

MAGGI NOODLES – A LIGHT MEAL WHICH PROVIDES PLEASURE WHEN EATEN WITH BALANCE AND UNDERSTANDING

Food provides pleasure when eaten with balance and understanding. Your favorite MAGGI Noodles is a light meal for you and your entire family to be enjoyed as part of a diversified balanced diet. It is constantly improving its nutritional profile by reducing salt and trans fatty acids and by adding essential Nutrients. You will be pleased to know that, in the last few years MAGGI Noodles has reduced over 27% salt per serve. The salt is in line with similar light meals eaten during the day as part of a balanced diet. The level of trans fats in MAGGI Noodles is below 0.2% of the product which is well within the recommendations of Indian Council of Medical Research, a premier government body. MAGGI Noodles do not contain any added MSG.

MAGGI Noodles is a source of protein, calcium, Iron or fibre depending on whether you like Vegetable Atta noodles, or Multigrain noodles or Iron fortified Dumdaar noodles or Masala noodles. The balance between Protein, Carbohydrate and Fat is very similar to the recommendations made by Indian Council of Medical Research.