

# Hilife



# Product Catalogue

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## Our Story

Hilife Agro & Foods Industries Limited is a progressive food manufacturing enterprise established in 2015 with a vision to provide quality and nutritious food products to consumers. Over the years, Hilife has developed a diverse product range that includes Oatmeal, Muesli, Choco Flakes, Soya Chunks, Cornflakes, Beaten Rice, Puffed Rice, and Grain Flours each crafted to bring together health, taste, and convenience.

Driven by a strong commitment to quality and innovation, Hilife has built a trusted reputation and a strong market presence across Nepal. The company's wide distribution network ensures that its products reach consumers nationwide, offering consistent quality and value.

As Hilife moves into its next phase of growth, the company continues to focus on product innovation, supply chain efficiency, and customer satisfaction. Its goal is to build the most efficient supply chain network for consumer goods while remaining dedicated to delivering value to all stakeholders through sustainable business practices.

At its core, Hilife believes in blending health and taste in every product, ensuring that every meal made with Hilife products contributes to a healthier, happier lifestyle.



ISO 22000:2018  
Certified company







## Muesli Fruits & Nuts



Muesli Fruits & Nuts POUCH  
700GM



Muesli Fruits & Nuts PKT  
400GM



Muesli Fruits & Nuts POUCH  
300GM



Muesli Fruits & Nuts JAR  
300GM

Hilife Muesli Fruits and Nuts is a delightful blend of multi-baked grains, perfectly paired with an assortment of nutritious dried fruits and crunchy nuts. This thoughtfully crafted mix offers both flavor and nourishment, making it the ideal choice to kick-start your day. Begin your morning with a wholesome, delicious bowl of muesli that fuels your energy and satisfies your taste buds. Simple yet sensational, this breakfast cereal is sure to leave you craving more with every bite!

### Product Benefits:

**Supports Healthy Weight Management:** Hilife Muesli Fruits and Nuts provides a balanced breakfast option that helps you manage your weight by keeping you satisfied and curbing hunger cravings. Its nutritious blend offers a wholesome start to your day, making it easier to stick to your health goals.

**Rich in Dietary Fiber:** Packed with high fiber from carefully selected multi-baked grains, dried fruits, and nuts, this muesli supports your digestive health while keeping you feeling full and energized for longer periods.

**Promotes Heart Health:** Incorporating Hilife Muesli into your daily routine can help manage cholesterol levels, contributing to a healthier heart and reducing the risk of cardiovascular diseases.

**Helps Control Blood Sugar Levels:** With its balanced combination of ingredients, including low-glycemic index grains and nuts, Hilife Muesli can assist in controlling blood sugar levels, making it suitable for individuals with diabetes or those seeking to stabilize energy levels throughout the day.

### Nutrition Information:

	Per 100g	Per 30g
Energy (kcal)	390.79	117.24
Protein	9.26	2.78
Carbohydrates	77.43	23.23
Dietary Fibre	11.23	3.37
Of which sugar(Sucrose)	15.32	4.60
Fat	4.72	1.42
Saturated Fat	0.61	0.18
Mono Saturated fats	1.49	0.45
Polyunsaturated fat	2.62	0.79
Trans fat	0	0.00
Vitamin C	26.65mg	8.00mg
ZINC	1.25mg	0.38mg
Iron	17.67mg	5.30mg
Cholesterol	NIL	NIL



## Corn Flakes Original



Cornflakes Original POUCH  
1100GM



Cornflakes Original JAR  
800GM



Cornflakes Original PKT  
300GM



Cornflakes Original POUCH  
500GM



Cornflakes Original POUCH  
450GM



Cornflakes Original POUCH  
300GM

Discover Hilife's commitment to exceptional taste and nutrition with our Cornflakes Original. Made from meticulously selected golden corn, each fiber-rich flake is packed with essential nutrients. Steamed, roasted, and perfectly packed, these crunchy flakes offer a delightful breakfast experience that's as delicious as it is wholesome. Not only do they provide a satisfying start to your day, but they're also an excellent source of fiber, supporting heart health and promoting digestive wellness. Enjoy the perfect balance of taste and nutrition with every bowl!

### Product Benefits:

**Cholesterol-Free Goodness:** Enjoy a heart-healthy breakfast with Hilife Cornflakes, which are naturally free of cholesterol. This means you can start your day with confidence, knowing you're supporting your heart health and overall well-being.

**Low in Fat:** Savor a bowl of Hilife Cornflakes without worrying about excess fat. Their low-fat content aligns with a healthier lifestyle, letting you indulge in a delicious breakfast that's both nutritious and satisfying.

**Rich in Dietary Fiber:** Hilife Cornflakes are packed with dietary fiber to kick-start your day. This fiber supports digestive health, helps maintain fullness, and keeps you feeling satisfied longer, making it an excellent choice for a balanced breakfast.

**High in Iron:** Boost your iron intake effortlessly with Hilife Cornflakes. This nutrient-rich breakfast helps prevent iron deficiency and maintains your energy levels throughout the day, making it a smart choice for an active and vibrant lifestyle.

### Nutrition Information:

	Per 100g
Energy	374.84 Kcal
Protein	6.92 g
Fat	0.21g
Saturated Fatty Acid	0.08 g
Mono-unsaturated Fatty Acid	0.00 g
Poly-unsaturated Fatty Acid	0.12 g
Trans fatty Acid	0.00 g
Carbohydrate	86.34 g
Total Sugar	4.59 g
Total Salt	1.65 g
Crude Fiber	0.16 g
Cholesterol	0.05 mg
Sodium	539.64 mg
Iron	6.36 mg
Folate	2.26 mg
Zinc	0.65 mg
Vitamin C	11.62 mcg



## Corn Flakes Sugarfree



Sugarfree Cornflakes POUCH  
1100GM



Sugarfree Cornflakes JAR  
800GM



Sugarfree Cornflakes PKT  
300GM



Sugarfree Cornflakes POUCH  
500GM



Sugarfree Cornflakes POUCH  
450GM



Sugarfree Cornflakes POUCH  
300GM

At Hilife, we are dedicated to delivering exceptional taste and nutrition with the finest naturally sourced ingredients. Our Sugar-Free Cornflakes are crafted from carefully selected golden corn, ensuring each fiber-rich flake is packed with essential nutrients. Steamed, roasted, and expertly packed, these crunchy flakes are as delightful as they are wholesome. Enjoy a breakfast that not only delicious but also supports your health goals by maintaining a balanced glycemic index, helping you manage blood sugar levels while savoring every bite.

### Product Benefits:

**No Added Sugar for a Healthier Choice:** Hilife Sugar-Free Cornflakes offer a naturally sweet taste without any added sugars. Perfect for those aiming to reduce sugar intake or maintain a low-sugar diet, they make breakfast a guilt-free pleasure.

**Cholesterol-Free for Heart Health:** Start your day with a heart-healthy choice! Hilife Sugar-Free Cornflakes are naturally free from cholesterol, helping you support cardiovascular wellness while enjoying a delicious, crunchy breakfast.

**Low in Fat, High in Flavor:** Enjoy the rich, satisfying taste of Hilife Sugar-Free Cornflakes without the worry of excess fat. These low-fat flakes are designed to fit seamlessly into a healthy lifestyle, allowing you to indulge without compromise.

**Fiber-Packed for Lasting Fullness:** Fuel your morning with Hilife Sugar-Free Cornflakes, a great source of dietary fiber that promotes digestive health and keeps you feeling full and energized throughout the day.

### Nutrition Information:

	Per 100g
Energy	377.38 Kcal
Protein	7.10 g
Fat	0.20 g
Saturated Fatty Acid	0.08 g
Mono-unsaturated Fatty Acid	0.00 g
Poly-unsaturated Fatty Acid	0.12 g
Trans fatty Acid	0.00 g
Carbohydrate	86.81 g
Total Sugar	0.87 g
Total Salt	1.66 g
Crude Fiber	0.32 g
Cholesterol	0.05 mg
Sodium	651.44 mg
Iron	4.03 mg
Folate	4.14 mg
Zinc	0.78 mg
Vitamin C	20.90 mcg



# Mornings

# #Unpack The Best

## Honey Cornflakes



Honey Cornflakes PKT  
300GM

## Delicious Crunchy Taste with Added Fibre

Hilife Honey Cornflakes offers a delectable blend of golden honey and premium cornflakes, transforming your breakfast into a wholesome and indulgent experience. Each bite delivers the perfect crunch of high-quality corn, harmoniously paired with the natural sweetness of honey. This delightful combination not only satisfies your taste buds but also energizes your morning with a burst of nutrition and flavor. Start your day on a sweet note with a breakfast that's as nourishing as it is delicious.

### Product Benefits:

**Wholesome Sweetness:** Experience the perfect balance of nutrition and indulgence with Hilife Honey Cornflakes, where the golden sweetness of honey meets premium cornflakes for a truly satisfying start to your day.

**Irresistible Crunch:** Enjoy a breakfast with the perfect crunch! Each bite of Hilife Honey Cornflakes offers a delightful texture, blending high-quality cornflakes with the natural sweetness of honey for a taste sensation that's hard to resist.

**Energy-Boosting Goodness:** Power up your morning with a nutritious and delicious combination that energizes your body. Hilife Honey Cornflakes provide a burst of flavor and the sustenance you need to kickstart your day.

**Guilt-Free Indulgence:** Savor every spoonful knowing you're making a healthy choice. Hilife Honey Cornflakes are free from trans fats and cholesterol, offering a heart-friendly, fiber-rich breakfast that supports digestive health and keeps you feeling full longer.

