



Where well-being is the art of living!



A diet based on organic and vegetable products is healthier for the human organism and more sustainable for the environment.

## Ingredients

**CEREALS** A wide variety of whole grain cereals, because they are more complete, each with specific organoleptic and nutritional properties.

**LEGUMES** Source of irreplaceable proteins, they ensure the correct amount of iron, mineral salts, B vitamins and soluble fibres.

**VEGETABLES** Reach or water, vegetables contain vitamins, minerals, antioxidants and fibres. They have different nutritional properties depending on their nature, colour and shape. It is suggested to eat them regularly every day, possibly varying the product.

**VEGETABLE PROTEINS** Tofu, Tempeh and Seitan, valid alternatives to the animal proteins; they are delicious and versatile ingredients in a variety of dishes.

## For man

**ORGANIC** Organic ingredients leave no traces of chemical additives, pesticides, GMOs. No preservatives, colouring agents or chemical additives are added during the preparation of the finished product.

**VEGETABLE** Ingredients naturally cholesterol free with a limited amount of fats, they contain fibres, vitamins, minerals and antioxidants, each depending on its specific properties.

## For the environment

**ORGANIC** Organic farming minimises the residues release on soil, air and water; it preserves natural fertility of soil and protects bio diversity.

**VEGETABLE** Raw materials of vegetable origin have a much lower impact on the CO<sub>2</sub> emissions than the animal origin ones.



**Prepared foods**



**Vegetable burgers**



**Take Away**



**Vegetable cream spreads**



**Soufflés**

**New**  
Grilled Tempeh



**Vegetable proteins**