

FREE GUIDE • DIET SWAD

Every Ingredient. All 7 Products.

*The complete printed list for everything we make, with percentages and allergens.
Nothing summarised, nothing left out.*

You unlocked this guide by commenting 'LIST' - thank you!



Ancient Wisdom, Modern Life

Diet Swad | Ancient Wisdom, Modern Life | FSSAI Lic. No. 22825041000300 | dietswad.in | [@dietswad](https://www.instagram.com/dietswad)

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Why we hand you the list instead of an answer

The question we get asked most is 'is it actually healthy?'. We have stopped answering it, because the honest answer depends on what you are comparing it to and what else you ate today. Anyone who answers that question for you is selling you something.

So here is the alternative. Every ingredient in all 7 products, with the percentage of each, exactly as it is printed on the pack. Read it and decide for yourself. That is the whole guide.

One rule makes this readable

By law (FSSAI), ingredients are printed in descending order by weight. Ingredient number one is what you are mostly eating. That single rule tells you more than any claim on the front of a box, and it works on our packs and everybody else's.

1. Power Bites - 11 ingredients

Dates first, and by a distance. This is the one people mean when they ask what eleven ingredients can possibly be in a snack bite.

Ingredient	%
Dates	53.8
Rolled Oats	10.8
Cashew	6.3
Almond	6.3
Raisins	5.4
Desiccated Coconut	5.4
Ghee	5.4
Flax Seeds	2.2

Ingredient	%
Sesame Seeds	2.2
Pumpkin Seeds	1.1
Sunflower Seeds	1.1

No refined sugars. The sweetness is the dates.

Allergens

Contains Tree Nuts (Cashew, Almond), Sesame Seeds, Milk (Ghee). May contain traces of other tree nuts, peanuts and seeds.

2. Royal Bites - 9 ingredients

The date-free one, sweetened with jaggery instead.

Ingredient	%
Roasted Gram Flour	22.0
Peanut Butter	22.0
Jaggery	13.1
Peanuts	11.0
Ghee	11.0
Cocoa Powder	6.6
Cashew	5.5
Almond	5.5
Pumpkin Seeds	3.3

No refined sugars.

Allergens

Contains Peanuts, Tree Nuts (Cashew, Almond), Milk (Ghee). May contain traces of sesame seeds and other nuts.

3. Peanut-Sesame Delights - 4 ingredients

The shortest list we print. You can count it on one hand, and there is no fifth ingredient hiding at the bottom.

Ingredient	%
Dates	50.0
Roasted Peanuts	40.0

Ingredient	%
Sesame Seeds	6.0
Ghee	4.0

No refined sugars. Four ingredients, adding to one hundred.

Allergens

Contains Peanuts, Sesame Seeds, Milk (Ghee). May contain traces of tree nuts.

4. Millet Butter Cookies - 7 ingredients

Jowar first, real butter second, and desi khand doing the sweetening.

Ingredient	%
Sorghum Flour (Jowar)	30.8
Salted Butter	28.8
Desi Khand	15.4
Oats Flour	11.5
Almond Flour	11.5
Vanilla Extract	1.2
Baking Powder	0.8

Millet-powered and naturally sweetened. No maida, no palm oil.

Allergens

Contains Tree Nuts (Almond), Milk (Butter), Gluten (Oats). May contain traces of peanuts and sesame seeds.

5. Roasted & Salted Cashews - 2 ingredients

There is not much to say about this one.

Ingredient	%
Cashew	99.8
Iodized Salt	0.2

No added sugars. No oil, because roasting does not need any.

Allergens

Contains Tree Nuts (Cashew). May contain traces of other tree nuts, peanuts and sesame seeds.

6. Millet Coconut Cookies - 9 ingredients

Jowar and butter share the top, with real desiccated coconut for the crunch.

Ingredient	%
Sorghum Flour (Jowar)	22.2
Butter	22.2
Milk	16.7
Desiccated Coconut	14.9
Oats Flour	11.1
Desi Khand	11.1
Baking Powder	0.7
Vanilla Extract	0.7
Iodized Salt	0.4

Millet-powered and naturally sweetened.

Allergens

Contains Milk (Butter), Gluten (Oats). May contain traces of tree nuts, peanuts and sesame seeds processed in the same facility.

7. Millet Choco Cookies - 13 ingredients

Our longest list, and the one worth reading slowly. Two millets, jaggery, and real dark chocolate chips rather than a flavouring.

Ingredient	%
Sorghum Flour (Jowar)	26.8
Jaggery	13.4
Unsalted Butter	13.4
Dark Chocolate Chips	11.1
Ragi Flour (Finger Millet)	8.9
Almond Flour	8.9
Milk	7.8
Tapioca Starch	4.5
Cocoa Powder	3.3
Baking Powder	0.7
Vanilla Extract	0.7
Baking Soda	0.3
Iodized Salt	0.2

Millet-powered and naturally sweetened. Thirteen ingredients, and you can pronounce all of them.

Allergens

Contains Tree Nuts (Almond), Milk (Butter), Soy (in chocolate chips). May contain traces of peanuts and sesame seeds.

The four things we would rather you heard from us

1. **Dates are still sugar.** Fruit sugar with the fibre still attached, which is a genuinely different thing from a spoon of refined sugar, but sugar all the same. We add no refined sugars to the bites. We do not pretend the dates are not there.
2. **These are calorie-dense on purpose.** Nuts, seeds and ghee are energy-rich foods. Two bites are a snack. The box is not a serving.
3. **They go off faster than a supermarket bar.** There are no preservatives in any of the seven. A short shelf life is what that costs, and it is the honest trade.
4. **We never print '100%' on anything.** FSSAI asked food businesses to stop using it. We would rather print the actual percentages, which is what this whole guide is.

Now go and read someone else's

The point of this guide is not that our lists are short. It is that you can now read any list the same way. Pick up whatever is in your kitchen right now and try it:

1. Flip the pack over. Ignore the front entirely.
2. Read ingredient number one. That is most of what is inside.
3. Find the fat. Is it named (butter, ghee) or vague ('edible vegetable oil')?
4. Find the sweetener, and check whether it appears more than once under different names.
5. Count the additive and INS numbers. Nought to two is ordinary. A crowd is a factory product.

If a brand will not print percentages, that is information too.

All 7 products, one price

Power Bites, Royal Bites, Peanut-Sesame Delights, Millet Butter Cookies, Millet Coconut Cookies, Millet Choco Cookies and Roasted & Salted Cashews. Every one ₹499, with free shipping across India and cash on delivery, at dietswad.in.

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This guide shares general nutrition information in simple language, prepared by the Diet Swad team. It is not medical advice. If you have a health condition, an allergy, or special dietary needs (pregnancy, diabetes, children under 2, etc.), please talk to your doctor or a qualified dietitian before making changes. All ingredient examples describe common label patterns, not any one specific brand.