### Nutrition Information:

	Per 100g	Per 30g
Energy (kcal)	390.79	117.24
Protein	9.26	2.78
Carbohydrates	77.43	23.23
Dietary Fibre	11.23	3.37
Of which sugar(Sucrose)	15.32	4.60
Fat	4.72	1.42
Saturated Fat	0.61	0.18
Mono Saturated fats	1.49	0.45
Polyunsaturated fat	2.62	0.79
Trans fat	0	0.00
Vitamin C	26.65mg	8.00mg
ZINC	1.25mg	0.38mg
Iron	17.67mg	5.30mg
Cholesterol	NIL	NIL



### Corn Flakes Strawberry



Strawberry Cornflakes PKT  
300GM

### Delicious Crunchy Taste with Added Fibre

Hilife Strawberry Cornflakes delivers a vibrant burst of fruity goodness to your morning routine. Crafted from premium corn, these crispy flakes are infused with the luscious flavor of ripe strawberries, creating a perfect balance of crunch and natural sweetness. Each spoonful offers a delightful blend of texture and berry flavor, making your breakfast both wholesome and irresistibly delicious. Elevate your mornings with the refreshing taste of Hilife Strawberry Cornflakes—a fruity sensation that makes every bite a moment of pure enjoyment!

#### Product Benefits:

**Burst of Fruity Flavor:** Start your day with the vibrant taste of ripe strawberries. Hilife Strawberry Cornflakes infuse your breakfast with a delightful burst of fruity flavor, making every spoonful a refreshing treat.

**Crispy Crunch with Quality:** Made from premium corn, Hilife Strawberry Cornflakes deliver a satisfying crunch in every bite. Enjoy the perfect balance of crispiness and flavor, crafted with quality ingredients you can trust.

**Naturally Wholesome:** Savor the harmonious blend of wholesome cornflakes and strawberry goodness. Each spoonful of Hilife Strawberry Cornflakes provides a flavorful and nutritious start to your day, without compromising on taste.

**Heart-Healthy and Guilt-Free:** Hilife Strawberry Cornflakes are free from trans fats and cholesterol, offering a heart-friendly breakfast option. Plus, with high fiber content, they support digestive health and keep you energized all morning long.

#### Nutrition Information:

	Per 100g	Per 30g
Energy (kcal)	390.79	117.24
Protein	9.26	2.78
Carbohydrates	77.43	23.23
Dietary Fibre	11.23	3.37
Of which sugar(Sucrose)	15.32	4.60
Fat	4.72	1.42
Saturated Fat	0.61	0.18
Mono Saturated fats	1.49	0.45
Polyunsaturated fat	2.62	0.79
Trans fat	0	0.00
Vitamin C	26.65mg	8.00mg
ZINC	1.25mg	0.38mg
Iron	17.67mg	5.30mg
Cholesterol	NIL	NIL



## Choco Plus Original



Choco Plus POUCH  
1100GM



Choco Plus JAR  
7500GM



Choco Plus POUCH  
450VGM



Choco Plus PKT  
300GM



Choco Plus POUCH  
200GM



Choco Plus POUCH  
100GM



Choco Plus POUCH  
22GM



Choco Plus POUCH  
15GM

### Nutrition Information: Serving size: 30g

	UOM	Per 100g	Per 30g
Energy (kcal)	Kcal	392.47	117.74
Protein	Gm	8.13	2.44
Total fat	Gm	1.96	0.59
Saturated fatty acid	Gm	0.82	0.25
Monounsaturated fatty acid	Gm	0.57	0.17
Polyunsaturated fatty acid	Gm	0.56	0.17
Cholesterol	Gm	0.00	0.00
Carbohydrates	Gm	85.59	25.68
Sugar	Gm	29.72	8.92
Crude Fiber	Gm	0.23	0.07
Sodium	Mg	303.11	90.93
Iron	Mg	6.49	1.95
Calcium	Mg	157.59	47.28
Zinc	Mg	1.95	0.59

Hilife Choco Plus is a deliciously nutritious breakfast option that's packed with essential nutrients to support your child's growth and development. Each bite combines the rich, chocolaty taste kids love with the goodness their bodies need, making it the perfect way to start their day. Treat your little ones to a breakfast that's as nourishing as it is delightful, with Hilife Choco Plus—the ideal choice for fueling their active adventures.

### Product Benefits:

**Nutrient-Packed for Growing Kids:** Hilife Choco Plus is loaded with essential nutrients that fuel your child's growth and development, making it the perfect start to a healthy day.

**Irresistible Chocolaty Flavor:** Kids will love the rich, chocolaty taste of Hilife Choco Plus, turning breakfast into a treat they'll look forward to every morning.

**Protein-Powered for Active Play:** With a good source of protein, Hilife Choco Plus helps support muscle growth and repair, giving your child the energy they need for an active lifestyle.

**Bone-Building Calcium:** Hilife Choco Plus is rich in calcium, essential for developing strong bones and teeth, ensuring your child's healthy growth.



## Choco Plus Moon & Stars



Choco Moons And Stars POUCH  
450GM



Choco Moons And Stars PKT  
300GM



Choco Moons And Stars POUCH  
22GM



Choco Moons And Stars POUCH  
15GM

### Nutrition Information: Serving size: 30g

	UOM	Per 100g	Per 30g
Energy (kcal)	Kcal	392.47	117.74
Protein	Gm	8.13	2.44
Total fat	Gm	1.96	0.59
Saturated fatty acid	Gm	0.82	0.25
Monounsaturated fatty acid	Gm	0.57	0.17
Polyunsaturated fatty acid	Gm	0.56	0.17
Cholesterol	Gm	0.00	0.00
Carbohydrates	Gm	85.59	25.68
Sugar	Gm	29.72	8.92
Crude Fiber	Gm	0.23	0.07
Sodium	Mg	303.11	90.93
Iron	Mg	6.49	1.95
Calcium	Mg	157.59	47.28
Zinc	Mg	1.95	0.59

Hilife Choco Plus is a deliciously nutritious breakfast option that's packed with essential nutrients to support your child's growth and development. Each bite combines the rich, chocolaty taste kids love with the goodness their bodies need, making it the perfect way to start their day. Treat your little ones to a breakfast that's as nourishing as it is delightful, with Hilife Choco Plus—the ideal choice for fueling their active adventures.

### Product Benefits:

**Nutrient-Packed for Growing Kids:** Hilife Choco Plus is loaded with essential nutrients that fuel your child's growth and development, making it the perfect start to a healthy day.

**Irresistible Chocolaty Flavor:** Kids will love the rich, chocolaty taste of Hilife Choco Plus, turning breakfast into a treat they'll look forward to every morning.

**Protein-Powered for Active Play:** With a good source of protein, Hilife Choco Plus helps support muscle growth and repair, giving your child the energy they need for an active lifestyle.

**Bone-Building Calcium:** Hilife Choco Plus is rich in calcium, essential for developing strong bones and teeth, ensuring your child's healthy growth.



# Mornings

# #Unpack The Best

## Choco Plus Vanilla Scoop



Choco Vanilla Scoop PKT  
300GM



Choco Vanilla Scoop POUCH  
22GM



Choco Vanilla Scoop POUCH  
15GM

### Nutrition Information: Serving size: 30g

	UOM	Per 100g	Per 30g
Energy (kcal)	Kcal	392.89	117.87
Protein	Gm	7.04	2.11
Total fat	Gm	1.81	0.54
Saturated fatty acid	Gm	0.73	0.22
Monounsaturated fatty acid	Gm	0.54	0.16
Polyunsaturated fatty acid	Gm	0.52	0.16
Cholesterol	Gm	0.13	0.04
Carbohydrates	Gm	87.11	26.13
Sugar	Gm	29.08	8.72
Crude Fiber	Gm	0.18	0.06
Sodium	Mg	225.19	67.56
Iron	Mg	5.22	1.56
Calcium	Mg	137.73	41.32
Zinc	Mg	1.60	0.48

Hilife Choco Plus is a deliciously nutritious breakfast option that's packed with essential nutrients to support your child's growth and development. Each bite combines the rich, chocolaty taste kids love with the goodness their bodies need, making it the perfect way to start their day. Treat your little ones to a breakfast that's as nourishing as it is delightful, with Hilife Choco Plus—the ideal choice for fueling their active adventures.

### Product Benefits:

**Nutrient-Packed for Growing Kids:** Hilife Choco Plus is loaded with essential nutrients that fuel your child's growth and development, making it the perfect start to a healthy day.

**Irresistible Chocolaty Flavor:** Kids will love the rich, chocolaty taste of Hilife Choco Plus, turning breakfast into a treat they'll look forward to every morning.

**Protein-Powered for Active Play:** With a good source of protein, Hilife Choco Plus helps support muscle growth and repair, giving your child the energy they need for an active lifestyle.

**Bone-Building Calcium:** Hilife Choco Plus is rich in calcium, essential for developing strong bones and teeth, ensuring your child's healthy growth.



## Choco Fills



Choco Fills PKT  
150GM



Choco Plus JAR  
500GM



Choco Plus POUCH  
26GM

Enjoy little bites of happiness with HiLife Choco Fills that are crunchy on the outside and chocolaty inside! Think of crispy cereal pieces filled with healthy grains, each one hiding smooth chocolate that melts in your mouth. These tasty HiLife Choco Fills will make your mornings better, help during study time, and turn snack breaks into something special! Try it, love it, and make every moment sweeter!

