

WINNER



INDIA 5000  
WOMEN  
ACHIEVER  
AWARDS  
2021



परंपरा का स्वाद, सेहत के साथ

Developed by Food &  
Nutrition Experts

0% Gluten | Rich in Protein | High Fibers

Monthly newsletter  
Aug-2021



दीपो भक्षयते ध्वान्तं कज्जलं च प्रसूयते।  
यदन्नं भक्षयेन्नित्यं जायते तादृशी प्रजा॥

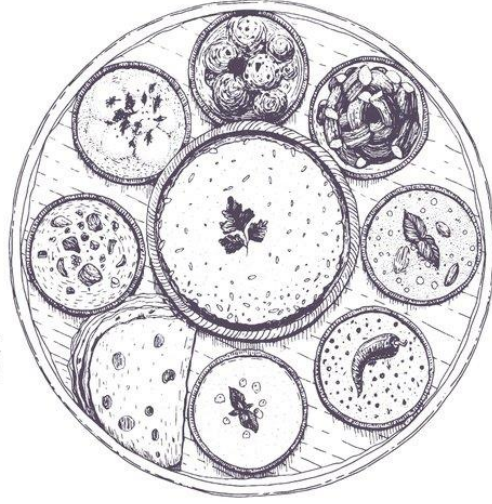
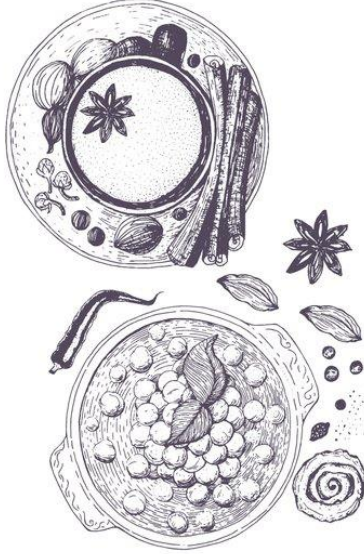
resanskrit.com

The lamp consumes darkness and produces dark soot.  
Similarly, what food we eat affects what we produce (offspring).

Chanakya Neeti 08.03

दीप अन्धकार को खा कर काला काजल बनाता है।  
इसी प्रकार जैसा अन्न हम खाते हैं, वैसा ही हम उत्पन्न (संतान) करते हैं।

Reसंस्कृत™



\* Image courtesy google

National Nutrition Week  
1<sup>st</sup> to 7<sup>th</sup> Sept 2021



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**Vidya Gunturkar - Joshi**  
**Founder MTHF**

## PREFACE

Dear Readers, stakeholders, supporters, team MTHF and well wishers,  
Welcome to the third MTHF newsletter.

First of all, let me thank you for your support, feedback and appreciations.

First week of the September is be celebrated as Nutrition week. On this occasion, we are sharing useful tips on the balanced diet from our experts. From next newsletter regular articles will feature.

In this newsletter an article about the history and story of millets is shared by Dr. B K Sakhale. You will be surprised to know that millets are one of the ancient foods known to humans. Love Gunta Pangalu (Appe/Appam)? Then learn how to make **NutriMillets®** Appam in the section cooking with **NutriMillets®**. Ms. Renuka Latne will give you some useful tips about the food and you can ask your question to her, just write to us.

From next month we will be approaching the corporates and Health Professionals with the **Millet Health Boxes**. These boxes will have **NutriMillets®** products useful to their clients and patients. Initially we have designed these boxes for professionals like Paediatrics, Gynaecologists, Diabetologists, and Fitness trainers. You can write to us in case you need any of these boxes for personal or commercial use.

Please keep writing us and enjoy your favourite **NutriMillets®** products.  
Stay Healthy, Stay Fit!

Sincerely

*Vidya Gunturkar - Joshi*

# HISTORY AND STORY OF MILLETS



**Dr. B. K. Sakhale**

Associate Professor

Food Technology Division

Department of Chemical Technology

Dr. Babasaheb Ambedkar

Marathwada University, Aurangabad

## Abstract

- Millet crops are native of India and are highly nutritious.
- Millets are popularly known as Super Foods as they provide most of the nutrients required for normal functioning of human body.
- Gluten free nature of millets is good for people who are gluten-intolerant.

