

॥ शुद्धता ॥

Shudhhata Foods

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॥ Shudhhata ॥TM

शुद्ध है, प्राकृतिक है, वैदिक है..

Pure | Natural | Vedic



About shudhhata

Our health is a reflection of our lifestyle and eating patterns. The food we consume today has undergone extensive processing, is highly refined and contains chemical additives. In terms of long-term health benefits, a small modification in our eating habits can significantly benefit towards a healthy lifestyle. It is the right time to invest in wholesome food practices and bring back ancient techniques of food processing.

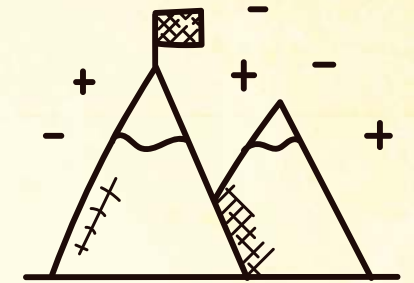
At shudhhata we believe in picking up the best quality wheat and oilseeds and we process them with Vedic Indian culture. In order to bring fresh, wholesome, and nutrient-dense food back to your plate, we combine the art and science of traditional Indian grinding processing.



Our Mission

Our mission is to provide premium quality, nutritious, and sustainable food products to customers.

We strive to source the finest ingredients, using traditional methods to extract oil and grind grains to produce atta. We are committed to maintaining transparency in our operations and ensuring that all products are ethically and sustainably processed. By continuously improving its processes and product offerings, we aim to be the preferred choice for health-conscious consumers.



Our Vision

We envision becoming a leading provider of high-quality, healthy, and sustainable food products.

We aim to source the best ingredients and use food processing methods our ancestors have followed for ages to grind atta and oil. The low-speed crushing and grinding ensure that the grains, pulses, oil seeds, etc retain their nutritional values. Our goal is to educate consumers on the importance of healthy eating and to provide them with accessible and affordable products that support their well-being. Ultimately, the vision is to create a positive impact on people's lives and the planet.



Why Choose Us?

Shuddhata Food is established with the aim of reviving Vedic food manufacturing techniques. By choosing Shuddhata, you don't simply select a food item; you also select a healthy life and a good future. By offering a wide variety of Atta and Oils that are free of harmful chemicals and preservatives, we distinguish ourselves as a respectable option in the market.

Core Values



Quality

Ensuring that our products meet high standards of taste, freshness, and safety.



Customer satisfaction

Strive to meet the needs and expectations of our customers.



Sustainability

Committed to environmentally responsible practices in sourcing, production, & packaging.



Innovation

Constantly seeking to improve products and processes.



Health and Wellness

Providing chemical free nutritious options that support a healthy lifestyle.



Transparency

Our products are authentic, and we welcome visitors to observe our grinding and crushing process.

Range of Products

COLD PRESSED ATTA

- ◆ Bajra Atta ◆ Besan ◆ Bhakri Atta ◆ Bhaliya Atta ◆ Chana Atta
- ◆ Jau Atta ◆ Jowar Atta ◆ Makka Atta ◆ Multigrain Atta
- ◆ Wheat Atta ◆ Punjabi Wheat Atta ◆ Ragi Atta

COLD PRESSED OIL

- ◆ Yellow Mustard Oil ◆ Black Mustard Oil ◆ Groundnut Oil
- ◆ White sesame Oil ◆ Black sesame Oil ◆ Coconut Oil

Traditionally Stone Ground Chakki Fresh Atta

ATTA AT ROOM TEMPERATURE

We acquire whole grains of the highest quality that have been carefully selected and processed in a natural stone-ground mill that operates at a very slow speed (or low RPM).