### Nutrition Information: Serving size: 100g

	UOM	Per 100g	Per 30g
Energy	Kcal	456.16	136.85
Protein	Gm	7.11	2.13
Total fat	Gm	15.25	4.58
Saturated & fatty acid	Gm	8.60	2.58
Monounsaturated fatty acid	Gm	5.60	1.68
Polyunsaturated fatty acid	Gm	1.03	0.31
Cholesterol	Gm	0.00	0.00
Carbohydrates	Gm	72.62	21.79
Sugar	Gm	29.03	8.71
Crude Fibre	Gm	0.55	0.16
Sodium	Mg	250.81	75.24
Iron	Mg	20.98	6.29
Calcium	Mg	69.64	20.89
Zinc	Mg	2.03	0.61

### Product Benefits:

**Supports Healthy Growth:** HiLife Choco Fills provides balanced nutrition that helps growing kids get the energy and nutrients they need for proper development. The wholesome multigrain blend fuels their active bodies while satisfying their taste buds with delicious chocolate flavor.

**Excellent Source of Protein for Growing Bodies:** Each serving of HiLife Choco Fills delivers quality protein that helps build strong muscles and supports healthy growth in children. This makes it perfect for active kids who need sustained nutrition to keep up with their busy play and learning schedules.

**Rich in Fiber for Healthy Digestion:** Packed with fiber from wholesome grains, HiLife Choco Fills supports healthy digestion in growing children while keeping them feeling satisfied. The fiber content helps maintain regular digestive health, which is important for active kids.

**Supports Brain Development and Focus:** The combination of protein, healthy grains, and natural nutrients in HiLife Choco Fills helps improve concentration and mental clarity, making it ideal for school-age children who need to stay focused during lessons and homework time.



### Instant Oats



Instant Oats JAR  
950GM



Instant Oats POUCH  
800GM



Instant Oats JAR  
450GM



Instant Oats POUCH  
400GM

Hilife Instant Oats are a powerhouse of natural nutrition, brimming with proteins, essential vitamins, minerals, and antioxidants. These oats stand out for their high fiber content, surpassing other grains in promoting digestive health. Crafted for your convenience, Hilife Instant Oats come in a delightful blend of multigrain granules, offering a quick and wholesome breakfast option. Enjoy the rich, healthy goodness of Hilife Instant Oats—your perfect start to a nutritious day.

#### Nutrition Information:

	Per 100g	Per 30g
Energy (kcal)	142.8	408
Protein (g)	4.8	13.6
Total Fat (g)	3.4	9.6
Saturated Fat (g)	0.6	1.7
Monosaturated Fat (g)	1.4	4.1
Trans Fat (g)	0.0	0.0
Cholesterol (mg)	0.0	0.0
Total Carbohydrates (g)	23.4	66.9
Sugar (g)	0.0	0.0
Total Dietary Fibre (g)	3.6	10.3
Soluble Fibre (g)	1.4	3.9
Insoluble Fibre (g)	2.2	6.4
Sodium (mg)	0.5	1.4
Iron (mg)	2.2	6.4
Magnesium (mg)	35.0	100
Zinc (mg)	1.5	4.2

#### Product Benefits:

**Packed with Essential Nutrients:** Hilife Instant Oats are brimming with vital vitamins and minerals, including manganese, phosphorus, magnesium, and iron. These nutrients support metabolism, bone health, and efficient oxygen transport, ensuring you start your day with a nutritional boost.

**Protein-Rich for Muscle Support:** With a robust protein content, Hilife Instant Oats help with muscle repair and growth, keeping you full and satisfied. This not only aids in overall muscle health but also helps manage weight by reducing hunger.

**Fiber-Fueled Digestive Health:** Our oats are an excellent source of fiber, including beta-glucan, which promotes healthy digestion, prevents constipation, and supports a balanced gut microbiome. Enjoy the benefits of lower cholesterol and improved heart health with every bowl.

**Antioxidant-Powered Wellness:** Hilife Instant Oats are rich in antioxidants like avenanthramides, which combat inflammation and protect your cells. This may contribute to a reduced risk of chronic diseases, helping you maintain overall well-being.



# Mornings

#Unpack The Best

## Rolled Oats



Rolled Oats POUCH  
800GM



Rolled Oats JAR  
950GM



Rolled Oats JAR  
2KG



Rolled Oats JAR  
450GM



Rolled Oats POUCH  
400GM

Experience the convenience and nourishment of Hilife Rolled Oats, ready in just 10 minutes. Crafted from premium whole grains, these oats offer a quick and delicious breakfast option that doesn't compromise on taste or nutrition. With their gentle rolling process, Hilife Rolled Oats maintain their rich fiber content and natural flavor, making them a versatile ingredient for both sweet and savory dishes. Whether you're starting your day with a warm bowl of oatmeal or adding a nutritious boost to your recipes, Hilife Rolled Oats are your go-to choice for simplicity and quality.

### Product Benefits:

**Quick and Convenient:** Ready in just 10 minutes, Hilife Rolled Oats are perfect for a speedy breakfast or snack, saving you time without compromising on nutrition.

**Nutrient-Packed:** Rich in essential vitamins, minerals, and dietary fiber, these oats support digestive health, heart health, and overall wellness.

**Versatile Use:** Ideal for a variety of recipes, including classic oatmeal, overnight oats, baked goods, and even savory dishes, offering endless meal possibilities.

**Satisfying and Filling:** High in fiber and complex carbohydrates, Hilife Rolled Oats help keep you full and satisfied throughout the morning, making them a great choice for weight management.

Visit [www.hilifefoods.com.np](http://www.hilifefoods.com.np) for more info.

### Nutrition Information:

	Per 100g	Per 30g
Energy (kcal)	142.8	408
Protein (g)	4.8	13.6
Total Fat (g)	3.4	9.6
Saturated Fat (g)	0.6	1.7
Monosaturated Fat (g)	1.4	4.1
Trans Fat (g)	0.0	0.0
Cholesterol (mg)	0.0	0.0
Total Carbohydrates (g)	23.4	66.9
Sugar (g)	0.0	0.0
Total Dietary Fibre (g)	3.6	10.3
Soluble Fibre (g)	1.4	3.9
Insoluble Fibre (g)	2.2	6.4
Sodium (mg)	0.5	1.4
Iron (mg)	2.2	6.4
Magnesium (mg)	35.0	100
Zinc (mg)	1.5	4.2

**Hilife**



# Mornings

#Unpack The Best

## White Oats



White Oats POUCH  
800GM



White Oats JAR  
2KG



White Oats JAR  
950GM



White Oats JAR  
500GM



White Oats JAR  
450GM



White Oats POUCH  
400GM

Discover the simplicity and versatility of Hilife White Oats, the ideal choice for a nourishing breakfast or a wholesome addition to your favorite recipes. Our oats are expertly crafted from premium grains and enriched with essential nutrients, including dietary fiber and antioxidants. Perfectly balanced with corn grits, malt extract, and soya lecithin, Hilife White Oats provide a smooth texture and a mild flavor that seamlessly blends into both sweet and savory dishes. Elevate your daily meals with this versatile ingredient that supports a balanced and healthy lifestyle.

### Product Benefits:

**Nutrient-Enriched:** Hilife White Oats are fortified with essential vitamins and minerals, including dietary fiber, which supports digestive health and overall well-being.

**Versatile Use:** Ideal for a variety of recipes, from classic oatmeal and overnight oats to baked goods and savory dishes, adding a nutritious boost to any meal.

**Antioxidant-Rich:** Includes antioxidants to help protect your cells from damage and support a healthy immune system, contributing to your long-term health.

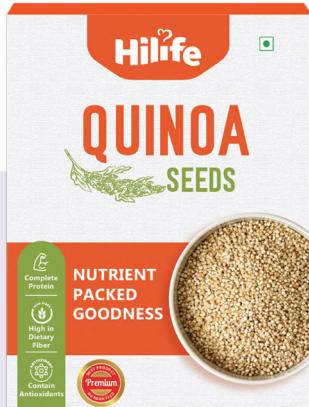
**Convenient and Easy:** Quick to prepare and easy to incorporate into your daily routine, making it a perfect choice for busy mornings or healthy snacks.

### Nutrition Information:

	Per 100g	Per 30g
Energy (kcal)	142.8	408
Protein (g)	4.8	13.6
Total Fat (g)	3.4	9.6
Saturated Fat (g)	0.6	1.7
Monosaturated Fat (g)	1.4	4.1
Trans Fat (g)	0.0	0.0
Cholesterol (mg)	0.0	0.0
Total Carbohydrates (g)	23.4	66.9
Sugar (g)	0.0	0.0
Total Dietary Fibre (g)	3.6	10.3
Soluble Fibre (g)	1.4	3.9
Insoluble Fibre (g)	2.2	6.4
Sodium (mg)	0.5	1.4
Iron (mg)	2.2	6.4
Magnesium (mg)	35.0	100
Zinc (mg)	1.5	4.2



## Quinoa Seeds



Quinoa Seeds PKT  
400GM

## Why Hilife Quinoa seeds?

Hilife Quinoa Seeds are a powerhouse of nutrition, offering a wholesome and protein-rich alternative to traditional grains. Packed with essential amino acids, fiber, and vital minerals like iron, magnesium, and phosphorus, quinoa is a complete plant-based protein that supports overall health. With its light, fluffy texture and mild, nutty flavor, quinoa is incredibly versatile—perfect for salads, breakfast bowls, soups, or as a nutritious rice substitute. Naturally gluten-free and easy to digest, Hilife Quinoa Seeds are an excellent choice for those seeking a balanced diet without compromising on taste. Elevate your meals with this superfood and fuel your body with the best nature has to offer.