## Introduction

Millets are traditional grains, grown and consumed in the Indian subcontinent from the past more than 5000 years. Reference of Millets have been found in old ancient texts of Yajurveda. References of foxtail millet (*priyangava*), Barnyard millet (*aanava*), and black finger millet (*shyaamaka*), are mentioned. Most of millet crops are native of India and are popularly known as Nutri-cereals as they provide most of the nutrients required for normal functioning of human body. Millets are nutri cereals comprising of sorgum, pearl millet, finger millet (Major millets), foxtail, little, kodo, proso and barnyard millet (minor millets). These are one of the oldest foods known to humanity.

## Nutri-Millets

Millets are highly nutritious, non-glutinous, and non-acid forming foods. Millets are gluten free and can be a substitute for wheat or gluten containing grains for celiac patients. By hydrating the colon, millets help us in staying away from being constipated. Millets have Niacin which helps in lowering cholesterol. Millets are more nutritious than fine cereals. Small millets are good source of phosphorous, and iron. All millets have high antioxidant properties.

Pseudo millets like Amaranth (Rajgira) and Buckwheat (Kuttu) are nutritionally similar and used in similar ways as that of millets.

Millets can be used for development of various gluten free value added food products which would be useful for celiac patients.

**NutriMillets®** has developed range of ready to eat and ready to cook products which are useful for following diet regimen, source of nutrition, weight management and managing from lifestyle diseases. We need more such products to get back to our roots of eating healthy food.

## COOKING WITH NUTRIMILLETS®

### NUTRIMILLETS® APPAM (GUNTA PANGALU)



250gm Flour - Makes around 20-25 Appam. Serving 3-4 people

Preparation time – 20 minutes

#### Ingredients

- **NutriMillets®** Appam Mix Pack
- 1 Table Spoon Curd
- Lukewarm water
- Cooking Soda and Salt to taste



#### STEP 1 – FERMENTATION

Empty the **NutriMillets®** Appam Mix in a bowl. Add to it 1 table spoon of curd. Add required amount of lukewarm water to make it a consistent solution. No lumps should be formed. Cover the bowl and keep this mixture at a dry and warm place for at least 8 hours.

#### STEP 2 – BATTER PREPATION

Post 8 Hours take out the bowl. Add ½ tea spoon of cooking soda, and salt to taste. Add some lukewarm water to make a thick solution.

**STEP 3 – COOKING** – Grease the Appam Patra and pour the solution in each patra. Steam for 2-3 minutes.

**STEP 4 – SERVE** – Serve with Sambar and Chutney.

#### VARIATIONS –

**Veg Appam** - Add chopped and cooked Carrots, Beet roots, Spinach etc if you like.

**Masala Appam** – Cut 3-4 Appam in 4 pieces. Take 1 tea spoon oil in a pan. Add ½ teaspoon mustard seed and cumin seeds. Once these seeds crack completely add the pieces of Appam. Sprinkle red chilli powder, chat masala, salt as per taste. Roast till they become crispy and pinkish red. Serve with Tomato sauce or eat it as it is.

## KNOW YOUR FOOD

Foods can be categorized according to the function as-

- **Energy rich foods** (Carbohydrates and fats)- whole grain cereals, millets, vegetable oils, ghee, nuts and oilseeds and sugars.
  - **Body building foods** (Proteins)- Pulses, nuts and oilseeds, milk and milk products, meat, fish, poultry.
  - **Protective foods** (Vitamins and minerals) - Green leafy vegetables, other vegetables, fruits, eggs, milk and milk products and flesh foods.
- So, have a balanced diet. Don't consume anyone or only one type of food. Millets are Nutri-Cereals, incorporate them in your diet at least 3 times a week.



**Ms. Renuka Latne**  
B.Tech (Food Tech),  
Msc. (Clinical Nutrition),  
Yoga Trainer



\* image courtesy google

## USEFUL TIPS

- Eat a variety of nutrient-rich foods.
  - Match food intake with physical activity.
  - Avoid fried, salty and spicy foods.
  - Consume adequate water to avoid dehydration.
  - Exercise regularly or go for a walk.
- Avoid smoking, chewing of tobacco and tobacco products (Khaini, Zarda, Paan masala) and consumption of alcohol.
  - Go for regular checkups. Check regularly for blood sugar, lipids and blood pressure.
  - Avoid self medication.
  - Adopt stress management techniques (Yoga and Meditation).