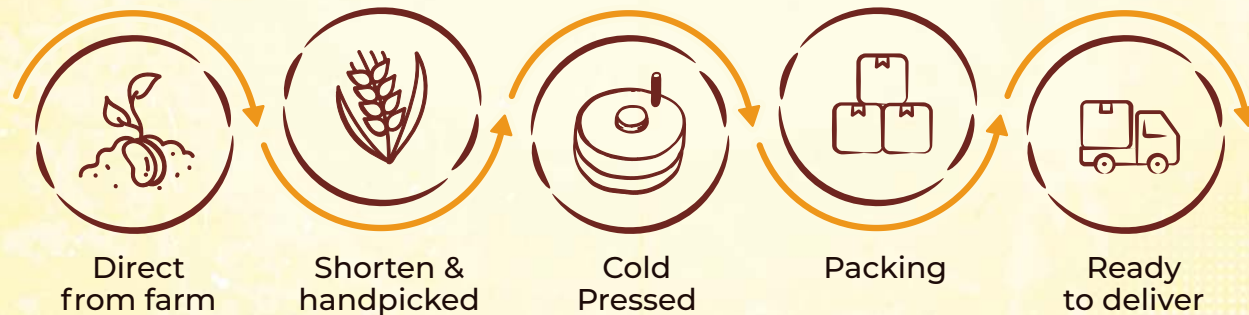
This produces cold-pressed atta with all of the nutrients present, replicating the old-fashioned hand-operated atta chakki. Especially to follow the traditional method of grain grinding we have brought the special stone from Rajasthan.



COLD PRESSED ATTA



Our Process



Cold Pressed Bhalia Atta

Bhalia Wheat Atta is made with a premium long grain wheat variety which is rich in protein and is grown under conserved soil moisture conditions (with rain water) in Bhal region of Gujarat. This also has received the Geographical Indication (GI) tag from Government of India. It is loaded with essential nutrients like protein, fibre, and minerals like magnesium, phosphorous, and iron.

Benefits

- ◆ Improves metabolism
- ◆ Promotes good health
- ◆ Prevents gallstones
- ◆ Helps control obesity

STORAGE

Keep away from direct sunlight & humid conditions.
Once open, store in an airtight container.



Pack
Sizes

1KG

2KG

5KG

Cold PRESSED Wheat Atta

Wheat Atta is made with premium wheat from fields across India to give you wholesome nutritious goodness. It is loaded with essential nutrients like protein, fibre, and minerals like magnesium, phosphorous, and iron.

Benefits

- ◆ Controls obesity
- ◆ Improves body metabolism
- ◆ Cleanses the system
- ◆ Provides a healthy source of energy

STORAGE

Keep away from direct sunlight & humid conditions. Once open, store in an airtight container.



Pack
Sizes

1KG

2KG

5KG

Cold PRESSED Multigrain Atta

Multigrain Atta is made with premium assorted grains from fields across India to give you wholesome nutritious goodness. It is loaded with essential nutrients like protein, fibre, and minerals like magnesium, phosphorous, and iron.

Benefits

- ◆ Helps to maintain good health
- ◆ Boosts immunity
- ◆ Regulates blood pressure level
- ◆ Provides a healthy source of energy

STORAGE

Keep away from direct sunlight & humid conditions. Once open, store in an airtight container.



Pack
Sizes

1KG

2KG

5KG

Cold PRESSED Punjabi Wheat Atta

Punjabi Wheat Atta is made with premium wheat from fields across India to give you wholesome nutritious goodness. It is loaded with essential nutrients like protein, fibre, and minerals like magnesium, phosphorous, and iron.

Benefits

- ◆ Controls obesity
- ◆ Improves body metabolism
- ◆ Cleanses the system
- ◆ Provides a healthy source of energy

STORAGE

Keep away from direct sunlight & humid conditions.
Once open, store in an airtight container.



Pack
Sizes

1KG

2KG

Cold PRESSED Black Wheat Atta

Black Wheat plays a great role in weight management. It contains the naturally occurring antioxidant 'Anthocyanin' that is known to control the blood sugar levels. It is rich in dietary fiber and also in vitamins and minerals such as B Vitamins, potassium, Iron, Zinc and Calcium.

Benefits

- ◆ Helps reduce blood sugar level
- ◆ Keeps cholesterol under level
- ◆ Promotes a healthy heart

STORAGE

Keep away from direct sunlight & humid conditions.
Once open, store in an airtight container.



Pack
Sizes

1KG

2KG

Cold PRESSED Bhakri Atta

Bhakri Atta is made with premium Wheat from fields across India to give you wholesome nutritious goodness. It is loaded with essential nutrients like protein, fibre, and minerals like magnesium, phosphorous, and iron.