### Product Benefits:

**Powerhouse of Plant-Based Protein:** Hilife Quinoa Seeds provide all nine essential amino acids, making them a rare complete protein source among plant-based foods. Perfect for muscle repair, sustained energy, and overall wellness, they are an excellent choice for vegetarians, vegans, and fitness enthusiasts.

**Gut-Friendly & High in Fiber:** Packed with dietary fiber, quinoa supports healthy digestion, promotes gut health, and keeps you feeling full longer. Its fiber content helps regulate blood sugar levels and supports heart health, making it a smart addition to your daily diet.

**Nutrient-Dense Superfood:** Naturally rich in iron, magnesium, phosphorus, and antioxidants, quinoa boosts energy, strengthens immunity, and supports brain function. These essential nutrients contribute to overall well-being, making quinoa a staple for a balanced and nutritious lifestyle.

**Quick, Versatile & Delicious:** Ready in just 15 minutes, quinoa's light, fluffy texture and mildly nutty flavor make it a perfect substitute for rice, an addition to salads, soups, and stir-fries, or even as a base for healthy breakfast bowls.

### Nutrition Information:

	Per 100g
Energy (kcal)	385
Total Fat (g)	7.5
Carbohydrates (g)	59.5
Calcium (mg)	55
Cholesterol (mg)	0
Protein (g)	16.5
Vitamin B1 (mg)	0.1
Vitamin B2 (mg)	0.3
Vitamin B3 (mg)	1
Fiber (g)	10.1
Iron (g)	5.6



# Mornings

#Unpack The Best

## Chia Seeds



Helps Weight Loss



Helps Improve digestion



Support Heart Health



Chia Seeds POUCH  
500GM



Chia Seeds JAR  
350GM



Chia Seeds JAR  
200GM

### Nutrition Information:

Servings Size: Per 100g

Calories kcal	486
Total Fat g	30
Saturated Fat g	3.3
Polyunsaturated Fat g	23.3
Monounsaturated Fat g	2.3
Trans Fat g	0
Sodium mg	13.3
Potassium mg	380
Total Carbohydrates g	42
Dietary Fiber g	33.3
Protein g	16.7
Vitamin A percent	1
Calcium percent	63
Cobalamin percent	0
Vitamin C percent	2
Iron percent	43
Magnesium percent	83

Hilife Chia Seeds are a nutrient-dense superfood loaded with omega-3 fatty acids, fiber, protein, and antioxidants, making them an ideal choice for a balanced and healthy lifestyle. These versatile seeds can be easily added to smoothies, yogurt, oatmeal, or even water to boost energy, aid digestion, support heart health, and keep you feeling full longer. Whether you're looking to improve your overall wellness, support weight management, or add plant-based nutrition to your diet, Hilife Chia Seeds offer a natural and convenient way to power up your day.

### Product Benefits:

**Rich in Omega-3 Fatty Acids:** Hilife Chia Seeds are an excellent source of omega-3 fatty acids, promoting heart health and reducing inflammation.

**High in Antioxidants:** With a high antioxidant content, Chia Seeds help protect cells from damage and support overall well-being.

**Good Source of Fiber:** Packed with fiber, Chia Seeds support digestive health, aid in weight management, and keep you feeling full longer.

**Plant-Based Protein:** Hilife Chia Seeds provide plant-based protein, making them a great addition to vegetarian and vegan diets..



# Mornings

#Unpack The Best

## Pumpkin Seeds



Helps Weight Loss



Helps Improve digestion



Support Heart Health



Pumpkin Seeds POUCH  
500GM



Pumpkin Seeds JAR  
350GM



Pumpkin Seeds JAR  
200GM

### Nutrition Information:

Servings Size: Per 100g	
Energy kcal	567
Protein g	35.5
Total Fat g	46.6
Saturated Fat g	8.1
Trans Fat g	0
Polyunsaturated Fat g	24
Omega 3 Fatty Acids mg	174
Omega 6 Fatty Acids g	24.9
Monounsaturated Fat g	12.3
Omega 9 Fatty Acids g	12.4
Total Carbohydrates g	7.9
Dietary Fiber g	6.5
Sugars g	1.1
Sodium mg	0
Cholesterol mg	0

Discover the irresistible crunch and nutty flavor of Hilife Pumpkin Seeds, the perfect snack for health-conscious individuals. Our premium seeds are carefully roasted to enhance their natural taste while preserving their rich nutritional profile. Packed with essential nutrients, Hilife Pumpkin Seeds are a versatile addition to salads, smoothies, or enjoyed straight from the bag. Embrace a wholesome snack that's both satisfying and nourishing!

### Product Benefits:

**Nutrient-Dense:** Hilife Pumpkin Seeds are a powerhouse of essential nutrients, including magnesium, zinc, and iron, which support overall health and vitality.

**Rich in Antioxidants:** These seeds are loaded with antioxidants like vitamin E, which help protect your cells from oxidative stress and promote a healthy immune system.

**Supports Heart Health:** With a healthy dose of omega-3 and omega-6 fatty acids, Hilife Pumpkin Seeds contribute to improved cardiovascular health and reduced inflammation.

**Versatile and Convenient:** Enjoy these seeds as a snack, or sprinkle them over salads, yogurt, or baked goods for an extra crunch and nutritional boost.



## Extra Long Grain Basmati Rice



Extra Long Grain Basmati Rice SACK  
20KG



Extra Long Grain Basmati Rice POUCH  
5KG



Extra Long Grain Basmati Rice POUCH  
1KG



Hilife Extra Long Grain Basmati Rice features elegant, slender grains that cook to perfection with exceptional fluffiness and beautiful separation. This premium basmati rice brings exceptional flavor and aromatic richness to your kitchen. Each grain is carefully selected for its length, quality, and natural fragrance that fills your home with delightful scents while cooking. Perfect for gourmet dishes, special occasions, or everyday meals that deserve something extra special.

### Product Benefits:

**Perfect Grain Separation:** HiLife Extra Long Grain Basmati Rice cooks with excellent grain separation, ensuring each grain stays individual and fluffy. This makes your dishes look professional and appetizing every time.

**Natural Aromatic Fragrance:** This premium rice releases a wonderful natural aroma while cooking that fills your kitchen with the authentic scent of traditional basmati. The fragrance enhances your dining experience before you even take the first bite.

**Easy to Cook and Digest:** The high-quality grains cook evenly and are easy to digest, making them perfect for all family members. The rice absorbs flavors beautifully while maintaining its perfect texture.

**Rich in Essential Nutrients:** HiLife Basmati Rice provides important carbohydrates, protein, and B vitamins that give you sustained energy and support overall health and wellness.

### Nutrition Information:

Serving Size (45)		Value per 100g
Serving Per Package:22		
Value Per Serving		Value per 100g
Energy (kcal)	650 KJ	345 kcal/1444.4 kJ
Protein	3.0g	2.78
Carbohydrates	35	23.23
Fat	Nil	3.37
Dietary Fibre	1.08g	4.60
Phosphorus	49.7mg	1.42
Cholesterol	Nil	0.45
Sodium	0.9mg	0.79
Magnesium	6.8mg	0.00



## Pulao Basmati Rice



Pulao Basmati Rice SACK  
20KG

Pulao Basmati Rice POUCH  
5KG

Pulao Basmati Rice POUCH  
1KG

HiLife Pulao Basmati Rice features delicately long grains with a subtle, buttery aroma, perfectly crafted to absorb spices and create light, fluffy pulao dishes. This premium basmati rice is specially selected for its ability to soak up rich flavors while maintaining perfect texture and grain separation. The natural buttery fragrance enhances every spice you add, making your pulao dishes restaurant-quality every time. Perfect for special occasions or family meals, HiLife Pulao Basmati Rice makes every pulao dish a memorable culinary experience!

### Product Benefits:

**Exceptional Spice Absorption:** HiLife Pulao Basmati Rice absorbs spices and flavors beautifully, ensuring every grain is packed with taste. This makes your pulao dishes rich, flavorful, and aromatic throughout.

**Perfect Fluffy Texture:** The specially selected grains cook to ideal fluffiness with excellent separation, creating light and airy pulao that's never sticky or clumpy. Each grain maintains its individual shape and texture.

**Natural Buttery Aroma:** This premium rice releases a subtle, pleasant buttery fragrance while cooking that enhances the overall dining experience and makes your kitchen smell wonderful.

**Ideal for All Pulao Varieties:** Whether you're making vegetable pulao, chicken pulao, or biryani, this rice works perfectly with all ingredients and cooking styles, giving consistent delicious results.

### Nutrition Information:

Serving Size (45)		
Serving Per Package:22		
Value Per Serving		Value per 100g
Energy (kcal)	650 KJ	345 kcal/1444.4 kJ
Protein	3.0g	6.6
Carbohydrates	35	78g
Fat	Nil	Nil
Dietary Fibre	1.08g	2.4g
Phosphorus	49.7mg	110.51mg
Cholesterol	Nil	Nil
Sodium	0.9mg	2mg
Magnesium	6.8mg	15.14mg



## Low Gi Basmati Rice



Low Gi Basmati Rice POUCH  
5KG

## Why Low Gi Rice is best for Sugar Control?

Hilife Low GI Basmati Rice is specially cultivated to support balanced blood sugar levels, offering a nutritious alternative with slower digestion and sustained energy for health-conscious individuals. This premium basmati rice features elegant long grains with natural aroma, but with a lower glycemic index that helps maintain steady energy levels throughout the day. Perfect for people managing diabetes or anyone wanting better blood sugar control without sacrificing taste.

