes

Manna Ethnic Millets are simple & easy to cook. Just boil or cook like white rice and a **nutritious meal is ready in a jiffy!** They are versatile and can be used from breakfast to delicious desserts.

USE MANNA ETHNIC MILLETS AS A REPLACEMENT TO WHITE RICE. COOK ANYTHING, JUST LIKE RICE IN 10 MINUTES !



Breakfast

Millet Idli, Upma, Dosa, Pongal & many more

Manna Ethnic Millets can be used for a variety of breakfast recipes. From the classic Upma, Poha, Pongal to Millet Idli & Dosa. Just replace white rice or mix them in a suitable proportion for a healthy & yummy breakfast.



Quick Meals

Sambhar Rice, Bisibelle Bath, Curd Rice & more

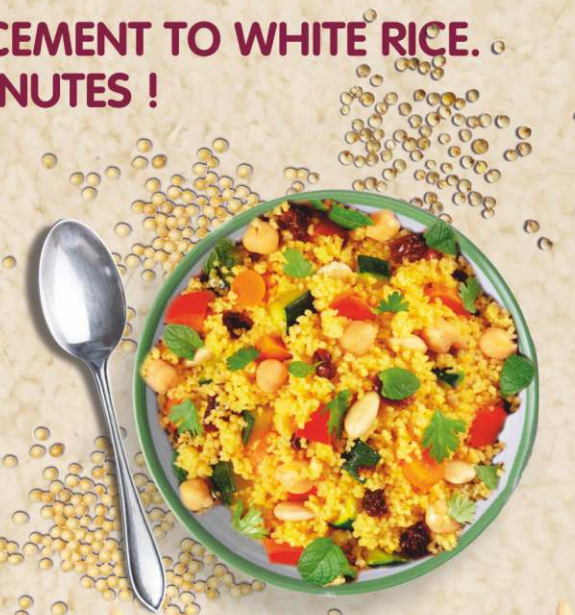
Manna Ethnic Millets are easy to cook. They will be ready in just 10 minutes. So, you can use them for a variety of quick meals like Sambhar Rice, Curd Rice, Lemon Rice, Dal Rice and more. The higher fibre content, make them a wholesome nourishing meal.



Desserts

Payasam, Kheer, Sweet Pongal, Cookies & more

Manna Ethnic Millets aid digestion and their low GI makes them ideal for delicious desserts. Simply replace white rice with the millet of your choice and use the same preparation, be it Sweet Pongal or Kheer.



VERNACULAR NAMES OF MILLETS

English Name	Sanskrit	Tamil	Kannada	Telugu	Malayalam	Punjabi	Gujarati	Hindi
Foxtail Millet	Kanguni	Thinai	Navane	Korra	Thina	Kangni	Kang	Kangni
Little Millet	-	Saamai	Saame	Saama	Chaama	Swank	Gajro, Kuri	Kutki
Barnyard Millet	Shyama	Kuthiravaali	Oodhalu	Odal	Kavadapullu	Swank	Sama	Jhangora, Sanwa
Proso Millet	China	Panivaragu	Baragu	Varigulu	Pani varak	Cheena	Cheno	Barri
Kodo Millet	Kodara	Varagu	Arka	Arikelu	Koovarugu	Kodra	Kodra	Koden, Kodra
Pearl Millet	-	Kambu	Sajje	Sajjalu, Gantilu	Kambam	Bajra	Bajri	Bajra
Finger Millet	Nandimukhi, Madhuli	Ragi/Kelvaragu	Ragi	Ragulu	Koovarugu, Panji Pullu	Mandhuka, Mandhal	Nagli, Bavto	Mandua, Nachani
Brown Top Millet	-	Kula Samai	Korale	Andu Korralu	Chama Pothaval	-	-	Chhoti Kangni
Sorghum	-	Cholam	Jola	Jonnalu	Cholam	-	Juar	Jowar

Certified

Low GI

Manna

ETHNIC MILLETS

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Batch code: E12NDA-0014498
Report date: 02.02.2023

SOUTHERN HEALTH FOODS PVT.LTD - Chennai
#129, Z BLOCK, PLOT NO. 1140
6th AVENUE, ANNA NAGAR
600040 Chennai,
Tamil Nadu, INDIA

Mr. Divya

ANALYTICAL REPORT

Sample code:	276-2021-0104440	Report code:	AR-21-08-0017640
Sample name:	Manna Little Millet	Received on:	14.01.2023
		Analysed between:	14.01.2023 - 20.01.2023

Quantity received: 500g
Sample packing: Polythene Pack
Sampling: 500g SAMPLED BY EUROFINS

Condition on receipt: Good

Molecular Analysis	Method	Result Unit
GI	Colson Index	50.79

Notes: This sample is having low glycemic index (GI) as per FSSAI 2011.
The word "var" indicates parameters not compared to other approved laboratory.

