



**POSHILO**  
Nurtured By Nature

FOODS



# Brand Profile



“

Wholesome goodness,  
Nurtured by Nature.

”





# The Story

Satu, a traditional roasted grain powder, has nourished generations in Nepal and South Asia. Historically cherished for its high nutritional value, long shelf life, and ease of preparation, it has been a vital energy source for travelers, warriors, and laborers.

Poshilo Foods was born when founder Prithwi Kallyan, trekking through the Annapurna range, discovered a local mill preparing freshly made Satu. The taste took him back to his childhood, when Satu fueled his play and adventure. Realizing that despite its cultural significance, Satu was not available in a modern, convenient form, he set out to revive it for a new generation.

Poshilo reinvents Satu with Himalayan grains, superfoods, nuts, and seeds, making it a quick, nutritious meal option for today's fast-paced lifestyles.





At Poshilo Foods, we believe the best nutrition comes from nature—rooted in tradition, crafted for modern life. Our vision is simple yet powerful: to share Nepal's superfood heritage with the world while uplifting the communities behind it.

Poshilo is more than a brand—it's a movement to educate and empower the global food ecosystem, from farmers to consumers. By choosing Poshilo, you support an ethically sourced, high-fiber, nutrient-rich superfood brand from Nepal, paving the way for a healthier future. Let's make nutrition simple, wholesome, and truly Poshilo!

## Prithwi Kallyan Parajuli

Founder, Entrepreneur





# About Us



Poshilo Foods is Nepal's leading nutrition brand, dedicated to offering high-quality, natural food products that blend traditional wisdom with modern nutrition. Specializing in Satu—a nutrient-rich mix of roasted cereals, nuts, and dry fruits—Poshilo provides convenient, energy-packed nutrition for all, from toddlers to athletes.

Committed to sustainability, ethical sourcing, and community empowerment, Poshilo partners with local farmers to ensure fair trade, economic growth, and sustainable agriculture. As a brand under Manaram Group, Nepal's top export company, Poshilo is championing Nepali superfoods on the global stage.

Beyond nutrition, Poshilo fosters positive change by supporting farmers, educating children on healthy eating, and empowering Nepali athletes. With a strong foundation in Nepal and growing presence in India and beyond, Poshilo is redefining wellness while honoring the richness of Himalayan heritage.



# At Our Core,

We stand by the **values** of:



- ✓ Premium Quality
- ✓ Sustainability
- ✓ Community Empowerment
- ✓ Innovation & Growth
- ✓ Health & Wellness

## Vision

“To be a globally recognized brand for healthy, natural food products, showcasing Nepal’s agricultural heritage, with a focus on sustainability, community well-being, and sports development.”

## Mission

- Deliver nutritious, high-quality products.
- Empower farmers through Good Agricultural Practices (GAP).
- Educate children on nutrition and support Nepali athletes.
- Innovate healthy alternatives to processed foods.







## NUTTY DELIGHT SATU

- ✓ 25% almonds, peanuts & dates for extra nutrition
- ✓ 4 whole grains for fiber & energy
- ✓ Vegan & family-friendly

**Key Ingredients:** Wheat, Maize, Chickpeas, Soybean, Dates, Almonds, Peanuts

## MULTIGRAIN SATU

- ✓ 4 whole grains for a balanced, fiber-rich diet
- ✓ Naturally sweetened with dates
- ✓ Vegan & suitable for all ages

**Key Ingredients:** Wheat, Maize, Chickpeas, Soybean, Dates





## PROTEIN + SATU

- ✓ 20% natural protein for fitness & active lifestyle
- ✓ Rich in fiber & Omega-3 for digestion & heart health
- ✓ Naturally sweetened with dates

**Key Ingredients:** Chickpeas, Soybean, Peanuts, Almonds, Flax & Pumpkin Seeds, Dates

## NUTRI + SATU

- ✓ 25% protein + 7 superfoods for strength & endurance
- ✓ Rich in iron, calcium, Omega-3,6 for overall health
- ✓ Great for athletes, trekkers & active individuals

**Key Ingredients:** Chickpeas, Soybean, Dates, Skimmed Milk Powder, Almonds, Walnut, Watermelon, Flax, Sesame, Pumpkin Seeds







## MOM'S DELIGHT SATU

- ✓ 100% natural Nepali blend for new & expecting moms
- ✓ Boosts milk production & postpartum recovery (Calcium, iron, Omega-3,6)
- ✓ High fiber & antioxidants for sustained energy

**Key Ingredients:** Mung Dal, Chickpeas, Amaranth, Makhana, Almond, Walnut, Dates, Raisins, Pumpkin & Sesame Seeds, Thyme, Fennel, Methi, Cinnamon, Black Pepper & 32 Sutkeri Masala

## KID'S LITO

- ✓ 100% natural Nepali instant meal for kids (3+ age)
- ✓ Bone, brain & immunity support (Calcium, protein, omega-3s)
- ✓ High fiber & essential vitamins for growth

**Key Ingredients:** Brown Rice, Millet, Barley, Lentils, Almond, Walnut, Flax & Amaranth Seeds







## NUTRI+ MANGO MADNESS SATU

- ✓ Plant-based protein with soybeans & chickpeas
- ✓ Omega-3 & essential nutrients for heart & brain health
- ✓ Natural energy boost with mango & dates

**Key Ingredients:** Chickpeas, Soybean, Almonds, Walnuts, Flax Seeds, Dehydrated Mango Powder, Dates

## CHANA MASALA SATU

- ✓ Hydrating & cooling - perfect for hot weather
- ✓ Boosts digestion & immunity with fiber & minerals
- ✓ Rich in protein for muscle growth & energy

**Key Ingredients:** Chickpeas, Poshilo Jaljeera Masala











By choosing Poshilo, you become part of a movement that values health, tradition, and community. Together, we are bringing Nepal's superfood heritage to the world—one nutritious step at a time.



**Socials:**



Poshilo Foods

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