

Dobrodiya



HEALTHY INGREDIENTS LIST

1

100% free of Peroxidase in oatmeal due to double steaming technology on modern equipment



whole grain



27 glycemic index

2

Glycemic index 27*, which makes Dobrodiya oatmeal a product with a low glycemic index



Natural ingredients



No artificial impurities

3

Up to 95% of micro, macro elements and vitamins are preserved by modern, efficient production technology*



95% of grain benefits are saved



4.1g beta glucan (per 100 g of flakes)

4

4.1 g of beta glucan* (per 100 g of oatmeal) has a positive effect on the human body, it helps to reduce cholesterol levels

* Data on the results of research conducted by order of Dobrodia Foods LLC in Eurofins European laboratories: Eurofins Vitamin Testing (Denmark), Eurofins Food Testing (Netherlands), Eurofins WEJ Contaminants GmbH (Hamburg, Germany), Eurofins Environment Testing (Slovakia), Eurofins Chemical Control S.r.l. (Cuneo, Italy), AGROBIO-Qualtech laboratory, Eurofins Polska (Poland)

PORRIDGES FOR LUNCH



Our porridge recipes are simple and straightforward, requiring only a few minutes to prepare



Lunch



Ready to eat



Natural ingredients



No preservatives

Sachet



Corn

Vegetables



Buckwheat

Mushrooms



Wheat

Meat

Name	Nutritional facts per 100 g				Shelf life, months	Net Weight	Consumer packaging	Group packaging	
	Energy	Fats	Carbo-hydrates	Proteins				type	q-ty
`Banosh` corn porridge with mushrooms	1490 kJ (352 kcal)	4,2 g	70 g	9,1 g	8	0,04 kg	sachet	corrugated box	25
Buckwheat with mushrooms	1450 kJ (343 kcal)	5,1 g	62 g	12 g	12	0,04 kg	sachet	corrugated box	25
Wheat porridge with chicken meat	1443 kJ (340 kcal)	2,7 g	66 g	13 g	12	0,04 kg	sachet	corrugated box	25

PORRIDGES FOR BREAKFAST

Oatmeal

Sachet



Breakfast



Ready to eat



Natural ingredients

Fruit

Nuts

Cream



No preservatives

Name	Nutritional facts per 100 g				Shelf life, months	Net Weight	Consumer packaging	Group packaging	
	Energy	Fats	Carbo-hydrates	Proteins				type	q-ty
Oatmeal with berries and cream	1576 kJ (372 kcal)	5,2 g	71 g	11 g	8	0,04 kg	sachet	corrugated box	25
Oatmeal with apple and cinnamon	1535 kJ (363 kcal)	4,6 g	70 g	10 g	12	0,04 kg	sachet	corrugated box	25
Oatmeal with strawberry and chocolate	1601 kJ (379 kcal)	6,4 g	70 g	11 g	8	0,04 kg	sachet	corrugated box	25
Oatmeal with blueberries	1580 kJ (373 kcal)	4,9 g	71 g	11 g	12	0,04 kg	sachet	corrugated box	25
Oatmeal with tropic fruits	1562 kJ (369 kcal)	4,8 g	71 g	11 g	12	0,04 kg	sachet	corrugated box	25
Oatmeal with apricot and almond	1562 kJ (369 kcal)	6,4 g	67 g	11 g	10	0,04 kg	sachet	corrugated box	25

CLASSIC WHOLE GRAIN OATMEAL



Due to the different thicknesses of the flakes, there are instant flakes that only need to be steamed and those that need to be boiled.

Carton box



Polypropylene bag



whole grain



95% of grain benefits are saved



27 glycemic index



Sugar-free



4.1g beta glucan (per 100 g of flakes)

Name	Nutritional facts per 100 g				Shelf life	Net Weight	Consumer packaging	Group packaging	
	Energy	Fats	Carbo-hydrates	Proteins				type	q-ty
Wholegrain oat flakes "Super Herkules"	1569 kJ (371 kcal)	6,2 g	66 g	13 g	12 months	0,5 kg	carton box	corrugated box	14
Wholegrain oat flakes "Super Herkules"	1569 kJ (371 kcal)	6,2 g	66 g	13 g	12 months	0,4 kg	polypropylene bag	corrugated box	20
Wholegrain oat flakes (№1)	1569 kJ (371 kcal)	6,2 g	66 g	13 g	12 months	0,4 kg	polypropylene bag	corrugated box	20
Oat groats rolled high grade	1569 kJ (371 kcal)	6,2 g	66 g	13 g	12 months	0,5 kg	polypropylene bag	corrugated box	20

INSTANT OATS

Instant rolled oats designed for those who like quick and healthy breakfasts. They have a pleasant texture and delicate taste.



95% of grain **benefits** are saved



27 glycemic index



Sugar-free



4.1g beta glucan (per 100 g of flakes)

Carton box



Polypropylene bag



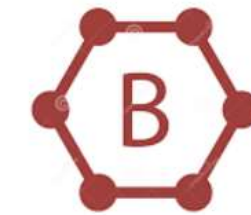
Name	Nutritional facts per 100 g				Shelf life	Net Weight	Consumer packaging	Group packaging	
	Energy	Fats	Carbo-hydrates	Proteins				type	q-ty
Delicate instant oat flakes	1569 kJ (371 kcal)	6,2 g	66 g	13 g	12 months	0,5 kg	carton box	corrugated box	12
Delicate instant oat flakes	1569 kJ (371 kcal)	6,2 g	66 g	13 g	12 months	0,4 kg	polypropylene bag	corrugated box	20

SUPERMIX OF VARIOUS FLAKES

Super mix of various cereals that form a unique complex of vitamins, minerals and contain Omega 3



Contains **FLAX** seeds



Vitamins & minerals



Sugar-free

Carton box



Polypropylene bag



Name	Nutritional facts per 100 g				Shelf life	Net Weight	Consumer packaging	Group packaging	
	Energy	Fats	Carbo-hydrates	Proteins				type	q-ty
Mix of 7 cereals	1431 kJ (342 kcal)	4,1 g	69 g	12 g	12 months	0,5 kg	carton box	corrugated box	14
Mix of 7 cereals	1431 kJ (342 kcal)	4,1 g	69 g	12 g	12 months	0,4 kg	polypropylene bag	corrugated box	20

OTHER CEREAL FLAKES

Fast pace of life makes consumers switch to convenience foods, but with health benefits. A quick-cooking product that allows you to prepare a side dish in 3-5 minutes (which is much faster and easier than cooking cereal)



Ready to eat



95% of grain benefits are saved



Sugar-free

Polypropylene bag



Name	Nutritional facts per 100 g				Shelf life	Net Weight	Consumer packaging	Group packaging	
	Energy	Fats	Carbo-hydrates	Proteins				type	q-ty
Buckwheat flakes	1466 kJ / 346 kcal	2,6 g	68 g	13 g	12 months	0,4 kg	polypropylene bag	corrugated box	20
Corn flakes	1461 kJ / 344 kcal	1,2 g	75 g	8,3 g	12 months	0,4 kg	polypropylene bag	corrugated box	20