



PROVEDA

leading you to success



(सोया बड़ी)

100% VEGETARIAN

Tastier & Juicier
HIGH PROTEIN SOYA CHUNKS



DELIGHT YOUR SENSES

What is Soya Chunks



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- **Soya chunks** are **made** from defatted soy flour, a by-product of extracting **soybean** oil.
- It has a protein content which is equal to that of meat.
- It is quick and also easy to cook.
- You can prepare many dishes using **soya chunks** such as **soya chunks** curry, kurma and even add them to your pulaos, soups, stir fries, etc.



Nutritional value of Soya Chunk



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- 100 grams of uncooked soya chunks have 345 calories with
- 52 grams of **protein**,
- 0.5 grams total **fat**,
- 33 grams **carbohydrates**
- 13 grams **dietary fibre**.
- They are also rich in calcium and iron while providing no extra sugar or sodium to the body.



Is Soya Chunk is good for health



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- **Soya chunks** are known for its various **health** benefits
- It is known for high protein content
- its exceeds than eggs, meat, milk.
- It is known to reduce the risk of osteoporosis in menopausal women and also ease other symptoms as it's a good source of isoflavones.



How much soya chunks consume daily



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- it is recommended to only have 25 to 30 grams of Proveda **soya chunks in a day.** Moderation is key.





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Thank You



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