Benefits

- ◆ Aids in weight control
- ◆ Lowers cholesterol levels
- ◆ Improves brain health
- ◆ Strengthens bone

STORAGE

Keep away from direct sunlight & humid conditions. Once open, store in an airtight container.



Pack
Sizes

1KG

2KG

Cold PRESSED Besan

It is made with premium chickpeas from fields across India to give you wholesome nutritious goodness. It is loaded with essential nutrients like protein, fibre, and lots of minerals like magnesium, phosphorous, and iron.

Benefits

- ◆ Helps reduce cholesterol levels
- ◆ Aids in weight control
- ◆ Improves brain health
- ◆ Strengthens bone

STORAGE

Keep away from direct sunlight & humid conditions. Once open, store in an airtight container.



Pack
Sizes

1KG

2KG

Cold PRESSED Chana Atta



Chana Atta is made with premium Chickpeas from fields across India give you wholesome nutritious goodness. It is loaded with essential nutrients like protein, fibre, and minerals like magnesium, phosphorous, and iron.

Benefits

- ◆ Reduces cholesterol
- ◆ Cures anemia
- ◆ Reduces inflammation
- ◆ Beneficial for skin

STORAGE

Keep away from direct sunlight & humid conditions. Once open, store in an airtight container.



Pack
Sizes

1KG

2KG

Cold PRESSED Bajra Atta



It is made with premium Bajra from fields across India to give you wholesome nutritious goodness. It is loaded with essential nutrients like protein, fibre, and minerals like magnesium, phosphorous, and iron.

Benefits

- ◆ Helps control diabetes
- ◆ Aids in weight control
- ◆ Lowers down cholesterol levels

STORAGE

Keep away from direct sunlight & humid conditions. Once open, store in an airtight container.



Pack
Sizes

1KG

2KG

Cold PRESSED Jau Atta



Jau Atta is made with premium Barley from fields across India to give you wholesome nutritious goodness. It is loaded with essential nutrients like protein, fibre, and minerals like magnesium, phosphorous, and iron.

Benefits

- ◆ Promotes Intestinal Health
- ◆ Source of powerful antioxidants
- ◆ Reduces blood pressure
- ◆ Strengthens immunity system

STORAGE

Keep away from direct sunlight & humid conditions. Once open, store in an airtight container.



Pack
Sizes

1KG

2KG

Cold PRESSED Jowar Atta



Jowar Atta is made with premium Jowar from fields across India to give you wholesome nutritious goodness. It is loaded with essential nutrients like protein, fibre, and minerals like magnesium, phosphorous, and iron.

Benefits

- ◆ Improves energy level
- ◆ Helps to control diabetes
- ◆ Boosts blood circulation
- ◆ Helps relieve gluten energy

STORAGE

Keep away from direct sunlight & humid conditions. Once open, store in an airtight container.



Pack
Sizes

1KG

2KG

Cold PRESSED Makka Atta



Makka Atta is made with premium dried corn from fields across India to give you wholesome nutritious goodness. It is loaded with essential nutrients like protein, fibre, and minerals like magnesium, phosphorous, and iron.

Benefits

- ◆ Good for eye health
- ◆ Helps to control diabetes
- ◆ Promotes healthy gut
- ◆ Promotes growth

STORAGE

Keep away from direct sunlight & humid conditions. Once open, store in an airtight container.



Pack
Sizes

1KG

2KG

Cold PRESSED Ragi Atta



Ragi Atta is made with premium ragi from fields across India to give you wholesome nutritious goodness. It is loaded with essential nutrients like protein, fibre, and minerals like magnesium, phosphorous, and iron.

Benefits

- ◆ Good for toddlers
- ◆ Helps to improve bone strength
- ◆ Controls blood sugar
- ◆ Helps in weight loss

STORAGE

Keep away from direct sunlight & humid conditions. Once open, store in an airtight container.



Pack
Sizes

1KG

2KG

Traditionally stone ground oil

We at Shudhhata are committed to providing you with edible oils that are 100% pure and unfiltered (non-refined and not non-filtered). In our daily cooking, edible oil is crucial and essential.

