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Good quality oil is essence of balanced diet

Hyderabad: Who doesn't love winter, when it gets slightly cooler! Our ancient books on food say that when winter sets in, the body requires a different balanced diet. It also suggests meals need to give us more energy as it is required to keep the body warm. During the pandemic that started in 2020, the [...]

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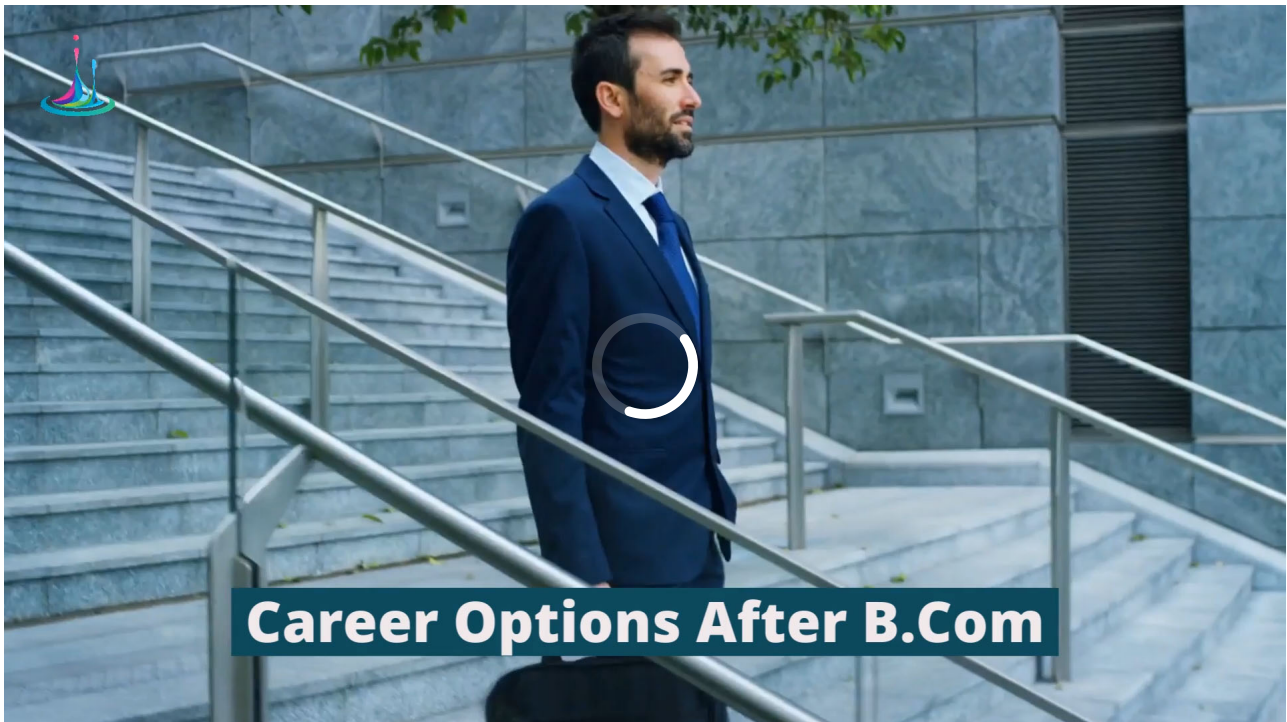
Hyderabad: Who doesn't love winter, when it gets slightly cooler! Our ancient books on food say that when winter sets in, the body requires a different balanced diet. It also suggests meals need to give us more energy as it is required to keep the body warm.

During the pandemic that started in 2020, the trend has been to have as many home-cooked meals as possible since most people have been at home. There has



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have been about reinventing home-style cooking. Most households were adding ingredients that boosted immunity.



It is fair to say that all homes looked for something different that provides more than just nourishment. Especially all the mothers who had to look for new ways to keep the families happy. Different regional cuisines and ingredients became new ways to innovate.

Most of us have also experimented with local and seasonal vegetables in some form or the other. This is, indeed, the best example of a balanced diet with carbohydrates, proteins and lipids or oil.

Home cooking needs an oil that assures purity and world-class quality. The oil needs to ensure that the taste of food cooked delights the whole family and stays fresher for longer.

Gold Drop is a world-class premium super-refined oil that is ultra pure and brings the brand promise that is trusted to guarantee purity and consistency of quality.

Over the years, it has always been the oil a mark of purity. The lighter the oil, the



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puer it is. Also, oil must be 100% pure

Mitesh Lohiya, director, sales and marketing, says, “With Gold Drop you can be assured of the best raw materials used. Along with our ultra-modern refining facilities and stringent testing, Gold Drop has consistent quality and purity in every drop because we respect the needs of today’s consumer.”

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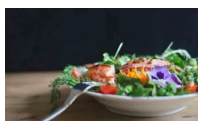
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