

HEALTH ENHANCED FOODS

YOUR SPECIALTY FLOUR COMPANY



Health Enhanced Foods®



HEALTH ENHANCED FOODS ENCOURAGES WHOLESOME NUTRITION

The experience of COVID-19 is making American families evaluate the quality and content of their food. Most people desire to eat healthier to strengthen their immune system and fight diseases naturally!

As we all know, flour is a major part of the American diet. We use flour to make breakfast, lunch and dinner, as pancakes, bread or pasta.

- *Health Enhanced Foods is in the business of supplying nourishing flour blends to serve the health-conscious consumer.*

- *Health Enhanced Foods is a specialty flour company in New Jersey that manufactures and packages blended flours for the health-conscious consumer.*
- *Our flour blends are easy and ready to use; wholesome, unprocessed and naturally nourishing; and serve as substitutes for common flour products that are refined and loaded with additives.*





Health Enhanced Foods®

***We Make Nourishing Flour
Blends from Natural and
Wholesome Traditional
American Agricultural Grains
and Seeds such as Buckwheat,
Wheat, Oat, Flax Seeds and
Sunflower Seeds.***



HEF PRODUCTS ARE UNIQUE WE HAVE WHAT THE MARKET NEEDS NOW!!

- **HEF Flours are Blended for Nourishment:**

Every product is intentionally blended to provide natural nourishment to boost the body's ability to function at its best.

- **HEF Flours are Packaged to Create Experience for Positive Social Interaction:**

Baking our ready and easy to use flour mixes creates opportunity for families to bond and interact during meal preparation.

- **Families have the Freedom to Choose and Control the Quality of the Diet:**

HEF flours serve people with different food choices; keto, gluten free, wholesome, low carb, high fat, etc.

- **HEF Flours are Customized to serve people with different Medical Dietary Conditions** such as the diabetic, dialysis patient, epileptic, celiac, autistic, the food sensitive child and even the pregnant woman.

PRODUCTS OF HEALTH ENHANCED FOODS

BREAKFAST FLOURS

Enjoy wholesome and nutritious breakfast with Health Enhanced Foods specially formulated blended flours for breakfast meals. Make pancakes, muffins and other pastries with all natural and nourishing flour blends for your dietary type. Choose the right flour for yourself regardless of dietary restrictions: gluten, sugar, potassium, carb or calorie restricted conditions.

NOURISHING CREAM CEREAL
WHOLESGOME AND GLUTEN FREE



ALL PURPOSE BUCKWHEAT BAKING MIX
GLUTEN FREE AND GRAIN FREE



SUPERIOR BREAKFAST MIX
WHOLESGOME AND WHOLEGRAIN



KETOGENIC SEED FLOUR

LOW CARB, GLUTEN FREE, GRAIN FREE AND NUT FREE



BYOB (BAKE YOUR OWN BREAD) FLOUR MIXES

Many People abstain from consuming bread because most store bread lack nourishment and cause food allergy because they are made with over processed flour and allergy causing ingredients. You can now enjoy the right bread for your dietary type using Health Enhanced Foods specially formulated nourishing bread mixes.

100% SPELT BREAD MIX

ANCIENT FLOUR, WHOLESGOME AND WHOLEGRAIN



100% WHITE WHEAT BREAD

WHOLEWHEAT WHOLESGOME AND WHOLEGRAIN



LOW POTASSIUM BREAD MIX

LOW POTASSIUM REFINED, UNBLEACHED AND UNBROMINATED WHEAT FLOUR



KETOGENIC ALMOND BREAD FLOUR

LOW CARB, GRAIN FREE AND GLUTEN FREE



ALL PURPOSE BUCKWHEAT BAKING MIX

WHOLESGOME, WHOLEGRAIN AND GLUTEN FREE



BLENDED FLOURS AS ALTERNATIVE ETHNIC FOOD

Health Enhanced Foods has healthier alternative flour in place of garri, plantain flour, yam flour and other boiled dough that many Africans in diaspora consume as staple.

SUPERIOR RUFU FLOUR

WHOLESGOME AND UNPROCESSED FLOUR



PREMIUM FUFU FLOUR

WHOLESGOME, WHOLEGRAIN AND UNPROCESSED FLOUR



WHOLEGRAIN DUMPLING FLOUR

WHOLESGOME, WHOLEGRAIN AND UNPROCESSED FLOUR



GLUTEN FREE FLOURS

A gluten-free diet is one that excludes the protein gluten, which is found in wheat, barley and rye. Health Enhanced Foods has a selection of flour blends that are gluten free.

NOURISHING CREAM CEREAL
WHOLESGOME AND GLUTEN FREE



ALL PURPOSE BUCKWHEAT BAKING MIX
GLUTEN FREE AND GRAIN FREE



KETOGENIC ALMOND BREAD FLOUR
LOW CARB, GRAIN FREE AND GLUTEN FREE



KETOGENIC SEED FLOUR
LOW CARB, GLUTEN FREE, GRAIN FREE AND NUT FREE



PSEUDO CEREAL SUPER FLOUR
GLUTEN FREE AND GRAIN FREE FLOUR



PSEUDO CEREAL SUPER GRAIN MIX
GLUTEN FREE AND GRAIN FREE



GRAIN FREE FLOURS

For those who prefer to grains free diet. Health Enhanced Foods has nourishing flour blends to help them expand their food option. Grain Free diet involves eating meals that's free from all grains including wheat, rice, corn, oats, barley, rye, millet and spelt. We use beans, seeds and pseudo cereals to formulate a variety of alternative flour blends to maximize nourishment for the consumer.

