

WINNER



INDIA 5000
WOMEN
ACHIEVERS
AWARDS
2021

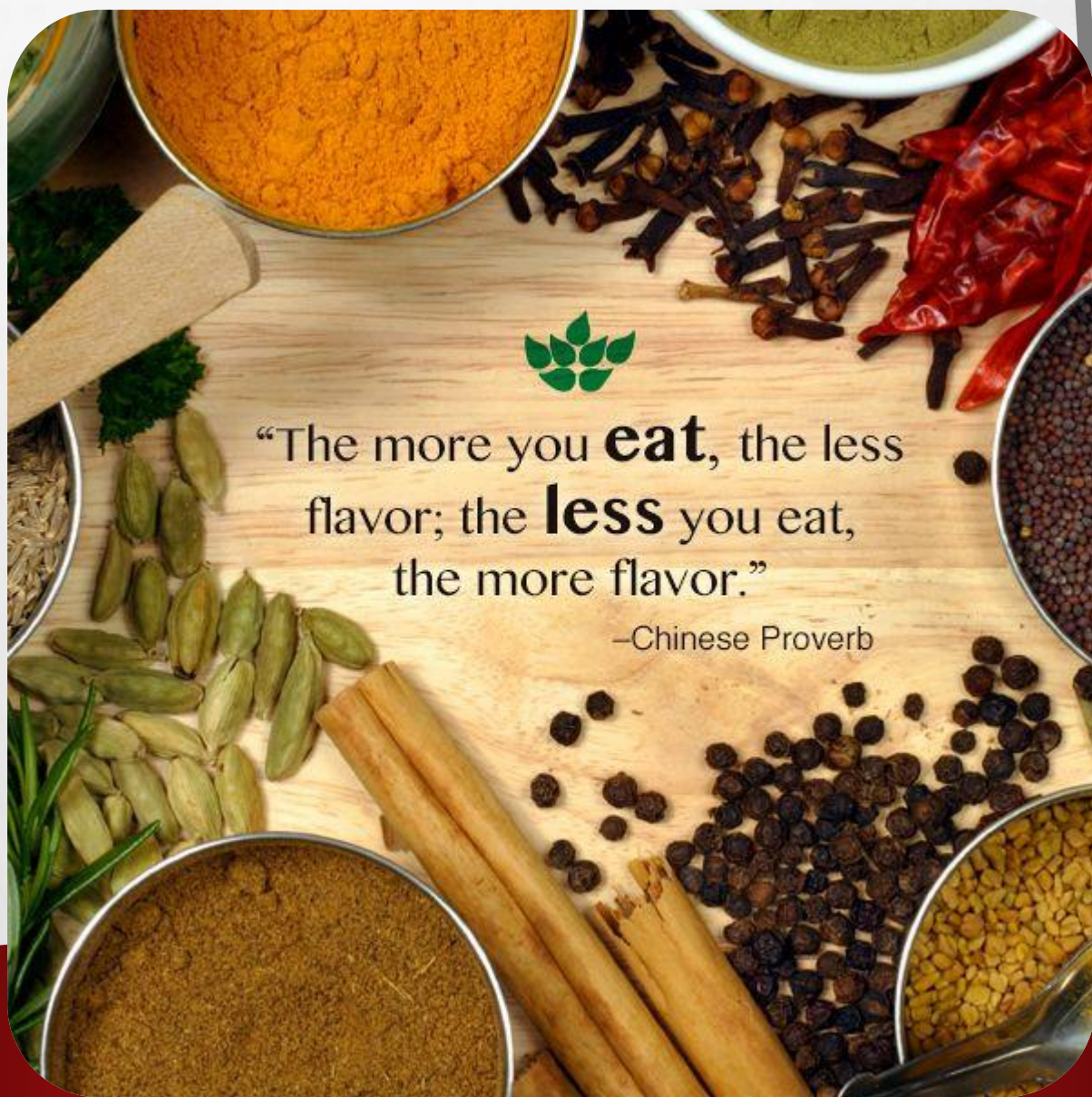


परंपरा का स्वाद, सेहत के साथ

Developed by Food &
Nutrition Experts

0% Gluten | Rich in Protein | High Fibers

Monthly Newsletter Jan-2022



“The more you **eat**, the less
flavor; the **less** you eat,
the more flavor.”

—Chinese Proverb

NutriMillets® Products – Taste and health together!!

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PREFACE

Vidya Gunturkar - Joshi
Founder MTHF

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

I wish you all a very happy, prosperous, joyful and healthy new year!
Year 2021 was full of challenges for everyone of us and I am happy that
we are still heading strong and have same fire to achieve the set goals.
December was a month of opportunities for us. We supplied products
to an NGO working for anaemic girls and women.

We extended our foot prints in Nagpur at two stores named **Purti
Super Bazar** and **Narayan Super Bazar**.

A new team mate **Mr. Manish Wasnik** has joined us as a sales
executive and I am sure that he will deliver the expected results.

As informed earlier, we are launching product boxes for Physicians,
Gynaecologist, Paediatrics and Fitness trainers in this month. We are
optimistic that we will get a good response for it as well.

I thank you for your support and wish you all a very happy, prosperous
and joyful new calendar year.

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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VOCAL FOR LOCAL AN AYURVEDA PERSPECTIVE PART 2



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When someone migrates to a new locality with a different food culture, that disturbs the balance of doshas in his body, giving rise to various metabolic disorders. Obesity, diabetes and hypothyroidism are few to name.

Rate of obesity has rising in every country of the world since 1975, India is no exception to it. High levels of imported foods have contributed to expanding waistlines, says a WHO data. **This makes it evident how important it is to eat local food.**

Same holds good for various fruits and vegetables. Whatever fruits, vegetables, cereals, grains are available locally that should be consumed in good amount.

Eating too many foods grown in completely different climates around the world can disrupt digestion and cause constipation or even food allergies

Local food is fresh and hence nutrient dense and also more suitable for the body than those are imported from other regions / country

Locally grown food boosts the economy of the region and also promotes soil health by rotating crops which increases the fertility of the soil and the quality of the produce.

So, be vocal for the local and boost your vigour!



COOKING WITH NUTRIMILLETS®

NUTRIMILLETS® SWEET FLAKES

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200gm Sweet Flakes

Preparation time – 1 minutes

Ingredients

NutriMillets® Sweet Flakes –
Made from Jowar flakes, honey. Jaggery,
Dates, Dry fruits, Milk and cocoa.



RECIPE

1. Take out hot / cold milk in a bowl
2. Add 2 table spoon of Sweet Flakes to it.
3. Enjoy the tasty millet breakfast full of health benefits

SWEET FLAKES ADVANTAGES

- No sucrose / sugar
- Full of vitamins, fibers and proteins
- No additives



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Eat Healthy



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Spare your stomach and do a favor on yourself!



Too much of **salty food** makes you look and feel like bloated.

Too much of **sugar** can lead to headaches, nausea, sweating and faintness.

Too much of **fatty food** makes you experience acid reflux, heartburn and indigestion



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NutriMillets – keep your tummy happy and body healthy!!

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THANK YOU!!

Let's make it together!!



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