

# DELICIOUSLY HEALTHY

Healthy food doesn't need to be tasteless, not if Holistic Foods is behind it. A company that is dedicated to delivering clean label ingredients and food products aims to improve people's lives with a wide range of Low Glycemic Index (low-GI) products.

The food modification is not damaging the individual and provides delicious food balanced with carbohydrates, proteins and fats.

Nadja Piatka, CEO of Holista Foods who has been involved with healthy food her entire life explained, "What I love about what we are doing is we are the only food company where there is science behind it. The low GI foods are not only helping people with diabetes and blood sugar but it's also good for the heart and weight control and all the diseases that go back to the food as the biggest culprit," said Piatka.

With the blend of benefits added to the products, the taste profile is really important to the company in creating the same taste as a regular food.



Low-GI Noodles is one of the products available in 2019.

"We have whole grain benefit with white flour taste which people like," she explained. Plus, all the products ingredients are natural and scalable.

Holista Foods produces a wide range of products like bread and noodles that will help to slow down the digestion and absorption of carbohydrates. They are expanding the products and developing a low-GI Roti Canai, Chapati and Prata bread and plan to distribute their products in Malaysia in the first quarter of 2019.

- For more information about Holista Low-GI products, visit [www.holistafoods.com](http://www.holistafoods.com).