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2021



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Monthly Newsletter
Oct-2021



** Image courtesy google*

सर्व मंगल मांगल्ये शिवे सर्वार्थ साधिके।
शरण्ये त्र्यम्बके गौरी नारायणी नमोस्तुते॥

या देवी सर्वभूतेषु शक्तिरूपेण संस्थिता।
नमस्तस्यै नमस्तस्यै नमस्तस्यै नमो नमः॥

Happy Navratri and Dussehra!

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Vidya Gunturkar - Joshi
Founder MTHF

PREFACE

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

Grand festivals of India, Dussehra and Dipawali are at the doorsteps. I am super excited to celebrate this season with all my near and dear ones with joy and happiness. Traditions and festivals have a sound relationship with millets. Once upon a time, millets were staple food of India. They are mentioned in ancient texts like Yujurveda and Ayurveda.

Ayurveda describes millets as drier than other grains. Its astringency can help bind diarrhea. It is warmer than other grains, stimulating good digestion and agni. Not a surprise that the millets are the integral part of every festival, whether its Pola (*Mattu Pongal* in south and *Godhan* in north and west India), Shraavan month, Mahalakshmi, Navratri or bali Pratipada.

On the business development front, we had an opportunity to attend the "Nutri-Cereals Startups Mega Convention" at Hyderabad. Millet based food product is becoming a crowded niche market. It was a memorable experience to meet Dr. Dayakara rao and peer companies. The underlining conclusion of the convention was that millets will be the next super food for developing countries. Even UN has declared year 2023 as the International Year of Millets.

You will come to know about the nutritional values of millets through an article shared by Mrs. Dhanashree Kulkarni.

To conclude, I wish to make an appeal – please celebrate your festivals in a traditional way with the traditional food – millets. Let's reintroduce millets on our dining table. Wish you a very happy and prosperous Navratri - Dussehra in advance. May you all be blessed with abundance health, happiness, wisdom and prosperity by Almighty.

Please do write us to share the feedback on the newsletter.

Best regards

Vidya Gunturkar - Joshi

HICC, Hyderabad



**Nutri - Cereals
Multi-stakeholders
Convention 3.0**

Theme:
"International Year of Millets 2023"

Sub-theme:
"Investment in Millets for Nutritional Security"

24 - 25, September, 2021
At HICC, Kondapur,
Hyderabad

Jointly Organized by
Nutrihub, ICAR - Indian Institute of Millets Research
& Food and Agriculture Organisation.

In Association with
Niti Ayog, Government of India

Other Partners

Logos of partner organizations: ICAR, IIMR, nutrihub, NSTEDB, ICRISAT, IITA, ICR, ICRP, ICRH, ICRS, ICRW, ICRZ, ICRM, ICRN, ICRP, ICRH, ICRS, ICRW, ICRZ, ICRM, ICRN.



**Dr. Dayakara rao (L) CEO, Nutrihub- TBISC,
Principal Scientist ICAI-IIMR Hyderabad**



Session on millet ecosystem

MILLET NUTRITION: THE TRADITION OF INDIA



Mrs. Dhanashree B Kulkarni

M.Tech. Food Technology

(Pursuing PhD in "Value addition of Millets")

Abstract

- Millets are nutritionally comparable to major cereals and serve as good source of protein, fibers and micronutrients such as vitamins and minerals.
- Sorghum and millets could find a significant niche in the nutritional foods market in developing countries.

Millets are important staples to millions of people world-wide. Generally, these are rainfed crops grown in areas with low rainfall and thus resume greater importance for sustained agriculture and food security.

Almost all the millets are used for human consumption in most of the developing countries but their use has been primarily restricted to animal feed in developed countries.

These millets possess unique nutritional characteristics specifically, they are gluten-free, have complex carbohydrates, rich in dietary fibre as well as unique in phenolic compounds and photochemical having medicinal properties.

Millets are nutritionally comparable to major cereals and serve as good source of protein, fibers and micronutrients such as vitamins and minerals.

In India the current methods of consumption of these grains are in the simplest forms namely bhakri/roti/chapathi or porridge (thick and thin). No special processing or treatment is generally given to them during milling of subsequent preparation of products. However, the nutrient composition and technological properties of these grains offer a number of opportunities for processing of millets and value addition.

Recently, sorghum and millet based high-end food products, snack foods, gluten free foods and in health food markets has begun in many regions of the world.

Sorghum and millets could find a significant niche in the nutritional foods market in developing countries.

Millets may serve as a natural source of antioxidants in food applications and as a nutraceuticals and functional food ingredient in health promotion and disease risk reduction. Thus, millets finds its way and application in developing nutraceuticals as well.

We must shift to millets to get a healthy life style like our grand parents.

COOKING WITH NUTRIMILLETS®

NUTRIMILLETS® THALIPEETH



250gm Flour - Makes around 5-6 Thalipeeth.

Serving 2-3 people

Preparation time – 20 minutes

Ingredients

- **NutriMillets®** Thalipeeth Mix Pack
- Curd / mango or lemon pickle / ground nut chutney
- Chopped onion and coriander leaves
- Green Chilli, Garlic paste with oil (thecha)



1. Take out NutriMillets® Thalipeeth mix in a bowl.
2. Add chopped onions and coriander leaves.
3. Add red chillies powder and salt as per your taste.
4. Add lukewarm water to make a dough similar to roti.
5. Make Parathas and serve with curd/pickle/ground nut chutney or thecha

VARIATIONS –

1. **Pan cakes** – If you make a dough little thin like a dosa batter then you can easily make pan cake out of it.
2. **Chakali / Sev** – Make a medium thick dough and make a Chakali /Shev from the extrusion mold. The thalipeeth mix has Kasuri Methi and that gives a unique tinch to the shev or Chakali. Serve hot with tomato sauce.



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Re संस्कृत™



7 of 10

Healthy Habits from Ayurveda for Great Health!

तन्मना भोजनगतः चित्तः।

tanmanā

bhojanagataḥ

cittah

Concentrating one's mind on the food while eating. What we think while eating, positive or negative, how thankful we are for the food we eat, impacts on our psychology and also affects our digestion.

Source: Ashtanga Hryudam Sutra 8.35

Find more info on this habit and other such tips on resanskrit.com

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THANK YOU!!

Let's make it together!!



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<https://nutrimillets.business.site>