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HIMALAYAN HEMP NUTRITION

DIET GUIDE

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1. Benefits of Himalayan Hemp Nutrition

Himalayan Hemp Nutrition is a holistic range of hemp food supplements to make an ideal diet for a variety of personas and nutritional requirements. Here is a set of benefits:-

Himalayan Hemp Seed Oil:

1. **Rich in Essential Fatty Acids:** Himalayan Hemp Seed Oil contains a high concentration of omega-3 and omega-6 fatty acids, which are essential for maintaining heart health, promoting skin health, and supporting immune function.
2. **Anti-inflammatory Properties:** The gamma-linolenic acid (GLA) found in Himalayan Hemp Seed Oil has anti-inflammatory effects, which can help reduce symptoms of chronic diseases such as arthritis and improve skin conditions like eczema.
3. **Supports Brain Health:** The fatty acids in Himalayan Hemp Seed Oil can aid in protecting the brain against inflammation and support the growth and development of the brain.

Himalayan Hemp Seed Protein Powder:

1. **High-Quality Plant Protein:** Himalayan hemp protein powder is a complete protein source, containing all nine essential amino acids which are crucial for muscle repair, growth, and body function.
2. **Digestibility:** Himalayan hemp protein is easy to digest due to the presence of edestin and albumin, making it a suitable protein choice for people with sensitive stomachs or allergies to other protein sources like dairy or soy.
3. **Rich in Nutrients:** It is a good source of fiber, magnesium, iron, zinc, and antioxidants, supporting overall health and well-being.

Himalayan Hemp Hearts (Shelled Hemp Seeds):

1. **Nutrient Dense:** Himalayan Hemp Hearts are very nutritious — they are rich in healthy fats, high in protein, and contain various minerals including phosphorus, potassium, sodium, magnesium, sulfur, calcium, iron, and zinc.
2. **Improves Heart Health:** The amino acid arginine in Himalayan Hemp Hearts can produce nitric oxide in the body, which helps expand blood vessels and reduces blood pressure, benefiting heart health.
3. **Enhances Digestive Health:** Being a good source of soluble and insoluble fiber, Himalayan Hemp Hearts promote regular digestion and may prevent common digestive disorders.

2. Who Needs it?

Before beginning to consume these products, it is important to know who you are and what you are looking for to strategically add these supplements in your diet. We have identified seven core individual personas:-

1. Athletes and Fitness Enthusiasts

- **Himalayan Hemp Seed Protein Powder:**
 - **Muscle Recovery and Growth:** Provides a complete amino acid profile essential for repairing and building muscle tissue.
 - **Sustained Energy:** Offers a slow-release protein source, helping to sustain energy levels during long workouts.
- **Himalayan Hemp Hearts:**
 - **Reduced Inflammation:** Omega-3 fatty acids help manage inflammation, aiding recovery after intense workouts.
 - **Energy and Protein Boost:** High in protein and healthy fats, providing energy and aiding in muscle repair.
- **Himalayan Hemp Seed Oil:**
 - **Joint Health:** The fatty acids can help reduce joint inflammation and pain, beneficial for high-impact and endurance athletes.
 - **Heart Health:** Supports cardiovascular health, important for endurance athletes.

2. Individuals with Dietary Restrictions

- **Himalayan Hemp Seed Protein Powder and Himalayan Hemp Hearts:**
 - **Plant-Based Protein:** Both are excellent sources of allergen-free protein for those with dietary restrictions such as lactose intolerance or soy allergy.
 - **Versatile Nutrient Sources:** Easy to incorporate into various diets without triggering common food allergies.
- **Himalayan Hemp Seed Oil:**
 - **Essential Fatty Acids:** A plant-based source of omega-3 and omega-6, suitable for those who avoid fish or fish oil due to allergies or dietary preferences.

3. People with Heart Health Concerns

- **Himalayan Hemp Seed Oil and Himalayan Hemp Hearts:**
 - **Cardiovascular Health:** Both provide omega-3 fatty acids which can reduce triglycerides, lower blood pressure, and decrease the risk of heart disease.
 - **Cholesterol Management:** Himalayan Hemp Hearts can help reduce bad cholesterol levels and improve the ratio of HDL to LDL.

4. Those with Skin Conditions

- **Himalayan Hemp Seed Oil:**
 - **Skin Health:** Provides essential fatty acids that can improve skin's elasticity and reduce dryness.

- **Anti-inflammatory:** Helps reduce redness and inflammation associated with skin conditions like psoriasis and eczema.

