



## ROYAL TAJ (White Parboiled Rice )



When creating a balanced diet, you must have , protein, vitamins, fat, carbohydrate, fiber, minerals and salts, all in the correct proportions

If there is insufficient protein, you will not be able to grow properly or to repair yourself, i.e. your wounds will not heal up properly.

If you don't have sufficient energy containing foods you will become very tired, and you will not have enough energy. If you have too much in the way of energy containing foods, you will become overweight.

If you think that you are becoming a bit overweight, you might consider taking a little more exercise to 'burn off' some of the excess food which you consumed during your last meal.

You should try to eat 5 small portions of vegetables a day. Always try to drink at least 6 glasses of water a day to ensure a healthy skin.

Available in Pacakets .....

buy Now

1 kg Pack	1.03	US \$	Printed Plastic Bag
5 kg Pack	5.15	US \$	Printed Plastic Bag
10 kg Pack	10.30	US \$	Printed Plastic Bag
50 kg Pack	51.00	US \$	Juite Bag Packages



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Sharbati Rice (Pure Basmati Rice)  
Wild Jungle (Pusa Sella Basmati Rice)  
ROYAL TAJ (White Parboiled Rice )  
Khushboo ( jagat Basmati Rice)



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