### Product Benefits:

**Supports Blood Sugar Control:** HiLife Low GI Basmati Rice has a lower glycemic index that helps prevent blood sugar spikes, making it ideal for people with diabetes or those wanting better glucose management.

**Provides Sustained Energy:** The slower digestion rate gives you steady, long-lasting energy without the crashes that come from high-GI foods, keeping you energized throughout the day.

**Perfect for Weight Management:** This rice helps you feel full longer and reduces sudden hunger cravings, making it easier to maintain a healthy weight and control portion sizes.

**Heart-Healthy Choice:** The balanced nutrition profile supports cardiovascular health by helping maintain stable blood sugar and cholesterol levels when part of a balanced diet.

**Easy on Digestion:** The specially cultivated grains are gentler on your digestive system, reducing bloating and discomfort while providing essential nutrients your body needs.

### Nutrition Information:

Serving Size (45)		
Serving Per Package:22		
Value Per Serving		Value per 100g
Energy (kcal)	650 KJ	345 kcal/1444.4 kJ
Protein	3.0g	6.6
Carbohydrates	35	78g
Fat	Nil	Nil
Dietary Fibre	1.08g	2.4g
Phosphorus	49.7mg	110.51mg
Cholesterol	Nil	Nil
Sodium	0.9mg	2mg
Magnesium	6.8mg	15.14mg



# Essential

#Unpack The Best

## Gold Tea



Gold Tea POUCH  
1000GM



Gold Tea POUCH  
500GM



Gold Tea JAR  
500GM



Gold Tea POUCH  
200GM



Gold Tea POUCH  
70GM



Gold Tea POUCH  
25GM

Hilife Gold Tea invites you to savor the essence of Nepal's cherished tea tradition. Each cup blends the finest tea leaves with a harmonious mix of aromatic spices, delivering a rich and invigorating flavor experience. Whether you're starting your day or enjoying a relaxing moment, Hilife Gold Tea offers a warm embrace of tradition and taste with every sip. Elevate your tea ritual with this exquisite blend and savor the authentic flavors of Nepal.

### Product Benefits:

**Exotic Spice Symphony:** Hilife Gold Tea features a captivating blend of cardamom, cinnamon, and cloves, creating an aromatic and flavorful experience that transports you to the heart of traditional masala tea.

**Invigorating and Comforting:** Savor the rich, comforting flavors of classic masala tea with every cup, making it the perfect companion for any time of day, whether you're seeking warmth in the morning or a soothing evening treat.

**A Taste of Nepal:** Immerse yourself in the cultural heritage of Nepal with Hilife Gold Tea, celebrated for its authentic blend and rich aroma that reflects the country's cherished tea traditions.

**Wellness in Every Sip:** Packed with antioxidants and natural ingredients, this tea not only delights your taste buds but also supports your well-being, offering both flavor and health benefits in every cup.

### Nutrition Information:

Servings Size: Per 100g	
Energy kcal	370
Protein g	8
Total Fat g	6
Saturated Fat g	3
Trans Fat g	0
Cholesterol mg	15
Sodium mg	120
Carbohydrates g	70
Dietary Fiber g	8
Sugar g	40



### Added Masala Tea



Masala Tea POUCH  
500GM



Masala Tea POUCH  
200GM



Masala Tea POUCH  
70GM



Masala Tea POUCH  
25GM

Hilife Masala Tea is a luxurious journey into the heart of Nepalese tradition, capturing the essence of classic masala tea. This exquisite blend combines the finest premium tea leaves with an aromatic medley of spices, including cardamom, cinnamon, and cloves. Each cup delivers a rich, warming flavor and an inviting aroma, making it a perfect companion for any moment of the day. Immerse yourself in a truly authentic masala tea experience with Hilife, where every sip is a journey into the heart of Nepalese flavor and tradition.

#### Product Benefits:

**Authentic Spice Harmony:** Hilife Masala Tea features a carefully crafted blend of cardamom, cinnamon, and cloves, offering a rich and exotic flavor that captures the essence of traditional masala tea.

**Warm and Invigorating:** Experience the comforting warmth and invigorating taste of Hilife Masala Tea, perfect for any time of the day to uplift your spirits and soothe your senses.

**Nepalese Tea Tradition:** Immerse yourself in the rich cultural heritage of Nepal with each cup of Hilife Masala Tea, celebrated for its authentic blend and aromatic profile that honors time-honored tea practices.

**Wellness and Flavor Fusion:** Enjoy a cup brimming with antioxidants and natural goodness, combining delightful flavor with health benefits to support your overall well-being with every sip.

#### Nutrition Information:

Servings Size: Per 100g	
Energy kcal	370
Protein g	8
Total Fat g	6
Saturated Fat g	3
Trans Fat g	0
Cholesterol mg	15
Sodium mg	120
Carbohydrates g	70
Dietary Fiber g	8
Sugar g	40



# Essential

#Unpack The Best

## Pure Green Tea



Green Tea JAR  
120GM



Green Tea JAR  
75GM

Hilife Pure Green Tea is a revitalizing blend, rich in antioxidants and brimming with health benefits. Sourced from the finest tea leaves, this pure and refreshing beverage is perfect for starting your day with a natural energy boost or unwinding in the evening. Whether you're looking to enhance your wellness routine or simply enjoy a soothing cup of tea, Hilife Pure Green Tea offers the perfect balance of flavor and goodness. Sip your way to better health with every cup.

### Product Benefits:

**Antioxidant Powerhouse:** Hilife Green Tea is abundant in antioxidants, helping to protect your cells from free radical damage and supporting long-term health and vitality.

**Natural Energy Lift:** Enjoy a gentle, sustained energy boost with Hilife Green Tea, offering just the right amount of caffeine to keep you energized and focused without the crash.

**Calm and Focused Mind:** The natural theanine in Hilife Green Tea promotes relaxation and mental clarity, helping you stay calm and centered throughout your day.

**Metabolism Support:** Incorporate Hilife Green Tea into your routine to naturally boost your metabolism, supporting your weight management goals as part of a balanced lifestyle.

### Nutrition Information:

Servings Size: Per 100g	
Calories kcal	119
Protein g	23.02
Carbohydrate g	4.5
Total Fat g	0.95
Cholesterol g	Traces
Vitamin C mg	863.34
Calcium mg	397.59
Iron mg	34.46



# Essential

#Unpack The Best

## Kurum Kurum Chiura



Kurum Kurum Chiura POUCH  
3KG



Kurum Kurum Chiura POUCH  
1KG



Kurum Kurum Chiura POUCH  
700GM



Kurum Kurum Chiura POUCH  
450GM

Elevate your snacking with Hilife's Kurum Kurum Chiura the ultimate premium beaten rice, crafted from the finest Makwanpura Paddy. Our high-quality beaten rice offers a delightful crunch and light texture that transforms every bite into a satisfying experience. Meticulously prepared for freshness and flavor, Hilife Beaten Rice is perfect for a quick snack or as a versatile ingredient in your favorite recipes. Enjoy the premium quality and delicious crunch that sets Hilife apart.

### Product Benefits:

**Iron-Rich Nutrition:** Hilife's Kurum Kurum Chiura is a valuable source of iron, essential for boosting energy levels and supporting overall vitality.

**Fiber-Packed:** With its high fiber content, this premium beaten rice helps regulate blood sugar levels and aids in maintaining a healthy digestive system.

**Gluten-Free Goodness:** Ideal for those with celiac disease or gluten sensitivities, Hilife Chiura is naturally gluten-free, making it a versatile and inclusive choice for everyone.

**Instant Energy Boost:** Perfect for replenishing glycogen levels after exercise or providing a quick energy fix during hikes and travel, Hilife Chiura delivers instant, sustained energy without the calories.

### Nutrition Information:

Servings Size: Per 100g	
Energy	371.98 Kcal
Protein	8.08 g
Carbohydrate	81.71 g
Fat	1.42 g
Saturated Fatty Acid	0.51 g
Mono-unsaturated Fatty Acid	0.41 g
Poly-unsaturated Fatty Acid	0.50 g
Dietary fiber	4.93 g
Total sugar	0.81 g
Total salt	0.00 mg
Sodium	13.81 mg
Calcium	33.12 mg



# Essential

# #Unpack The Best

## Superfine Chiura



Superfine Chiura POUCH  
1KG



Superfine Chiura POUCH  
450GM

Discover the wholesome goodness of Hilife Super Fine Chiura – a premium quality beaten rice made from the finest Makwanpura paddy. Light, crisp, and easy to digest, this nutrient-rich chiura is a smart choice for your daily meals. Packed with essential nutrients, it's low in gluten, helps maintain blood sugar levels, and supports overall well-being. Whether paired with curries or enjoyed as a snack, Hilife Super Fine Chiura delivers purity, taste, and the perfect crunch in every bite.

### Product Benefits:

**Iron-Rich Goodness:** Hilife Superfine Chiura is a natural source of iron, helping to combat fatigue, improve oxygen flow, and enhance daily energy levels.

**Rich in Fiber:** This light and crisp beaten rice supports a healthy digestive system while helping maintain steady blood sugar levels.

**Naturally Gluten-Free:** Made from high-quality Makwanpura paddy, it's the perfect choice for gluten-sensitive individuals seeking purity and versatility in every bite.

**Quick Energy Fuel:** Whether for breakfast, a light meal, or a mid-day snack, Hilife Superfine Chiura provides a clean and instant energy boost—anytime, anywhere.