Therefore, the oil must be chemical-free and pure. Every oil that has been refined and filtered and is on the market is not pure and contains unhealthy compounds. Based on an age-old technique used in India, we have introduced to you a new notion of unrefined, unfiltered cooking oil. We only use the highest-quality, cold-pressed oils. Especially to follow the traditional method to produce oil we have brought the special stone from Tamilnadu.



COLD PRESSED OIL



Our Process



Cold Pressed Yellow Mustard Oil

Yellow mustard oil, is often known as yellow sarso oil. The oil is rich in nutrients, vitamins, and minerals. From cooking to skincare to hair care, it's one of the best health solutions. To get the most out of yellow mustard oil, pick high-quality. Cold-pressed yellow mustard oil from Shudhhata is unrefined and stone-pressed.

Benefits

- ◆ Helps control diabetes
- ◆ Aids in weight control
- ◆ Lowers down cholesterol levels

STORAGE

Store in cold & dry place. Avoid keeping in direct sunlight.



Cold Pressed Groundnut Oil

Groundnut oil is also known as mungfali ka tel, sing tel or peanut oil. Shudhhata offers you authentic cold-pressed groundnut oil where the seeds are pressed and crushed under the stone pestle. It is a conventional method to extract oil under low heat temperatures that retains all the nutritional value in the oil. The oil is rich in essential fatty acids, antioxidants, vitamin E, vitamin K, vitamin C, and other healthy fats.

Benefits

- ◆ Maintains heart health
- ◆ Boosts energy
- ◆ Improves gut health

STORAGE

Store in cold & dry place. Avoid keeping in direct sunlight.



Cold Pressed Black Mustard Oil

Black mustard oil, also known as sarso oil, is one of the most versatile oils due to its smell & flavour. The nutrients remain intact in cold-pressed black mustard oil which is a rich source of Vitamin E, Vitamin A and Vitamin B. Also, it is a rich source of protein and omega-3 fatty acids which have multiple health benefits.

Benefits

- ◆ Helps support healthy cardiovascular health.
- ◆ Helps strengthen the immune system.
- ◆ Traditional medicine is used to treat cough, cold and bronchitis.

STORAGE

Store in cold & dry place. Avoid keeping in direct sunlight.



Pack
Sizes

1LTR

5LTR

15LTR

Cold Pressed White Sesame Oil

White sesame oil is often stored in almost every household kitchen. The reason is, that it acts as a flavour booster in every cuisine and has a distinct nutty taste that blends extremely well with various mixes of spices. The nutrients remain intact in wooden cold-pressed white sesame oil which is a rich source of Vitamin E, Omega 3,6 and 9 fatty acids. It is also a rich source of various potent minerals such as calcium, protein, iron, zinc, magnesium and more.

Benefits

- ◆ Beneficial for skin's health
- ◆ Boosts metabolism
- ◆ Helps maintain sugar levels

STORAGE

Store in cold & dry place. Avoid keeping in direct sunlight.



Pack
Sizes

1LTR

5LTR

15LTR

Cold Pressed Black Sesame Oil

Black Sesame oil is known to be the queen of oils because of its versatile uses. It is widely used for its characteristic taste and flavour. Stone grind & cold-pressed process ensures that it maintains the highest purity and quality of the oil. Black sesame oil is a rich source of vitamin B6 and vitamin E as well as minerals like calcium, iron, potassium, copper and manganese which offers various health benefits.

Benefits

- ◆ Enhances bone health
- ◆ Promotes healthy hair & skin
- ◆ Repairs damaged cells in the body

STORAGE

Store in cold & dry place. Avoid keeping in direct sunlight.



Cold Pressed Coconut Oil

Extracted from the finest quality coconuts, Coconut Oil is a multi-purpose oil suitable for both internal and external consumption. It is a rich source of Saturated fatty acids/lauric acids. Coconut Oil is not refined, bleached, or treated with chemicals, thus bringing you wholesome health and nutrition.

Benefits

- ◆ Beneficial for skin's health
- ◆ Boosts metabolism
- ◆ Helps maintain sugar levels

STORAGE

Store in cold & dry place. Avoid keeping in direct sunlight.

