



Your Partner in
Holistic Quality Foods



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Embark on a journey where each bite, pinch, and sip becomes an experience—a fusion of purity, wellness, and satisfaction. At Buzz Foods, we redefine the ordinary, offering a range of edible products that encapsulate the essence of a wholesome and healthy lifestyle.

Our commitment to excellence starts right from the source. With a deep understanding of the entire business cycle, we ensure that every aspect, from sourcing the finest materials to manufacturing and delivering the final product, is meticulously executed. Through our associated partners & sourcing teams, we oversee every step, from the paddy fields to the consumer's table, guaranteeing uncompromised quality at every stage.

As **aspiring** leaders in the industry, we take pride in offering premium basmati rice, spices, and edible oils that redefine culinary experiences worldwide. Our products aren't just ingredients; they are the embodiment of purity, wellness, and satisfaction. Each grain of our basmati rice, sourced from the foothills of the Himalayas and other rice-growing regions of India, undergoes rigorous testing and careful processing to ensure unparalleled taste and nutritional value.

At Buzz Foods, we believe in the transformative power of food. Rice, spices, and edible oils aren't just staples; they are essential elements that enrich our daily lives. Our mission is to be more than just a **product manufacturer** as we aim to be your partner in fostering a healthier, happier lifestyle for our consumers.





Buzz **Super Healthy** **MAKHANA**

Buzz fox nuts are a nutrient-dense food that can be a valuable addition to a balanced diet. They provide protein, fiber, healthy fats, vitamins, and minerals, making them a wholesome snack option with numerous health benefits. We have brought together a tasty and healthy connection of tasty Makhana in different flavors. Be it a filler for munching or a small meal after the meal, fox nuts are the best to serve your cravings and appetite.

Buzz **Super Healthy** MAKHANA

Buzz Fox nuts, also known as Makhana or lotus seeds, are not only delicious but also packed with essential nutrients. It's a rich source of nutrients like Protein, Dietary Fiber, Carbohydrates, Fats, and Different Vitamins like B1, B3, B9, Vitamin A, Vitamin C and Vitamin E apart from multi minerals available for your body.

- 1. Protein:** Fox nuts are a good source of protein, providing approximately 9 grams per 100 grams. Protein is essential for building and repairing tissues, supporting muscle growth, and maintaining overall health.
- 2. Dietary Fiber:** Fox nuts are rich in dietary fiber, with about 14 grams per 100 grams. Fiber aids digestion, promotes regular bowel movements, helps control blood sugar levels, and may reduce the risk of certain chronic diseases such as heart disease and diabetes.
- 3. Carbohydrates:** Fox nuts are relatively low in carbohydrates, containing around 64 grams per 100 grams. This makes them suitable for individuals following low-carb diets or those looking to manage their carbohydrate intake.
- 4. Fats:** Fox nuts are low in fat, with approximately 1.9 grams per 100 grams. The fats present in fox nuts are primarily unsaturated fats, including both monounsaturated and polyunsaturated fats, which are considered heart-healthy and may help lower cholesterol levels when consumed as part of a balanced diet.





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5. Vitamins: Fox nuts contain various vitamins, including:

- **Vitamin A:** Important for vision, immune function, and skin health.
- **Vitamin B1 (Thiamine):** Helps convert food into energy and supports nerve function.
- **Vitamin B3 (Niacin):** Plays a role in energy metabolism and may help lower cholesterol levels.
- **Vitamin B9 (Folate):** Essential for DNA synthesis and cell growth, particularly important during pregnancy.
- **Vitamin C:** Acts as an antioxidant, supports immune function, and aids in collagen production.
- **Vitamin E:** Another antioxidant that helps protect cells from damage caused by free radicals.

6. Minerals: Fox nuts are a good source of several minerals, including:

- **Magnesium:** Important for muscle function, nerve function, and bone health.
- **Potassium:** Helps regulate blood pressure, fluid balance, and muscle contractions.
- **Phosphorus:** Necessary for bone and teeth health, as well as energy metabolism.
- **Iron:** Essential for oxygen transport in the blood and the formation of red blood cells.
- **Zinc:** Supports immune function, wound healing, and DNA synthesis.

Incorporating various types of fox nuts into your diet offers a range of health benefits, including improved digestion, weight management, heart health support, and antioxidant reinforcement. Whether enjoyed plain, flavored, popped, or roasted, fox nuts stand as a versatile and nutritious addition to any balanced diet.

MAGIC MASALA

BUZZ PREMIUM MAGIC MASALA MAKHANA

Buzz super healthy makhana has a rich source of calcium and protein. It isn't fried and has no added preservatives. Made from the finest ingredients, non-fried snacks and with natural flavors, this gluten free super healthy snack is roasted in Olive oil with zero trans fat. It is low on calorie & high on nutrition. Buzz super healthy makhana, also known as foxnut or lotus seeds is an excellent alternative to chips and other unhealthy snacks. It is roasted and seasoned with herbs, spices and olive oil, which augments well with tea. It is a fantastic on-the-go snack too. Makhana acts as an anti-oxidant, very light, easy to digest and good for maintaining a healthy lifestyle. It's a super healthy snack that help you stay energized and focused throughout the day. Buzz super healthy makhana is high on nutrients and antioxidants.

HOW TO USE

Buzz super healthy makhana is a perfect everyday snack for all age groups. It's very light on your body but seems big on your appetite! Just munch it, whenever you feel like.

BENEFITS

Buzz super healthy makhana is an excellent source of several important nutrients and makes a great addition to a healthy, well-balanced diet. It is high in antioxidants. May help stabilize blood sugar levels. May support weight loss. May have anti-aging properties. May even promote heart health.



TANGY TOMATO

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CHILLI & LIME

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buzz PREMIUM
MAKHANA

HIMALAYAN SALT & PEPPER

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MINT

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SEA SALT

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NEW DAWN, NEW DAY....EVERY DAY

At Buzz Foods, we work on the relentless pursuit of growth and excellence, driven by the boundless potential of our industry. With an extensive network spanning both local and global landscapes, we stand as pioneers in the world of branded commodity products. multicommodity trading.

At the heart of our operations lies a diverse portfolio of essential commodities, curated to meet the varied needs of our consumers. From the rich aromas of our spices to the hearty wholesomeness of our pulses, each product embodies a commitment to quality and authenticity.

Our distinction lies not only in the wide range of products we offer, but also in our steadfast commitment to quality. From the lush fields of our sourcing farms to the advanced facilities where our goods are manufactured, precision and care guide every step of our process.

With a team of seasoned professionals at the helm, we offer invaluable insights and guidance to our associates, helping them navigate the complexities of the market & deliver best to the consumers.

In essence, partnering with us isn't just a transaction—it's a journey towards mutual success and prosperity. Whether you're a retailer seeking premium products to delight your customers or a distributor looking for a trusted partner to expand your portfolio, we invite you to join us on this exciting journey.

Welcome to a new dawn of possibilities. Welcome to Buzz Foods.