Mr. Jyoti Sinha
Assistant Director: Lab

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Batch code: E12NDA-0014498
Report date: 27.02.2023

SOUTHERN HEALTH FOODS PVT.LTD - Chennai
#129, Z BLOCK, PLOT NO. 1140
6th AVENUE, ANNA NAGAR
600040 Chennai,
Tamil Nadu, INDIA

Mr. Divya

ANALYTICAL REPORT

Sample code:	276-2021-0104440	Report code:	AR-21-08-0017640
Sample name:	Manna Little Millet	Received on:	14.01.2023
		Analysed between:	27.02.2023 - 27.02.2023

Quantity received: 500g
Sample packing: Polythene Pack
Sampling: 500g SAMPLED BY EUROFINS

Condition on receipt: Good

Molecular Analysis	Method	Result Unit
GI	Colson Index	50.79

Notes: This sample is having low glycemic index (GI) as per FSSAI 2011.
The word "var" indicates parameters not compared to other approved laboratory.

Mr. Jyoti Sinha
Assistant Director: Lab

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Batch code: E12NDA-0014498
Report date: 02.02.2023

SOUTHERN HEALTH FOODS PVT.LTD - Chennai
#129, Z BLOCK, PLOT NO. 1140
6th AVENUE, ANNA NAGAR
600040 Chennai,
Tamil Nadu, INDIA

Mr. Divya

ANALYTICAL REPORT

Sample code:	276-2021-0104440	Report code:	AR-21-08-0017640
Sample name:	Manna Foxtail Millet	Received on:	14.01.2023
		Analysed between:	27.02.2023 - 27.02.2023

Quantity received: 500g
Sample packing: Polythene Pack
Sampling: 500g SAMPLED BY EUROFINS

Condition on receipt: Good

Molecular Analysis	Method	Result Unit
GI	Colson Index	50.79

Notes: This sample is having low glycemic index (GI) as per FSSAI 2011.
The word "var" indicates parameters not compared to other approved laboratory.

Mr. Jyoti Sinha
Assistant Director: Lab

Page 1/1
Batch code: E12NDA-0014498
Report date: 02.02.2023

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#129, Z BLOCK, PLOT NO. 1140
6th AVENUE, ANNA NAGAR
600040 Chennai,
Tamil Nadu, INDIA

Mr. Divya

ANALYTICAL REPORT

Sample code:	276-2021-0104440	Report code:	AR-21-08-0017640
Sample name:	Manna Foxtail Millet	Received on:	14.01.2023
		Analysed between:	14.01.2023 - 20.01.2023

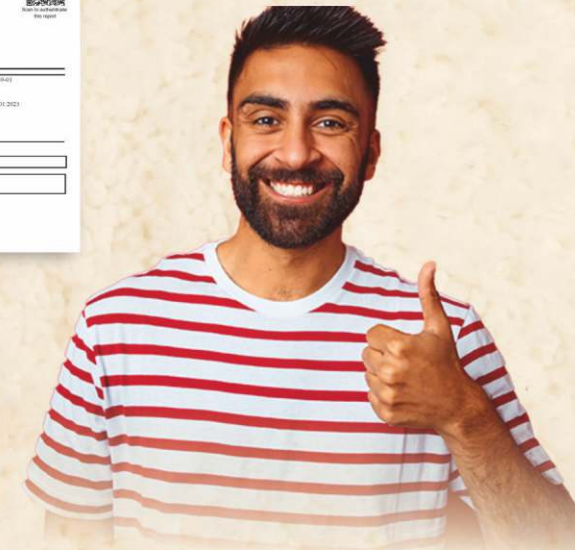
Quantity received: 500g
Sample packing: Polythene Pack
Sampling: 500g SAMPLED BY EUROFINS

Condition on receipt: Good

Molecular Analysis	Method	Result Unit
GI	Colson Index	50.79

Notes: This sample is having low glycemic index (GI) as per FSSAI 2011.
The word "var" indicates parameters not compared to other approved laboratory.

