

WINNER



INDIA 5000
WOMEN
ACHIEVER
AWARDS
2021

Monthly Newsletter Aug-2022



परंपरा का स्वाद, सेहत के साथ

Developed by Food &
Nutrition Experts

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The humble superfood

- Total production of millets in the country is about 16 million tonnes a year apart from one million tonnes of small millets

- Prime millets like jowar, ragi and bajra constitute 95% of the crop production

- Can be grown with very little water, less fertile soils and low fertiliser or pesticides

- Offer high amounts of fibre, calcium, protien, antioxidants, trace vitamins and minerals or nutri-cereals

- Climate-smart grains providing food security to growing population

- Tackle 'hidden hunger' or craving for food as millet intake aids 'slow digestion'



The government has been spending thousands of crores of rupees to tackle malnutrition and under-nutrition... We have now realised that the gaps can be filled with millets in mid-day meals, and women and child welfare programmes.

B. DAYAKAR RAO,

**PRINCIPAL SCIENTIST, INDIAN
INSTITUTE OF MILLET RESEARCH**

Mighty millets for a more diversified diet - The Hindu



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Vidya Gunturkar - Joshi
Director NMFPL



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PREFACE

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

August is the month of festivals –both religious and national. It will start with the Auspicious Somwar, then Nagpancham, Raksha bandhan, Independence Day, Pateti and Janmashtami.

This rainy season have impact on our digestive system and many of us may feel loss of appetite. Millets with spices will not only act as an appetizer but also can be a good food option.

Major millets like – Sorghum, Pearl Millet and Finger Millet dominates the market and forms the major part of cultivation and consumption. Millets are not only good for the health but also good option for social food security for the poor. A front page reflects the details.

Millets are know to mankind since ages and they lost the battle to wheat and rice during the green revolution. Not only the millennial population but even the population in late 40s also lost the touch with the millets. Many of them don't know the millets or ever tasted the millet products. A survey reveals this fact. Please refer to the next page for more details.

I am optimistic that you will like this newsletter. I thank for your support and seek continuous patronage.

Please do write us to share the feedback on the newsletter on milltes.treats@gmail.com.

Best regards

Vidya Gunturkar - Joshi



Millets For Health – A Survey



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The healthier food option

Apart from protein, depending on the variety and species, millets are also rich in minerals, such as iron, zinc, and calcium, which deliver health benefits to all age groups and genders.



The survey on millet consumption was coordinated by the International Crops Research Institute for the Semi-Arid Tropics (ICRISAT) based in Telangana

The 7 cities where the survey was conducted are Hyderabad, Bengaluru, Chennai, Mumbai, Kolkata, Ahmedabad and Delhi

15,500 individuals were surveyed face-to-face and after data cleaning, 15,139 observations were subjected to analysis

REASONS FOR CONSUMING MILLETS:

30% respondents said prevalence of health problems including but not limited to diabetes, heart conditions, bone health, and general health.

Second major reasons: Weight loss (15.1%) and its taste (14.6%)

REASONS FOR NOT EATING MILLETS:



40% said it was not prepared or eaten at home

22% did not like the taste and other reasons

RECOMMENDATIONS TO ENHANCE THE CONSUMPTION OF MILLETS:

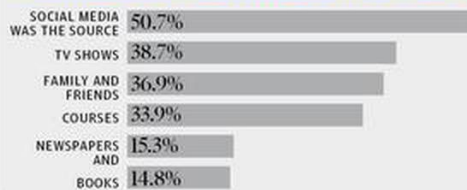
- (1) Develop delicious products to satisfy the taste
- (2) Provide knowledge on nutritional and health facts on millets
- (3) Improve accessibility of millets in urban markets.

MOST COMMONLY EATEN FORM OF MILLETS

46% ate ready-to-eat products

38% consumed millets as porridge

PERCENTAGE OF RESPONDENTS AND THEIR RESPONSE



Millets have multitude of benefits. They help farmers build climate-resilience, contribute to environmental sustainability and offer a range of nutritional benefits, including addressing micronutrient deficiencies and helping manage lifestyle disorders such as diabetes

Dr Jacqueline Hughes, Director General, ICRISAT

[30% opt millets due to health issues - The Hindu](#)



Sorghum Upma



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Ingredients -

- Sorghum rawa – 1 cup;
- Bengal gram dal- 1 table spoon
- Mustard seeds - 1 table spoon
- Oil – 1 table spoon
- Chopped onion – 1 Big
- Green chillies – 3/4
- Carrot – Optional (1 Medium Size)
- Tomato – Optional (1 Medium Size)
- Curry leaves – as required.



Directions -

- Keep a pan on the gas stove and roast the sorghum rawa till it turns brown. Keep the flame on medium.
- Remove from the pan and transfer to a bowl
- In the same pan , add on table spoon of oil, and mustard seeds
- Once the mustard seeds fully cracked, add bengal gram dal to it and roast for a minute or so.
- Then add onion, green chillies, carrot, tomato and curry leaves one by one.
- Roast for a minute of so. Then add 3 cups water, salt (as per taste) and boil.
- Add roasted rawa slowly and with constant stirring.
- Stir well so that no clumps are formed
- Cook it well till it become soft for around 10-15 min.



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THANK YOU!!

Let's make it together!!



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