### Nutrition Information:

Servings Size: Per 100g	
Energy kcal	376
Protein g	7.6
Fat g	1.1
Total Ash g	1.1
Crude Fiber g	0.6
Carbohydrates g	82.2
Moisture g	7



# Mornings

## #Unpack The Best

### Karnali Taichin Chiura



Hilife Karnali Taichin Chiura JAR  
1700GM



Hilife Karnali Taichin Chiura JAR  
900GM

Elevate your snacking with Hilife's Karnali Taichin Chiura the ultimate premium beaten rice, crafted from the finest Makwanpura Paddy. Our high-quality beaten rice offers a delightful crunch and light texture that transforms every bite into a satisfying experience. Meticulously prepared for freshness and flavor, Hilife Beaten Rice is perfect for a quick snack or as a versatile ingredient in your favorite recipes. Enjoy the premium quality and delicious crunch that sets Hilife apart.

#### Product Benefits:

**Iron-Rich Nutrition:** Hilife's Karnali Taichin Chiura is a valuable source of iron, essential for boosting energy levels and supporting overall vitality.

**Fiber-Packed:** With its high fiber content, this premium beaten rice helps regulate blood sugar levels and aids in maintaining a healthy digestive system.

**Gluten-Free Goodness:** Ideal for those with celiac disease or gluten sensitivities, Hilife Chiura is naturally gluten-free, making it a versatile and inclusive choice for everyone.

**Instant Energy Boost:** Perfect for replenishing glycogen levels after exercise or providing a quick energy fix during hikes and travel, Hilife Chiura delivers instant, sustained energy without the calories.

#### Nutrition Information:

Servings Size: Per 100g	
Energy	371.98 Kcal
Protein	8.08 g
Carbohydrate	81.71 g
Fat	1.42 g
Saturated Fatty Acid	0.51 g
Mono-unsaturated Fatty Acid	0.41 g
Poly-unsaturated Fatty Acid	0.50 g
Dietary fiber	4.93 g
Total sugar	0.81 g
Total salt	0.00 mg
Sodium	13.81 mg
Calcium	33.12 mg



## Chana Dal Flour Besan



Chana Dal Flour Besan POUCH  
500GM



Chana Dal Flour Besan POUCH  
200GM

Experience the wholesome goodness of Hilife Chana Dal. Sourced from premium quality chickpeas, this dal is a nutritious and flavorful addition to your meals. Rich in protein and dietary fiber, it supports a healthy diet while enhancing your dishes with its delightful taste and texture. Whether you're preparing a traditional dal recipe, soups, or savory snacks, Hilife Chana Dal brings consistent quality and natural flavor to every bite. Low in fat and packed with essential nutrients like iron and potassium, it's the perfect choice for a balanced, heart-healthy lifestyle. Add Hilife Chana Dal to your pantry and elevate your everyday cooking with purity you can trust.

### Product Benefits:

**High in Protein:** A great source of plant-based protein, making it an excellent choice for vegetarians and those seeking to increase their protein intake.

**Nutrient-Rich:** Packed with essential vitamins and minerals that contribute to overall health and well-being.

**Versatile Ingredient:** Ideal for a variety of recipes, including soups, stews, curries, and salads.

**Supports Digestive Health:** High fiber content promotes healthy digestion and supports a balanced diet.

**Easy to Prepare:** Simple to cook, offering a quick and convenient option for nutritious meals.

### Nutrition Information:

Servings Size: Per 100g	
Energy kcal	372
Carbohydrates g	60
Protein g	21
Fat g	60
Minerals g	27
Fibre g	12



## Chakki Atta



Chakki Aata POUCH  
5KG



Chakki Aata POUCH  
2KG

Hilife Chakki Atta is meticulously crafted from 100% whole wheat, offering you pure, nutrient-dense flour with no added maida. This freshly ground atta brings unparalleled softness and fluffiness to your rotis, making every meal a delightful experience. Perfect for a range of traditional dishes, it combines health and taste, infusing your cooking with the wholesome richness of whole wheat. Elevate your meals with Hilife Chakki Atta for a healthier, more flavorful dining experience.

### Product Benefits:

**Nutrient-Dense for Well-Being:** Hilife Chakki Atta is brimming with essential nutrients and fiber, promoting overall health while keeping you feeling full and satisfied throughout the day.

**Perfectly Soft and Fluffy:** Transform your rotis into a culinary delight with Hilife Chakki Atta. Each batch delivers an exceptional softness and fluffiness, making every meal a joyful experience.

**Versatile Culinary Excellence:** From rotis and parathas to puris and more, Hilife Chakki Atta is perfect for a variety of traditional dishes. Enhance your cooking with its rich, authentic whole wheat flavor that brings out the best in every recipe.

**100% Whole Wheat, 0% Maida:** Commit to a healthier lifestyle with our pure whole wheat flour. Hilife Chakki Atta contains no maida, providing you with all the natural goodness of whole wheat for nutritious and wholesome meals.

### Nutrition Information:

Servings Size: Per 100g	
Energy kcal	363.72
Protein g	11.75
Carbohydrate g	73.51
Total Fat g	2.52
Saturated Fat g	0.58
MUFA g	0.52
PUFA g	1.41
Trans Fat g	0
Cholesterol g	0
Dietary Fiber g	14.26
Sodium mg	15.26
Calcium mg	30.99
Iron mg	14.23



# Essential

# #Unpack The Best

## Soyabean Masyaura



Helps Weight Loss



Helps Improve digestion



Support Heart Health



Soyabean Masyaura POUCH  
200GM



Soyabean Masyaura POUCH  
200GM

Fuel your meals with the plant-based power of Hilife Soya Chunks. Made from premium quality soybeans, these protein-rich chunks are a perfect meat alternative for vegetarians and fitness enthusiasts alike. Packed with essential amino acids, iron, and dietary fiber, Hilife Soya Chunks support muscle growth, aid digestion, and contribute to overall wellness. Their soft, juicy texture and ability to absorb flavors make them ideal for curries, stir-fries, pulao, and snacks. Low in fat and cholesterol-free, Hilife Soya Chunks are a smart, nutritious choice for wholesome everyday cooking.

### Product Benefits:

**High in Protein:** Packed with plant-based protein that supports muscle building and repair — an excellent meat alternative for vegetarians and fitness enthusiasts.

**Rich in Fiber:** Helps regulate digestion, supports gut health, and keeps you feeling full longer, aiding in appetite control and weight management.

**Cholesterol-Free & Low in Fat:** Naturally free from cholesterol and low in saturated fats, making it a heart-healthy addition to your daily meals.

**Iron-Rich:** Provides essential iron to improve energy levels, support red blood cell production, and reduce fatigue.

**Versatile & Flavorful:** Absorbs spices and flavors easily, making it ideal for a wide variety of dishes like curries, pulao, stir-fries, or snacks.

### Nutrition Information:

Servings Size: Per 100g	
Energy kcal	345
Protein g	52.0
Fat g	0.5
Carbohydrates g	33.0
Crude Fibre g	1.0
Dietary Fibre g	13.0
Calcium mg	350
Iron mg	20



# Essential

# #Unpack The Best

## MultiGrain Nuggets



Helps Weight Loss



Helps Improve digestion



Support Heart Health



MultiGrain Nuggets POUCH  
200GM

## Power Up with Every Bite!

Packed with Protein, Fiber & Multigrain Goodness

Discover the smart snacking solution with Hilife Multigrain Nuggets — a wholesome fusion of carefully selected grains blended to create a delicious and nutrient-packed food option. Made from a balanced mix of wheat, corn, soy, oats, and millets, these nuggets offer a high-protein, high-fiber, and low-fat profile suitable for modern, health-conscious lifestyles. Whether you're preparing a curry, dry sauté, or protein-rich snack, Hilife Multigrain Nuggets bring together taste and nutrition in every bite. Perfect for vegetarians and fitness enthusiasts, it's a smart way to energize your meals naturally.

### Product Benefits:

**High in Protein:** Packed with plant-based protein that supports muscle building and repair — an excellent meat alternative for vegetarians and fitness enthusiasts.

**Rich in Fiber:** Helps regulate digestion, supports gut health, and keeps you feeling full longer, aiding in appetite control and weight management.

**Cholesterol-Free & Low in Fat:** Naturally free from cholesterol and low in saturated fats, making it a heart-healthy addition to your daily meals.

**Iron-Rich:** Provides essential iron to improve energy levels, support red blood cell production, and reduce fatigue.

**Versatile & Flavorful:** Absorbs spices and flavors easily, making it ideal for a wide variety of dishes like curries, pulao, stir-fries, or snacks.

### Nutrition Information:

Servings Size: Per 100g	
Energy kcal	345
Protein g	52.0
Fat g	0.5
Carbohydrates g	33.0
Crude Fibre g	1.0
Dietary Fibre g	13.0
Calcium mg	350
Iron mg	20



## Pasta Macaroni



Pasta Macaroni POUCH  
750GM



Pasta Macaroni POUCH  
350GM

Discover the ultimate comfort food with Hilife Macaroni, crafted from high-quality durum wheat for a perfect bite every time. Whether you're whipping up a classic mac 'n' cheese, a creamy pasta bake, or a vibrant pasta salad, our macaroni provides the ideal base for a variety of delicious dishes. Its smooth, curved shape is designed to hold onto sauces and seasonings, delivering a satisfying taste and texture in every mouthful. Elevate your meals with Hilife Macaroni—where simplicity meets excellence.