ALL PURPOSE BUCKWHEAT BAKING MIX
GLUTEN FREE AND GRAIN FREE



KETOGENIC ALMOND BREAD FLOUR
LOW CARB, GRAIN FREE AND GLUTEN FREE



KETOGENIC SEED FLOUR
LOW CARB, GLUTEN FREE, GRAIN FREE AND NUT FREE



PSEUDO CEREAL SUPER FLOUR
GLUTEN FREE AND GRAIN FREE FLOUR



PSEUDO CEREAL SUPER GRAIN MIX
GLUTEN FREE AND GRAIN FREE



Health Enhanced Foods Has THE RIGHT FLOUR FOR YOU



HEALTH ENHANCED FOODS

YOUR SPECIALTY FLOUR COMPANY

WE MAKE THE FLOUR YOU LOVE WITH THE NUTRITION YOU NEED

Health Enhanced Foods is a specialty flour company that manufactures and packages wholesome and nourishing flour blends to serve the health-conscious consumer, including people with special dietary needs such as the ill-health, diabetic, gluten intolerant, potassium intolerant and the food sensitive.

What's unique about Health Enhanced Foods is that it creates nourishing flour products from a blend of natural and wholesome traditional American agricultural grains and seeds such as buckwheat, wheat, oat, flax seeds and sunflower seeds. Because it promotes the use of wholesome and natural farm produce, Health Enhanced Foods therefore serves as a bridge between the American farmer and the American family and health conscious consumers world-wide.



AVAILABLE IN CANADA

Manufactured and Distributed by
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HEALTH ENHANCED FOODS

MAKES THE RIGHT FLOUR FOR YOUR DIETARY TYPE

- *We manufacture and package wholesome and nourishing flour blends to serve the health-conscious consumer*

People We Serve:

- *The Health Conscious Consumer*
- *People with Special Dietary Needs:*
 - *The ill-Health*
 - *The Diabetic*
 - *Gluten Intolerant*
 - *The Potassium Intolerant*
 - *The Food Sensitive.*

NOURISHING BREAKFAST FLOURS FOR THE HEALTH CONSCIOUS CONSUMER



Health Enhanced Foods[®]

HEALTH ENHANCED[™] SUPERIOR BREAKFAST MIX

With Milled Buckwheat, Oat, Flax Seeds and Wheat Germ

A Baking Mix for the Health Conscious Consumer

- NO SOY
- DAIRY FREE
- RICH IN MAGNESIUM
- RICH IN MANGANESE
- 5g of PLANT PROTEIN per serving
- 100% UNPROCESSED FLOUR



Great for pancakes, waffles, muffins and puff-puff (fried dough)

NET WT 24 OZ (1.5 LBS) 680g



100% UNREFINED FLOUR
NATURALLY NOURISHING


— ALL PURPOSE — BUCKWHEAT BAKING MIX

A GLUTEN FREE AND GRAIN FREE FLOUR



- NO SOY
- DAIRY FREE
- NO ADDED SUGAR
- VEGAN
- KOSHER

NET WT. 16 OZ. (454G)




SUITABLE FOR THE GLUTEN INTOLERANT
NATURALLY NOURISHING[™]

NOURISHING CREAM CEREAL

A WHOLESOME AND GLUTEN FREE CEREAL

READY TO USE
JUST ADD LIQUID
AND HEAT

USE IN PLACE OF SINGLE
INGREDIENT CEREALS LIKE
OATMEAL, GRITS OR PAP



- NO ADDED SUGAR
- DAIRY FREE
- NO ADDED SUGAR
- VEGAN
- KOSHER

NET WT 12 OZ (340G)

NATURAL 100% INGREDIENTS



UNREFINED SEEDS
READY TO USE
NATURALLY NOURISHING

KETOGENIC SEED FLOUR

GLUTEN FREE, GRAIN FREE & NUT FREE

- NO ADDED SUGAR
- GLUTEN FREE
- VEGAN
- DAIRY FREE
- NO ADDED SUGAR
- NO ADDED SUGAR
- NO ADDED SUGAR
- NO ADDED SUGAR



NET WT
12 OZ (340G)

NATURAL 100% INGREDIENTS

HEALTH ENHANCED FOODS SERVES THE ETHNIC CONSUMER WORLD WIDE

Nourishing Fufu Flours For The African In Diaspora



Dumpling Flour For the Health Conscious Dumpling Consumer



HEALTH ENHANCED FOODS ENCOURAGES CONSUMERS TO TAKE CHARGE OF THEIR DIET WITH BYOB (Bake Your Own Bread) PRODUCTS



HEALTH ENHANCED FOODS SERVES **GLUTEN FREE CONSUMERS** WITH A VARIETY OF SPECIAL FLOUR BLENDS



HEALTH ENHANCED FOODS SERVES GRAIN FREE CONSUMERS WITH A VARIETY OF SPECIAL FLOUR BLENDS





Health Enhanced Foods®

Your Specialty Flour Company

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