5. Older Adults

- **Himalayan Hemp Hearts and Himalayan Hemp Seed Protein Powder:**
 - **Muscle Maintenance:** High-quality protein helps in maintaining muscle mass, which tends to decrease with age.
 - **Digestive Health:** Both are easy to digest and can help maintain digestive health, which is crucial for older adults.
- **Himalayan Hemp Seed Oil:**
 - **Joint Health:** Anti-inflammatory properties can ease arthritis symptoms and joint discomfort.

6. People Looking to Improve Digestive Health

- **Himalayan Hemp Hearts:**
 - **Fiber Content:** High in both soluble and insoluble fiber, which aids in digestion and promotes gut health.
 - **Prebiotic Effects:** Supports healthy digestion and gut flora.

7. Those Seeking General Wellness and Nutrient Intake

- **All Three Products:**
 - **Balanced Nutrition:** Provide a combination of essential fatty acids, proteins, and fibers.
 - **General Health:** Contribute to overall wellness through their nutritional content supporting various body functions like immune response and metabolic processes.

8. Vegans

- **Himalayan Hemp Seed Protein Powder:**
 - **Complete Protein Source:** As many plant-based diets may lack complete proteins, himalayan hemp protein offers all nine essential amino acids necessary for muscle repair, hormonal balance, and enzyme production. This makes it especially valuable for vegans who may need diverse protein sources.
 - **Supports Energy Levels:** Provides sustained energy thanks to its protein content and additional nutrients like magnesium and iron, which are crucial for energy metabolism and can sometimes be lower in vegan diets.
- **Himalayan Hemp Hearts:**
 - **Rich in Omega Fatty Acids:** Offers a rare plant-based balance of omega-3 and omega-6 fatty acids, essential for brain health, inflammation control, and overall cellular function. This is particularly important for vegans who do not consume fish or fish oil supplements.

- **Dense Nutritional Profile:** High in protein, fiber, and essential minerals such as phosphorus, potassium, and iron, helping to fill nutritional gaps that may occur in some vegan diets.
- **Himalayan Hemp Seed Oil:**
 - **Cardiovascular Health:** The omega-3 fatty acids in Himalayan Hemp Seed Oil can help manage heart health by reducing cholesterol levels and blood pressure, a boon for vegans seeking heart-healthy fat sources.
 - **Skin Health:** Its anti-inflammatory properties can help manage and mitigate skin conditions, which is beneficial for all users, including vegans who value cruelty-free and natural skincare options.

3. How much to Consume (Dosage)?

1. **Himalayan Hemp Seed Oil:**
 - **Serving Size:** 1-2 tablespoons per day.
 - **Usage:** Best used unheated to preserve its nutritional benefits, such as in salad dressings, drizzled over dishes, or blended into smoothies.
2. **Himalayan Hemp Seed Protein Powder:**
 - **Serving Size:** Approximately 2-4 tablespoons (30-40 grams) per day.
 - **Usage:** Can be added to smoothies, mixed into oatmeal or yogurt, or used in baking recipes like pancakes or muffins.
3. **Himalayan Hemp Hearts:**
 - **Serving Size:** 2-4 tablespoons per day.
 - **Usage:** Sprinkle on salads, blend into smoothies, or add to yogurt or cereal for a nutritional boost.

4. How to Consume it?

After identifying your most relatable personal, you can prepare your diet plan as mentioned below:

1. Athletes and Fitness Enthusiasts

Day	Breakfast	Lunch	Snack	Dinner
Monday	Himalayan hemp protein shake (30g)	Quinoa salad with 2 tbsp Himalayan Hemp Hearts	Greek yogurt with 2 tbsp Himalayan Hemp Hearts	Grilled salmon with 1 tbsp Himalayan Hemp Seed Oil
Tuesday	Oatmeal with 2 tbsp Himalayan Hemp Hearts	Turkey wrap with 1 tbsp Himalayan Hemp Seed Oil	Protein bar with 1 tbsp himalayan hemp protein	Stir-fried beef with broccoli (1 tbsp Himalayan Hemp Seed Oil)

