



परंपरा का स्वाद, सेहत के साथ

Monthly Newsletter Nov- 2023

Developed by Food &
Nutrition Experts

0% Gluten | Rich in Protein | High Fibers



Ministry of Culture
Government of India



But first things first...

Why millets for diabetes?

Low glycemic index

High in fibre, protein,
minerals & antioxidants

Gluten-free

Keeps you full for long



#VedOfAyurVeda



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PREFACE



परंपरा का स्वाद, सेहत के साथ

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Vidya Gunturkar - Joshi
Founder NMFPL

Dear Readers, stakeholders, supporters, team NMFPL and well wishers, Welcome to the 27th NMFPL newsletter.

In 2021, India faced significant health challenges with 101 million individuals diagnosed with diabetes, and an additional 136 million people classified as having prediabetes. High blood pressure affected 315 million people, while 254 million individuals experienced generalized obesity, and 351 million had abdominal obesity.

The widespread occurrence of Type 2 diabetes in Indians can be largely attributed to environmental and lifestyle shifts driven by industrialization and the transition from rural to urban living. Contributing factors include obesity, resulting from sedentary lifestyles, along with the consumption of high-calorie, high-fat, and high-sugar diets.

Diabetes brings along various health problems. Millets can be a helpful part of this effort. They have a low glycemic index, lots of fiber, and good chemicals from plants that can benefit people with diabetes. By eating millets and dealing with the challenges, people with diabetes might be able to better control their blood sugar, improve their overall health, and lower the chances of diabetes-related issues.

Nutrimillets will play its role in offering a tasty and healthy food for all that can be consumed without guilt.

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

Best regards

Vidya Gunturkar - Joshi

MILLET AWARENESS Festival Shoppee Chhatrapati Sambhaji Nagar

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Pre Diwali Shopping Festival
At Chhatrapati Sambhaji
Nagar

MILLET AWARENESS

Sunrise English School Chhatrapati Sambhaji Nagar

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I was invited as a judge in the Millet Recipe Competition for parents at Sunrise English School.

The event was a great success, and I commend the participants for their innovative entries.

Following the competition, prizes were distributed, and I took the opportunity to enlighten the attendees about the significance of millets and Nutrimillets.





पहला का स्वाद, सेहत के साथ

MILLET AWARENESS

International Nutricereal Convention 5.0 HICC Hyderabad

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22. NUTRIMILLETS

With Dr. B Dayakara Rao
CEO, Nutrihub



With Mr. Manprakash
DGM, APEDA



With Sr. Scientist
CFTRI

DIWALI ORDERS 2023



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**We have sold
350+ boxes of
Nutrimillets
Tashan on this
diwali**



Supporting the team in packing the products

Healing Herbs and Spices

Medicine Cabinet in Your Kitchen



OREGANO
Helps soothe stomach muscles



THYME
Relaxes respiratory muscles



MINT
Can ease hiccups



TURMERIC
Anti-cancer



GINGER
Anti-nausea remedy



BASIL
Can relieve gas and soothe stomach upsets



GARLIC
Natural antiseptic



BLACK PEPPER
Helps relieve indigestion



FENUGREEK
Helps flush out harmful toxins



CAYENNE
Can stop a heart attack



FENNEL
Can reduce bad breath and body odor



CINNAMON
Helps lower blood pressure



CLOVE
Anti-microbial



DILL
Treat heartburn, colic, and gas



SAGE
Antiseptic and antibiotic



ROSEMARY
Anti-oxidant

Use them in Winter



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THANK YOU!!

Let's make it together!!



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