### Nutrition Information:

Servings Size: Per 100g	
Energy	359.60 Kcal
Protein	9.02 gm
Carbohydrates	80.29 gm
Fat	0.27 gm
Crude Fiber	0.11 gm
Sodium	15.26 mg

### Product Benefits:

**Exceptional Quality:** Made from premium durum wheat, Hilife Macaroni offers a consistently firm texture and delicious flavor for perfect pasta dishes every time.

**Versatile Ingredient:** Ideal for a range of recipes, from comforting mac 'n' cheese to hearty pasta bakes and refreshing salads, this macaroni adapts to any meal plan.

**Sauce-Friendly Shape:** The curved, tubular design of the macaroni ensures that sauces and seasonings cling perfectly, enhancing each bite with rich flavors.

**Quick and Convenient:** Ready in just minutes, Hilife Macaroni is a time-saving choice for busy weeknights and effortless meal prep.



## Pasta Fusilli



Pasta Fusilli POUCH  
750GM



Pasta Fusilli POUCH  
350GM

Elevate your pasta dishes with Hilife Fusilli Pasta, crafted to deliver a delightful twist on your favorite recipes. Made from premium durum wheat, this pasta features the classic corkscrew shape, perfect for holding onto rich sauces and dressings. Whether you're preparing a hearty Italian feast, a fresh pasta salad, or a quick weeknight dinner, Hilife Fusilli Pasta brings exceptional texture and taste to every bite. Enjoy a satisfying and versatile ingredient that's as easy to cook as it is to savor.

### Nutrition Information:

Servings Size: Per 100g	
Energy	359.60 Kcal
Protein	9.02 gm
Carbohydrates	80.29 gm
Fat	0.27 gm
Crude Fiber	0.11 gm
Sodium	15.26 mg

### Product Benefits:

**Premium Quality:** Made from high-grade durum wheat, Hilife Fusilli Pasta ensures a perfect al dente texture and rich flavor in every dish.

**Sauce-Perfect Shape:** The spiral design of fusilli helps trap sauces and dressings, allowing you to enjoy a burst of flavor with each mouthful.

**Versatile Culinary Use:** Ideal for a wide range of dishes—from classic Italian recipes to innovative pasta salads and baked casseroles—this pasta adapts to any cuisine.

**Quick and Easy Preparation:** Ready in just minutes, Hilife Fusilli Pasta is a convenient and time-saving option for delicious meals that fit into your busy lifestyle.



## Pasta Penne



Pasta Penne POUCH  
750GM



Pasta Penne POUCH  
350GM

Elevate your culinary creations with Hilife Penne, the quintessential pasta for every kitchen. Made from top-quality durum wheat, our penne features a classic ribbed texture and a distinctive tubular shape that perfectly holds sauces, making every bite a burst of flavor. Whether you are crafting a rich tomato-based dish, a creamy Alfredo, or a hearty baked pasta, Hilife Penne delivers a satisfying, al dente texture that enhances your recipes. Perfect for both traditional and modern pasta dishes, Hilife Penne brings a touch of Italian authenticity to your table.

### Nutrition Information:

Servings Size: Per 100g	
Energy	359.60 Kcal
Protein	9.02 gm
Carbohydrates	80.29 gm
Fat	0.27 gm
Crude Fiber	0.11 gm
Sodium	15.26 mg

### Product Benefits:

**Premium Durum Wheat:** Crafted from high-quality durum wheat, Hilife Penne offers a robust texture and exceptional flavor, ensuring a superior pasta experience.

**Sauce-Embracing Design:** The ribbed surface and tubular shape of our penne are designed to hold sauces and seasonings, making every bite rich and flavorful.

**Versatile Choice:** Ideal for a wide array of recipes, from classic penne arrabbiata and creamy penne Alfredo to hearty pasta bakes and fresh salads.

**Easy to Prepare:** Quick and convenient to cook, Hilife Penne is perfect for busy weeknights or meal prepping, making it an essential pantry staple for effortless, delicious meals.



## Classic Creamy Peanut Butter



Classic Creamy Peanut Butter JAR  
500GM



Classic Creamy Peanut Butter JAR  
340GM



Nutrient Rich



Rich in Healthy Fats



Rich in Healthy Energy



Blood Sugar Control

Hilife Classic Peanut Butter is your go-to choice for a nutritious and delicious spread. Packed with healthy fats and rich in energy, it supports blood sugar control while providing essential nutrients. Enjoy a tasty, wholesome addition to your meals and snacks with Hilife Classic Peanut Butter.

### Product Benefits:

**Nutrient-Rich:** Packed with essential vitamins and minerals to support overall health.

**Healthy Fats:** Contains good fats that promote heart health and provide long-lasting energy.

**Energy Boost:** A great source of healthy energy to keep you fueled throughout the day.

**Blood Sugar Control:** Helps maintain stable blood sugar levels, making it a suitable choice for those managing diabetes.

### Nutrition Information:

Servings Size 32g (2Tbsp.) Serving Per Pack: 31

	Per 100g	Per Serving	Per 30g*
Energy (kcal)	638.44	204.30	10.22%
Protein (g)	24	7.68	
Carbohydrated (g)	23.36	7.48	
Dietary fiber (g)	4	1.28	3.2%
Total sugar (g)	6.22	1.99	
Added sugar 9g)	5.08	1.63	3.25%
Total fat (g)	49	15.68	23.40%
Saturated fat (g)	9.81	14.27%	
Trans fat (g)	0	0	0%
Cholesterol (mg)	0	0	
Sodium (mg)	279	89.28	1.79%



## Natural Crunchy Peanut Butter



Natural Crunchy Peanut Butter JAR  
340GM

Hilife Natural Crunchy Peanut Butter is a perfect blend of nutrition and taste with an irresistible crunch. Made from premium roasted peanuts, it's packed with plant-based protein, healthy fats, and natural energy. Free from added sugar and preservatives, it supports active lifestyles, helps manage appetite, and fuels your day the natural way. Enjoy a wholesome, crunchy twist to your meals and snacks with Hilife Natural Peanut Butter.

### Product Benefits:

**Nutrient-Rich:** Packed with essential vitamins and minerals to support overall health.

**Gluten-Free:** Naturally free from gluten, making it a safe and wholesome choice for gluten-sensitive diets.

**Rich in Healthy Fats:** Contains heart-healthy unsaturated fats that support brain function and help maintain cholesterol levels.

**Supports Weight Management:** Keeps you fuller for longer, curbs unnecessary cravings, and fits perfectly into balanced meal plans.

### From Nature to Nutrition In Every Spoon



Nutrient-rich



Help to Weight Management



Gluten Free



Rich in Healthy Fats

### Nutrition Information:

Servings Size 32g (2Tbsp.) Serving Per Pack: 31

	Per 100g	Per Serving	Per 30g*
Energy (kcal)	638.44	204.30	10.22%
Protein (g)	24	7.68	
Carbohydrated (g)	23.36	7.48	
Dietary fiber (g)	4	1.28	3.2%
Total sugar (g)	6.22	1.99	
Added sugar 9g)	5.08	1.63	3.25%
Total fat (g)	49	15.68	23.40%
Saturated fat (g)	9.81	14.27%	
Trans fat (g)	0	0	0%
Cholesterol (mg)	0	0	
Sodium (mg)	279	89.28	1.79%



## Classic Crunchy Peanut Butter



Classic Crunchy Peanut Butter JAR  
340GM

Hilife Classic Crunchy Peanut Butter is your everyday dose of delicious crunch and balanced nutrition. Made from quality roasted peanuts, it's a protein-rich, energy-boosting spread ideal for breakfast, snacks, or post-workout fuel. With its satisfying texture and natural nutty flavor, this classic crunchy peanut butter offers a wholesome way to nourish your body and satisfy your taste buds. Whether spread on toast, blended into smoothies, or enjoyed by the spoonful, Hilife Classic Crunchy Peanut Butter is a tasty addition to your active lifestyle.

### Product Benefits:

**Nutrient-Rich:** Packed with protein, fiber, and essential vitamins to support energy and overall well-being.

**Gluten-Free:** Naturally free from gluten, suitable for gluten-intolerant and health-conscious individuals.

**Rich in Healthy Fats:** Contains good fats that support heart health and sustained energy release.

**Supports Weight Management:** Helps control hunger and maintain a balanced diet when consumed in moderation.

**Taste the Crunch. Feel the Strength.**



Nutrient-rich



Help to Weight Management



Gluten Free



Rich in Healthy Fats

### Nutrition Information:

Servings Size 32g (2Tbsp.) Serving Per Pack: 31

	Per 100g	Per Serving	Per 30g*
Energy (kcal)	638.44	204.30	10.22%
Protein (g)	24	7.68	
Carbohydrated (g)	23.36	7.48	
Dietary fiber (g)	4	1.28	3.2%
Total sugar (g)	6.22	1.99	
Added sugar 9g)	5.08	1.63	3.25%
Total fat (g)	49	15.68	23.40%
Saturated fat (g)	9.81	14.27%	
Trans fat (g)	0	0	0%
Cholesterol (mg)	0	0	
Sodium (mg)	279	89.28	1.79%



## Tomato Ketchup



No Added Color



Thick & Creamy



Rich Tomatoes



Premium Quality



Tomato Ketchup JAR  
5KG



Tomato Ketchup Glass Bottle  
500GM



Tomato Ketchup Glass Bottle  
200GM

Hilife Tomato Ketchup is a rich, flavorful condiment made from premium-quality ripe tomatoes, blended with just the right mix of spices for a balanced sweet and tangy taste. Smooth in texture and vibrant in flavor, it enhances everything from fries and burgers to sandwiches, noodles, and snacks. Whether you're using it as a dip, a spread, or an ingredient in cooking, Hilife Tomato Ketchup brings a burst of deliciousness to every bite. No artificial flavors—just real tomato goodness in every squeeze.