Day	Breakfast	Lunch	Snack	Dinner
Wednesday	Pancakes with 2 tbsp himalayan hemp protein powder	Tuna salad with 1 tbsp Himalayan Hemp Seed Oil	Cottage cheese with 2 tbsp Himalayan Hemp Hearts	Baked chicken with sweet potatoes (1 tbsp Himalayan Hemp Seed Oil)
Thursday	Smoothie with 30g himalayan hemp protein	Chicken Caesar salad with 2 tbsp Himalayan Hemp Hearts	Almonds and walnuts	Shrimp stir-fry with 1 tbsp Himalayan Hemp Seed Oil and brown rice
Friday	Himalayan Hemp Hearts porridge (2 tbsp)	Grilled fish with a side of couscous	Apple slices with almond butter	Pork chops with roasted veggies (1 tbsp Himalayan Hemp Seed Oil)
Saturday	Scrambled eggs and spinach (2 tbsp Himalayan Hemp Seed Oil)	Beef and vegetable kebabs (1 tbsp Himalayan Hemp Seed Oil)	Himalayan hemp protein smoothie (30g)	Pasta with pesto (1 tbsp Himalayan Hemp Seed Oil)
Sunday	French toast with 2 tbsp himalayan hemp protein	Sushi with a side of edamame	Fruit salad with 2 tbsp Himalayan Hemp Hearts	BBQ chicken with corn on the cob (1 tbsp Himalayan Hemp Seed Oil)

2. Individuals with Dietary Restrictions

Day	Breakfast	Lunch	Snack	Dinner
Monday	Himalayan hemp protein powder smoothie (30g)	Vegan hemp heart taco salad (2 tbsp)	Carrot sticks with hemp heart hummus (2 tbsp)	Tofu stir-fry with veggies (1 tbsp Himalayan Hemp Seed Oil)
Tuesday	Gluten-free hemp heart pancakes (2 tbsp)	Lentil soup with Himalayan Hemp Seed Oil (1 tbsp)	Smoothie with coconut milk and 1 tbsp himalayan hemp protein	Vegan chili
Wednesday	Smoothie with himalayan hemp protein (30g), berries	Quinoa and black bean salad (1 tbsp Himalayan Hemp Seed Oil)	Raw veggies with hemp heart dip (2 tbsp)	Stir-fried tempeh with Himalayan Hemp Seed Oil (1 tbsp)
Thursday	Oatmeal with Himalayan Hemp Hearts (2 tbsp)	Veggie wrap with hemp seed dressing (1 tbsp)	Apple with peanut butter	Gluten-free pasta with marinara
Friday	Chia pudding with himalayan hemp protein (30g)	Veggie and hummus sandwich	Pears with Himalayan Hemp Hearts (2 tbsp)	Veggie pizza with gluten-free crust
Saturday	Himalayan hemp protein shake with	Stuffed bell peppers	Carrot sticks with almond butter	Vegan paella

Day	Breakfast	Lunch	Snack	Dinner
	banana and oat milk (30g)			
Sunday	Almond yogurt with Himalayan Hemp Hearts (2 tbsp) and granola	Salad with nuts, seeds, and Himalayan Hemp Hearts (2 tbsp)	Dark chocolate with hemp seeds	Vegan curry with coconut rice

3. People with Heart Health Concerns

Day	Breakfast	Lunch	Snack	Dinner
Monday	Oatmeal with Himalayan Hemp Hearts (2 tbsp)	Turkey and avocado sandwich	Walnut and hemp heart trail mix (2 tbsp)	Grilled trout with mixed greens salad (1 tbsp Himalayan Hemp Seed Oil)
Tuesday	Himalayan Hemp Seed Oil smoothie (1 tbsp)	Spinach salad with Himalayan Hemp Hearts (2 tbsp)	Yogurt with flaxseeds	Chicken stir-fry with vegetables (1 tbsp Himalayan Hemp Seed Oil)
Wednesday	Himalayan Hemp Hearts with yogurt and honey (2 tbsp)	Quinoa stuffed bell peppers (1 tbsp Himalayan Hemp Seed Oil)	Mixed nuts	Baked cod with a side of asparagus
Thursday	Toast with avocado and Himalayan Hemp Seed Oil (1 tbsp)	Lentil and vegetable soup	Himalayan hemp protein shake (30g)	Beef stew with root vegetables
Friday	Himalayan hemp protein pancakes (2 tbsp)	Chicken Caesar salad	Apple slices with almond butter	Grilled chicken with roasted vegetables
Saturday	Smoothie with Himalayan Hemp Hearts (2 tbsp)	Tuna salad with Himalayan Hemp Seed Oil (1 tbsp)	Carrots and hummus	Salmon with wild rice and peas
Sunday	Scrambled eggs with Himalayan Hemp Seed Oil (2 tbsp)	Shrimp and avocado salad	Berries and cottage cheese	Pork tenderloin with sweet potato mash