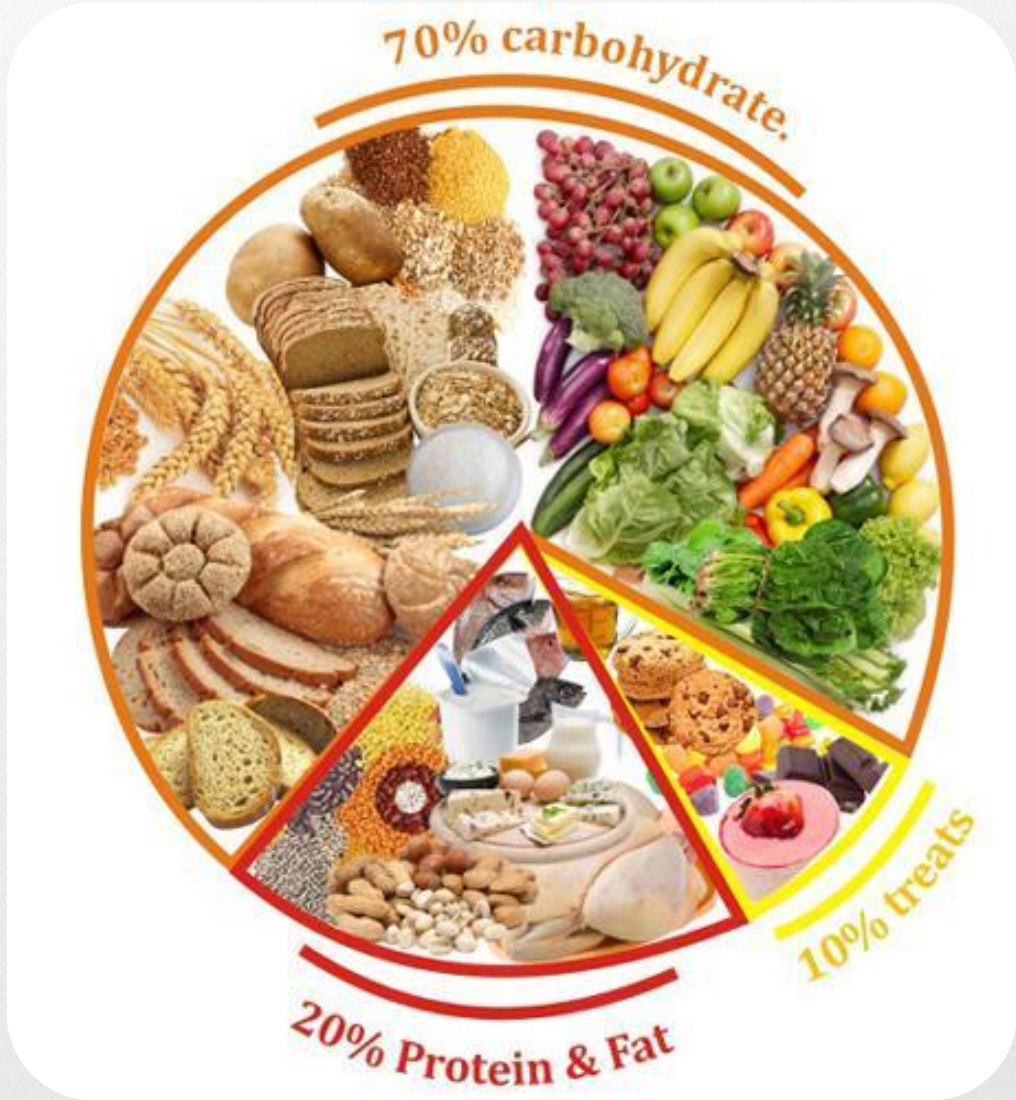
If you have any queries regarding the food and/or nutrition, please write to us on [millets.treats@gmail.com](mailto:millets.treats@gmail.com). Ms. Renuka Latne will answer them and queries will be published in next newsletter. You will get a reply on your email id.

## BALANCED DIET

पुनर्वित्तं पुनर्मित्रं पुनर्भार्या पुनर्मही ।  
एतत्सर्वं पुनर्लभ्यं न शरीरं पुनः पुनः ॥

Wealth, a friend, a wife, and a kingdom may be regained;  
but this body when lost may never be acquired again.

आप दौलत, मित्र, पत्नी और राज्य गवाकर वापस पा सकते है,  
लेकिन काया वापस नहीं मिलेगी ।



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THANK YOU!!

Let's make it together!!



@nutrimilletstreats



9421991551



@nutrimillets



Millets.treats@gmail.com



<https://nutrimillets.business.site>