### Product Benefits:

**Rich Tomato Flavor:** Hilife Tomato Ketchup is made from ripe, flavorful tomatoes for an authentic and delicious taste.

**Versatile Use:** Use it as a dip for snacks, a spread for sandwiches, or as an ingredient in various recipes.

**Convenient Packaging:** The 200g pack is easy to store and use, ensuring freshness and convenience.

**Natural Ingredients:** Made with natural ingredients, Hilife Tomato Ketchup is free from artificial colors, flavors, and preservatives.

### Nutrition Information:

Servings Size: Per 100g (approx)	
Energy (kcal)	139.2
Protein (g)	1.2
Carbohydrated (g)	32.9
Total Sugar (g)	30.2
Added Sugar (g)	24.1
Dietary Fibre (g)	0.5
Total Fat (g)	0.3
Saturated Fat (g)	0.2
Cholesterol (mg)	0.00
Sodium (mg)	1010



## Mixed Fruit Jam



Mixed Fruit Jam Glass Bottle  
500GM

### A Burst of Fruits in Every Spoon!

Made from a delicious blend of ripe, juicy fruits—our Mix Fruits Jam brings sweet joy to every bite. Perfect for your morning toast or any time treat!

Hilife Mix Jam is a luscious medley of carefully selected fruits, bringing a burst of natural sweetness and vibrant flavor to your table. Perfect for spreading on toast, dolloping onto pancakes, or mixing into yogurt, this versatile jam transforms any meal or snack into a delightful treat. Elevate your breakfast and snacks with the rich, fruity goodness of Hilife Mix Jam—a delicious way to enjoy the taste of your favorite fruits all year round.

### Product Benefits:

**Rich Fruit Fusion:** Experience a delightful taste with every spoonful, as Hilife Mix Jam blends a variety of fruits to create a luscious and satisfying flavor profile.

**Endlessly Versatile:** Whether you're spreading it on toast, layering it in pastries, or mixing it into your favorite desserts, Hilife Mix Jam adds a burst of fruity goodness to any dish.

**Naturally Nutritious:** Packed with vitamins and minerals from real fruits, Hilife Mix Jam not only enhances your meals but also contributes to a balanced and nutritious diet.

**Pure and Authentic:** Made with natural ingredients and free from artificial flavors, Hilife Mix Jam offers an authentic, fruit-filled taste that you can trust.

### Nutrition Information:

Servings Size: Per 100g (approx)	
Energy (kcal)	281.6
Protein (g)	0.5
Carbohydrates (g)	69.9
Total Sugars (g)	69
Added Sugars (g)	65
Dietary Fibre (g)	0.5
Total Fat (g)	0.00
Saturated Fat (g)	0.0
Cholesterol (mg)	0.00
Sodium (mg)	13



## Chiuri Honey



Chiuri Honey JAR  
1KG



Chiuri Honey JAR  
500GM

Hilife Chiuri Honey is a unique natural honey collected from Chiuri tree flowers in Nepal's wild forests. This amazing honey has a sweet floral taste with a smooth texture that feels great in your mouth. Full of natural goodness and healthy nutrients, this pure honey brings the power of nature directly to your family. Perfect for adding sweetness to your tea, spreading on bread, or eating straight from the jar - this golden honey creates a perfect sweet experience every time. Pure, natural, and absolutely delicious, Hilife Chiuri Honey gives you nature's finest sweetness in every spoonful!

### Product Benefits:

**Boosts Immunity Naturally:** Rich in antioxidants and nutrients that help strengthen your immune system year-round.

**Instant Natural Energy:** A healthy, crash-free energy boost—great for mornings or workouts.

**Supports Digestion:** Natural enzymes aid digestion and keep your stomach happy.

**Improves Sleep:** A spoonful before bed promotes relaxation and restful sleep.

**100% Pure & Natural:** Raw, unprocessed forest honey with no additives—safe and healthy for the whole family.

### Nutrition Information:

Servings Size: Per 100g (approx)	
Energy (kcal)	317.31
Protein (g)	0.37
Fat (g)	0.91
Carbohydrate (g)	76.91
Added Sugar (g)	0



## Mustard Honey



Mustard Honey JAR  
1KG



Mustard Honey JAR  
500GM

Hilife Mustard Honey is a quality natural honey gathered from mustard flower fields in Nepal. This beautiful golden honey offers a soft, sweet flavor with a silky smooth texture. Loaded with natural nutrients and health benefits, this authentic honey brings countryside freshness to your daily meals. Excellent for tea, pancakes, or enjoying alone - this honey creates sweet happiness in every bite. Clean, natural, and genuinely tasty, Hilife Mustard Honey provides nature's finest sweetness drop by drop!

### Product Benefits:

**Soothes Cough & Cold:** Natural healing properties help calm coughs and sore throats—perfect with warm water or tea.

**Aids Digestion:** Enzyme-rich honey that supports smooth and healthy digestion.

**Promotes Better Sleep:** A spoonful at night helps you relax and sleep peacefully.

**100% Pure & Natural:** Raw, unprocessed forest honey with no additives—safe and healthy for the whole family.

### Nutrition Information:

Servings Size: Per 100g (approx)	
Energy (kcal)	316.73
Protein (g)	0.33
Fat (g)	0.29
Carbohydrate (g)	78.2
Added Sugar (g)	0



# Elements

#Unpack The Best

## Sooji



## One Ingredient, Endless Possibilities

From fluffy idlis to sweet halwas, Hilife Sooji is your go-to for quick, nutritious, and delicious creations

Hilife Sooji is crafted from the finest quality durum wheat to bring you unmatched purity and taste. With its rich golden hue and perfectly coarse texture, this premium semolina adds a touch of excellence to every recipe—from crispy snacks to soft halwas and fluffy idlis. Naturally nutritious and incredibly versatile, Hilife Sooji is your trusted kitchen companion for delightful and wholesome creations. Taste the difference, choose Hilife.

### Product Benefits:

**Supports Sustained Energy Levels:** Hilife Sooji, made from premium durum wheat, is a rich source of complex carbohydrates that provide lasting energy—perfect for powering your day without sudden energy dips.

**Aids in Healthy Digestion:** Naturally high in dietary fiber, Hilife Sooji supports digestive health, promotes regularity, and helps maintain a healthy gut.

**Ideal for Weight Management:** Low in fat and high in satiety, Hilife Sooji helps control appetite by keeping you full longer, making it easier to manage weight without sacrificing flavor.

**Boosts Daily Nutrition:** Packed with essential nutrients like iron, protein, and B vitamins, Hilife Sooji contributes to overall wellness and daily nutritional needs.

**Versatile & Wholesome Ingredient:** From soft idlis to crispy snacks and sweet halwa, Hilife Sooji fits a variety of nutritious recipes, supporting a healthy and balanced lifestyle.

### Nutrition Information:

Servings Size: Per 100g	
Energy (kcal)	352
Protein	10%
Carbohydrates	76%
Total Fat	0.75%
Phosphorous	105 mg
Moisture	13.5%
Fibre	0.22%
Calcium	18 mg
Iron	4.5 mg



## Bhuja



Puffed Rice POUCH  
400 GM

## Light, Crispy, Gluten Free and 100% Natural

Premium whole-grain puffed rice, naturally light and crisp, delivering pure energy for your daily boost.

Hilife Bhujia brings you the true taste of Nepal in a fresh and crunchy form. Made from carefully selected rice, this light and wholesome snack delivers natural goodness in every bite. Hilife Bhujia is completely natural, gluten free and free from any artificial additives. It is the perfect everyday choice for people who enjoy clean and simple snacking. Its airy and satisfying crunch makes every snack moment enjoyable and refreshing.

### Product Benefits:

**Free Gluten:** Hilife Bhujia is naturally free from gluten. It is a light and safe option for people who avoid gluten or prefer healthier alternatives. You get a clean and enjoyable crunch every time.

**100% Natural:** Made from pure and high quality rice without artificial colors, flavors or preservatives. Its natural composition makes it the ideal choice for mindful and health conscious snack lovers.

**Light and Crispy:** Each batch of Hilife Bhujia is prepared to achieve a soft airy crunch. It feels light to eat yet provides a satisfying snacking experience suitable for any time of the day.

**Premium Quality:** Hilife Bhujia is sourced and processed with great care to maintain its freshness and authentic taste. Every pack reflects Hilife's commitment to purity, hygiene and exceptional quality.

### Nutrition Information:

	UOM	Per 100gm
Energy (kcal)	kcal	356.15
Protein	g	6.87
Carbohydrates	g	84.14
Fat	g	0.43
Saturated Fatty Acid	g	0.21
Mono-unsaturated Fatty Acid	g	0.07
Poly-unsaturated Fatty Acid	g	0.16
Dietary Fiber	g	0.84
Total Sugar	g	1.08
Added Sugar Content	g	0.00
Total Salt	g	0.58
Sodium	g	155.74
Calcium	mg	78.87

Let's  
connect  
with us



[www.hilifefoods.com.np](http://www.hilifefoods.com.np)

hilife

Marketed in Nepal by:  
**Hilife Agro and Foods Industries Limited**  
KMC-3, Ranibari, Basundhara  
Kathmandu, Nepal

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