Mr. Jyoti Sinha
Assistant Director: Lab



Manna

MULTIGRAIN BREAKFAST CEREAL



Available SKU: 300 g

12 HOURS NUTRITION IN ONE BOWL**

GO GRAINS Crunchies

- Healthy Made Tasty Kid approved taste. 97% of Kids tested in Chennai and Bangalore "Liked it a Lot" in Randomised sample research study.
- BE STRESS FREE with 12 hour nutrition. In every serving (60g), your kid gets more nutrition than required in one school day
- Millets, Oats & Super Grains Wheat, Jowar, Bajra, Ragi, Kodo Millet, Barnyard Millet, Quinoa, Amaranth, Maize
- NATURAL INGREDIENTS. No Maida, No added color, No artificial additives.

MULTIGRAIN CHOCO FILLS AND FRUITS LOOPS



Available SKU: 17g / 250g / 450g



SOURCE OF FIBRE



RICH IN PROTEIN



10 GRAINS WITH
3 SUPER GRAINS



MILLET BYTES FLAVOURED WAFERS



Available SKU: 70g

Manna
MILLET
BYTES
Wafers

Fun Filled Goodness

100% Natural Medium Sized Brown Rice



1kg



1kg

(also available in lbs)



5kg

Manna
Brown Rice

At Manna, we believe in nature provides the best and we do little to interfere with it. *Brown rice is not like white rice, hence retains more nutrients and fibre in its bran layer. Modern science is continuously researching brown rice for its various health benefits. Now switch to Brown rice as it is wholesome and nutritious for your whole family.

INSTANT MIXES



Badam Mix

Manna's Badam Mix is a tasty and ready to mix beverage. Almonds are good source of Dietary fiber and Protein. They contain mono unsaturated fats which helps in reducing LDL. Kids will totally feel refreshed in the taste of Manna's healthy Badam Mix.

Available SKU: 200g

Sattoo

Made from roasted Bengal gram, it is rich in Protein and Fiber. Wide variety of delicious food items like Sattu drink, Paratha, Pindi, Studded kachoris can be made from Manna Satoo.

Available SKU: 200g / 500g



Ragi Malt

Ragi malt is made from sprouted ragi which is a rich source of Protein, Vitamins and natural minerals, The process of germination gives ragi improved digestibility and nutritional qualities. The subsequent breakdown of starch into simple sugars, roteins to amino acids also helps in easy digestibility.

Available SKU: 200g

VERMICELLI RANGES

RAGI VERMICELLI (Finger Millet Vermicelli)



Available SKU: 200g

RICE SEVAI



Available SKU: 200g / 500g

Manna Banana Powder

Manna's Banana Powder is made in the most hygienic way from the finest 'Nendram Bananas' procured from Kerala. Make delicious porridge for your baby and family with our Banana Powder. You can also add thisto your favorite deserts like Cakes, Breads, Cookies, Icecreams, Paniyaram, Idiyappam, Halwa, Kheer and so on...

Available SKU: 200g



FLOUR RANGE



Available SKU: 500g / 1kg

Manna's flour products are made by processing the best quality cereals. They are free from additives and are 100% natural. Traditional food items like Idly, Dosa, Chappathi, Naan, Poori, Phulkas, Puttu, Rotis, and Snack if made with Manna Flour Range are sure to give you that authentic homemade taste.

Manna

ENRICHED WITH FOLIC ACID



Available SKU: 1 kg

Available SKU: 5kg / 10 kg
(also available in lbs)

Available SKU: 1kg / 5 kg

Whole Wheat
ATTA
With Folic Acid

Whole Wheat Atta has unrefined grains consisting of all three parts Bran, Endosperm & Germ intact. Whole Wheat Atta is power-packed with all important nutrients and a good source of fibre for healthy living. Keeping in tune with Manna's tradition of providing quality health food, Manna brings, from Nature's Bounty, a whole wheat grain fresh Atta to provide your family with wholesome nutrition and exquisite taste.

Multi Millet
ATTA

Multimillet Atta combines the goodness of three millets - Bajra, Ragi and Jowar with whole wheat. The rotis are flavorful, tastier and healthier too! Multigrain goodness every day for your family with Manna Multimillet Atta!

Ingredients: Wheat, Ragi, Bajra, Jowar, Soya Bean, Fenugreek