

WINNER



INDIA 5000
WOMEN
ACHIEVERS
AWARDS
2021



परंपरा का स्वाद, सेहत के साथ

Developed by Food &
Nutrition Experts

0% Gluten | Rich in Protein | High Fibers

Monthly Newsletter Feb-2022



unanimously adopts India-sponsored
resolution declaring

2023

International Year of Millet

AffairsCloud

It's time to relish the superfoods....Millets!

Try

NutriMillets® Products – Goodness of millets in
purest form.

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PREFACE

Vidya Gunturkar - Joshi
Founder MTHF

Dear Readers, stakeholders, supporters, team MTHF and well wishers,

Welcome to the eighth MTHF newsletter.

Year 2023 is declared as the year of millets by UN. Many of the states in India have already started "Millet Mission" to promote the use of millets and create awareness about the benefits of millets but Maharashtra Govt has yet to take any such decision.

Millets were staple food of India but now are lost to wheat and rice. Common people are still not aware about the health benefits of millets and many adaptable forms of millet product available in the market.

As a strategy and market demand many brands have come up with the popular snacks where they have added nominal amount of millets to the composition and claiming it as a millet food. What we need is the 'gluten free" food made from millets and free from wheat, maida, rava and all.

The foundation of our company is based on the development of health foods which will have goodness of millets, lentils, legumes, jaggery, honey, cow ghee and cow milk.

We will contribute in making people aware of the benefits of millets through our upcoming campaign.

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

Best regards

Vidya Gunturkar - Joshi

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WELCOME



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Ms. Rutuja will help us in reaching out to the customers over the phone. She will also handle the customer queries.

THANK YOU!



For placing order of 50 gift packs



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HEALTH BENEFITS OF MILLETS



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Health Benefits Of Millet

Treats Coronary Artery
Disorder

Helps in Weight Loss

Reduces Risk of Colon
Cancer

Helps to decrease high
blood pressure

Helps in preventing
Celiac disease

Controls Diabetes

Good Source of Antioxidants

Helps in slowing down
muscle degradation

Aids in Sleep

Helps in relieving menstrual
cramps



www.lybrate.com



lybrate

Image courtesy google



COOKING WITH NUTRIMILLETS®

NUTRIMILLETS® LAHI MIX SWEET

200gm Lahi Mix Sweet

Preparation time – 1 minutes

Ingredients

NutriMillets® Lahi mix Sweet –
Made from Jowar pops flour, Jaggery,
salt and cardamom.



RECIPE

1. Take two tbps of NutriMillets Lahi Mix in a bowl.
2. Add 2 table spoon of Sweet curd to it.
3. Mix well to get a desired consistency
4. Enjoy the tasty millet breakfast full of health benefits
5. Add dry fruits or berries or fruits as per your choice

LAHI MIX SWEET ADVANTAGES

- No sucrose / sugar
- Full of vitamins, fibers and proteins
- No additives
- Complete meal on the go

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Eat Healthy



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Your stomach is not a garbage dust bin.
Prefer healthy food over junk food



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NutriMillets – keep your tummy happy
and body healthy!!

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परंपरा का स्वाद, चेतन के साथ

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THANK YOU!!

Let's make it together!!



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<https://nutrimillets.business.site>