

## Indian Test List

### Cereal and grains

Aval (Puffed Rice Flattened Rice)  
Bajra Flour  
Besan (Dhal Flour)  
Corn Flour (Makki Ka Atta)  
Maida (Plain Flour)  
Ragi Flour  
Rice - Basmati Rice  
Rice - Brown  
Rice - Fragrant  
Rice - Parboiled  
Rice - Ponni Parboiled  
Rice - Thai White  
Rice Flour  
Sago  
Semiya (Wheat Vermicelli)  
Semolina (Cream Of Wheat)  
Soy Nuggets  
Wholewheat Flour (Atta)

### Lentils, Beans, Nuts

Moong Dahl Green  
Black Channa  
Black Whole Urad  
Black-Eyed Bean  
Broad Beans  
Channa Dhal  
Dried Green Peas  
Green Mung  
Horsegram  
Kaaraamani (Cow Gram)  
Kidney Beans  
Masoor  
Moth  
Pistachio  
Roasted Channa Dhal  
Toor Dahl  
Urad [All]  
White Channa  
Yellow Mung Dahl [All]

### Prayer Items

Karpooram (Soodam)  
Sandalwood Paste

### Spices

Aniseed  
Asafoetida (Powder)  
Thymol Seeds [Omam]  
Black Pepper  
Cinnamon  
Clove  
Coriander Seed  
Dried Bay Leaf  
Dried Old Ginger- Suklu  
Dried Red Chillies (Long)

Fennel Seeds  
Fenugreek Seeds  
Indian (Holy) Basil - Dark/Green  
Jeera (Cumin Seed)  
Mustard Seed - Black  
Pachai Karpuram  
Pomegranate Seed And Powder  
Poppy Seeds  
Saffron Threads  
Sesame Seed - Black  
Sesame Seed - White  
Small Green Cardamom  
Star Anise  
Turmeric Powder

### Spice Mixes, Seasonings

Black Salt Rock  
Chaat Masala  
Channa Masala  
Chicken Curry Masala  
Chilli Powder – Coarse-Fine  
Coconut (Grated)  
Fish Curry Masala  
Garam Masala Powder  
Idli/Thosai Powder  
Mutton Curry Masala  
Rasam Powder  
Rock Salt [Black] Ground  
Sambhar Powder  
Tamarind Paste

### Sweet Stuff: Confectionery

Brown Sugar  
White Sugar  
Jaggery  
Kalkandu (Rock Sugar)  
Red Sugar

### Vegetables & Greens

Banana Flower  
Bottlegourd  
Butter Beans  
Coriander Leaf  
Curry Leaf  
Fenugreek Leaf (Methi)  
Garlic Clove  
Green Mango  
Indian Yam  
Radish  
Raw (Green) Banana  
Raw Papaya  
Snake Gourd

### Fruit

Custard Apple  
Date  
Mango – (Canned)  
Sugarcane

### Cooked Foods

Roti Pratha  
Idli  
Vadai  
Murukku [Rice Flour Stick]  
Appalam, Pappadum

### Beverages

Masala Tea  
Ginger Tea  
Bru Coffee  
Jaljeera

### Oils

Sesame Oil [Til]  
Mustard Oil  
Ghee  
Coconut Oil

### Pickles

Lemon  
Lime  
Green Mango  
Mixed Veg  
Young (Green) Pepper  
Amla (Indian Gooseberry)

### Toiletries

Chandrika Bath Soap  
Mysore Sandal Soap  
Herbal Toothpaste [Vicco Ayurvedic]  
Toothpaste [Dabur Meswak]  
Henna Powder For Hair Colouring  
Mehendi Powder (Hand Decorating)  
Sandal Wood Powder

### Others

Paakku, Seeval-Betel Nut  
Samahan Ayurvedic Powder  
Paneer (Amul - Processed)  
Broken Wheat  
Kum Kum  
Red Food Colour  
Vibhooti  
Kokam ( Garcinia Indica)  
Rose Water  
Supari For Poosa  
Chyawanprash  
Saambri Incense  
Black Cummin Seeds