4. Those with Skin Conditions

Day	Breakfast	Lunch	Snack	Dinner
Monday	Smoothie with kale, Himalayan Hemp Seed Oil (1 tbsp)	Quinoa salad with mixed greens (1 tbsp Himalayan Hemp Seed Oil)	Carrot sticks with hemp oil dip (1 tbsp)	Grilled salmon with steamed broccoli (1 tbsp Himalayan Hemp Seed Oil)

Day	Breakfast	Lunch	Snack	Dinner
Tuesday	Himalayan hemp protein oatmeal with berries (2 tbsp)	Turkey wrap with avocado (1 tbsp Himalayan Hemp Seed Oil)	Greek yogurt with honey	Chicken stir-fry with Himalayan Hemp Seed Oil (1 tbsp)
Wednesday	Avocado toast with Himalayan Hemp Seed Oil (1 tbsp)	Lentil soup	Apple slices with almond butter	Baked cod with asparagus (1 tbsp Himalayan Hemp Seed Oil)
Thursday	Chia pudding with Himalayan Hemp Hearts (2 tbsp)	Vegetable sushi rolls	Mixed nuts and dried fruits	Tofu and veggies in Himalayan Hemp Seed Oil (1 tbsp)
Friday	Pancakes made with himalayan hemp protein powder (2 tbsp)	Chicken salad with Himalayan Hemp Hearts (2 tbsp)	Smoothie with Himalayan Hemp Seed Oil (1 tbsp)	Steak with sautéed mushrooms
Saturday	Hemp heart granola with almond milk (2 tbsp)	Veggie burger with Himalayan Hemp Seed Oil (1 tbsp)	Himalayan hemp protein bar (1 tbsp)	Pasta with pesto and fresh tomatoes
Sunday	Eggs Benedict with Himalayan Hemp Seed Oil hollandaise (1 tbsp)	Spinach and goat cheese pizza	Dark chocolate with hemp seeds	Roast chicken with root vegetables (1 tbsp Himalayan Hemp Seed Oil)

5. Older Adults

Day	Breakfast	Lunch	Snack	Dinner
Monday	Yogurt with Himalayan Hemp Hearts (2 tbsp) and nuts	Salmon salad with Himalayan Hemp Seed Oil (1 tbsp)	Prunes	Chicken breast with quinoa
Tuesday	Himalayan hemp protein smoothie (30g)	Vegetable soup with rye bread	Apple with cheese	Grilled trout with sweet potatoes
Wednesday	Oatmeal with Himalayan Hemp Hearts (2 tbsp)	Tuna wrap	Banana and Himalayan Hemp Hearts (2 tbsp)	Beef stew with vegetables
Thursday	Scrambled eggs with spinach (1 tbsp Himalayan Hemp Seed Oil)	Chicken and vegetable stir-fry	Cottage cheese with peaches	Pork chops with roasted veggies
Friday	Hemp heart pancakes (2 tbsp)	Shrimp salad	Hemp seed protein bar (1 tbsp)	Pasta with marinara sauce

Day	Breakfast	Lunch	Snack	Dinner
Saturday	Smoothie with himalayan hemp protein (30g)	Veggie omelet	Mixed berries	Lamb curry with rice
Sunday	French toast with hemp seeds (2 tbsp)	Roast beef sandwich	Greek yogurt with honey	Baked chicken with broccoli

6. People Looking to Improve Digestive Health

Day	Breakfast	Lunch	Snack	Dinner
Monday	Smoothie with himalayan hemp protein (30g)	Lentil and veggie stew	Kefir with Himalayan Hemp Hearts (2 tbsp)	Grilled chicken with mixed veggies
Tuesday	Chia pudding with Himalayan Hemp Hearts (2 tbsp)	Chickpea salad with Himalayan Hemp Seed Oil (1 tbsp)	Almond butter on whole grain toast	Fish tacos with cabbage slaw
Wednesday	Oatmeal with flaxseeds and Himalayan Hemp Hearts (2 tbsp)	Vegetable stir-fry with brown rice	Fresh fruit salad	Turkey meatballs with spaghetti
Thursday	Yogurt with granola and hemp seeds (2 tbsp)	Quinoa and black bean wrap	Cottage cheese with cucumber slices	Baked salmon with steamed greens
Friday	Himalayan hemp protein pancake (2 tbsp)	Soup with barley and veggies	Hummus with raw veggie sticks	Beef and broccoli stir-fry
Saturday	Smoothie with Himalayan Hemp Hearts (2 tbsp) and berries	Turkey and avocado sandwich	Protein bar (1 tbsp himalayan hemp protein)	Pasta with pesto and cherry tomatoes
Sunday	French toast with himalayan hemp protein (2 tbsp)	Grilled cheese with tomato soup	Dark chocolate with nuts	Chicken curry with rice

