



A Balanced Diet Needs Go

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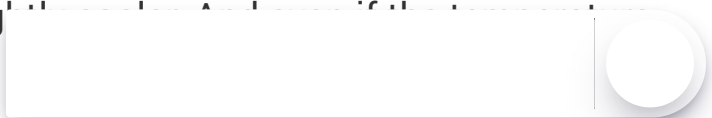
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Who doesn't love winter, when it gets slightly chilly. As the temperature drops a little, people bring out sweaters.



In India, our ancient books on food say that the body requires a different balanced

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 been a lot of experimentation in meals. Right from traditional forgotten recipes and closely guarded family secrets to modern quick-fix recipes, the last two years have been about reinventing home-style cooking. Most households were adding ingredients that boosted immunity. Weekend meals have especially been planned because it brings the family together. 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 and mainly the children happy. Different regional cuisines and ingredients became new ways to innovate.

This has given rise to different trends of using traditional grains and legumes like millets in different ways. 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.

The best meals are those cooked with the freshest and top quality ingredients and this includes the oil used in cooking. 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, Gold Drop has always been the oil of choice based on the lightness, which is a mark of purity. The lighter the oil, the purer it is. Also oil must be odour free. Both these qualities are what Gold Drop offers its consumers; and this purity level and consistency ensures great taste.

Mitesh Lohiya, Director, Sales and Market

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

The quality assurance of Gold Drop comes from the company's founding principles of zero compromise on quality. IBC, USA has named Gold Drop - ASIA's MOST TRUSTED BRAND 2019, the only brand to win this award in the whole of Asia.



Telangana Andhra Pradesh

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