7. Those Seeking General Wellness and Nutrient Intake

Day	Breakfast	Lunch	Snack	Dinner
Monday	Hemp heart porridge (2 tbsp)	Chicken Caesar salad	Hemp seed trail mix (2 tbsp)	Tofu stir-fry with Himalayan Hemp Seed Oil (1 tbsp)
Tuesday	Smoothie with himalayan hemp protein (30g)	Grilled shrimp and arugula salad	Greek yogurt with Himalayan Hemp Hearts (2 tbsp)	Lamb chops with mint and peas

Day	Breakfast	Lunch	Snack	Dinner
Wednesday	Omelette with veggies and hemp oil (1 tbsp)	Quinoa stuffed bell peppers (1 tbsp Himalayan Hemp Seed Oil)	Apple slices with almond butter	Seafood paella with saffron
Thursday	Pancakes with Himalayan Hemp Hearts (2 tbsp)	Lentil soup with side of whole grain bread	Mixed nuts	Roast turkey with sweet potatoes
Friday	Chia and hemp seed pudding (2 tbsp)	Tuna salad with Himalayan Hemp Seed Oil (1 tbsp)	Dark chocolate and berries	Beef stir-fry with vegetables
Saturday	Himalayan hemp protein shake (30g)	Veggie pizza with hemp seed crust (1 tbsp Himalayan Hemp Seed Oil)	Carrot sticks with hummus	Chicken fajitas with bell peppers
Sunday	French toast with hemp seeds (2 tbsp)	Roast chicken with veggies	Cottage cheese with pineapple	Pasta with marinara and hemp seeds

8. Vegans

Day	Breakfast	Lunch	Snack	Dinner
Monday	Himalayan hemp protein smoothie with spinach and banana (30g)	Vegan sushi rolls with avocado and Himalayan Hemp Hearts (2 tbsp)	Carrot sticks with hemp heart hummus (2 tbsp)	Vegan chili with Himalayan Hemp Seed Oil (1 tbsp)
Tuesday	Oatmeal with Himalayan Hemp Hearts (2 tbsp) and mixed berries	Quinoa salad with black beans, corn, and hemp seed dressing (1 tbsp)	Apple slices with almond butter	Stir-fried tofu with broccoli and brown rice (1 tbsp Himalayan Hemp Seed Oil)
Wednesday	Chia pudding with hemp milk and coconut (2 tbsp himalayan hemp protein)	Lentil soup with a drizzle of Himalayan Hemp Seed Oil (1 tbsp)	Trail mix with nuts, seeds, and Himalayan Hemp Hearts (2 tbsp)	Veggie burger with hemp seed aioli on a whole grain bun (1 tbsp Himalayan Hemp Seed Oil)
Thursday	Pancakes made with himalayan hemp protein powder (2 tbsp)	Vegan Caesar salad with Himalayan Hemp Hearts (2 tbsp)	Smoothie with himalayan hemp protein powder, kale, and peach (30g)	Vegan shepherd's pie topped with Himalayan Hemp Hearts (2 tbsp)
Friday	Smoothie bowl topped with Himalayan Hemp Hearts (2 tbsp), nuts, and fruits	Stuffed bell peppers with rice and mushrooms (1 tbsp Himalayan Hemp Seed Oil)	Dark chocolate with hemp seeds	Vegan pizza with hemp seed crust and veggies (1 tbsp Himalayan Hemp Seed Oil)

Day	Breakfast	Lunch	Snack	Dinner
Saturday	Hemp heart granola with plant-based yogurt (2 tbsp)	Falafel wrap with tahini and Himalayan Hemp Seed Oil (1 tbsp)	Pita bread with hemp heart dip (2 tbsp)	Vegan paella with saffron and assorted vegetables (1 tbsp Himalayan Hemp Seed Oil)
Sunday	French toast made with hemp milk and topped with maple syrup and Himalayan Hemp Hearts (2 tbsp)	Vegan pad thai with tofu and sprinkled with Himalayan Hemp Hearts (2 tbsp)	Vegan yogurt with Himalayan Hemp Hearts (2 tbsp) and granola	Roasted vegetable and bean casserole with a Himalayan Hemp Seed Oil drizzle (1 tbsp)