

AWARENESS POSTERS ON SMALL MILLETS- ENGLISH

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IDRC Grant/ Subvention du CRDI: 108128-002-Scaling Up Small Millet Post-Harvest and Nutritious Food Products (CIFSRF Phase 2)

AWARENESS POSTERS ON SMALL MILLETS

ENGLISH

WHY SMALL MILLETS IN OUR DIETS ? Important factors affecting us



Degradation of environment

- # Erosion of bio-diversity
- # Pollution
- # Drought & water scarcity
- # Climate change



Health issues

- # Nutrient deficiencies
- # Anaemia
- # Diabetes, heart ailment & digestion problem are on the rise



Erosion of food quality

- # Chemical contamination of food
- # Widespread use of
 - > Less nutritious highly polished rice
 - > Refined sugar & maida
 - > Food with less fibre content



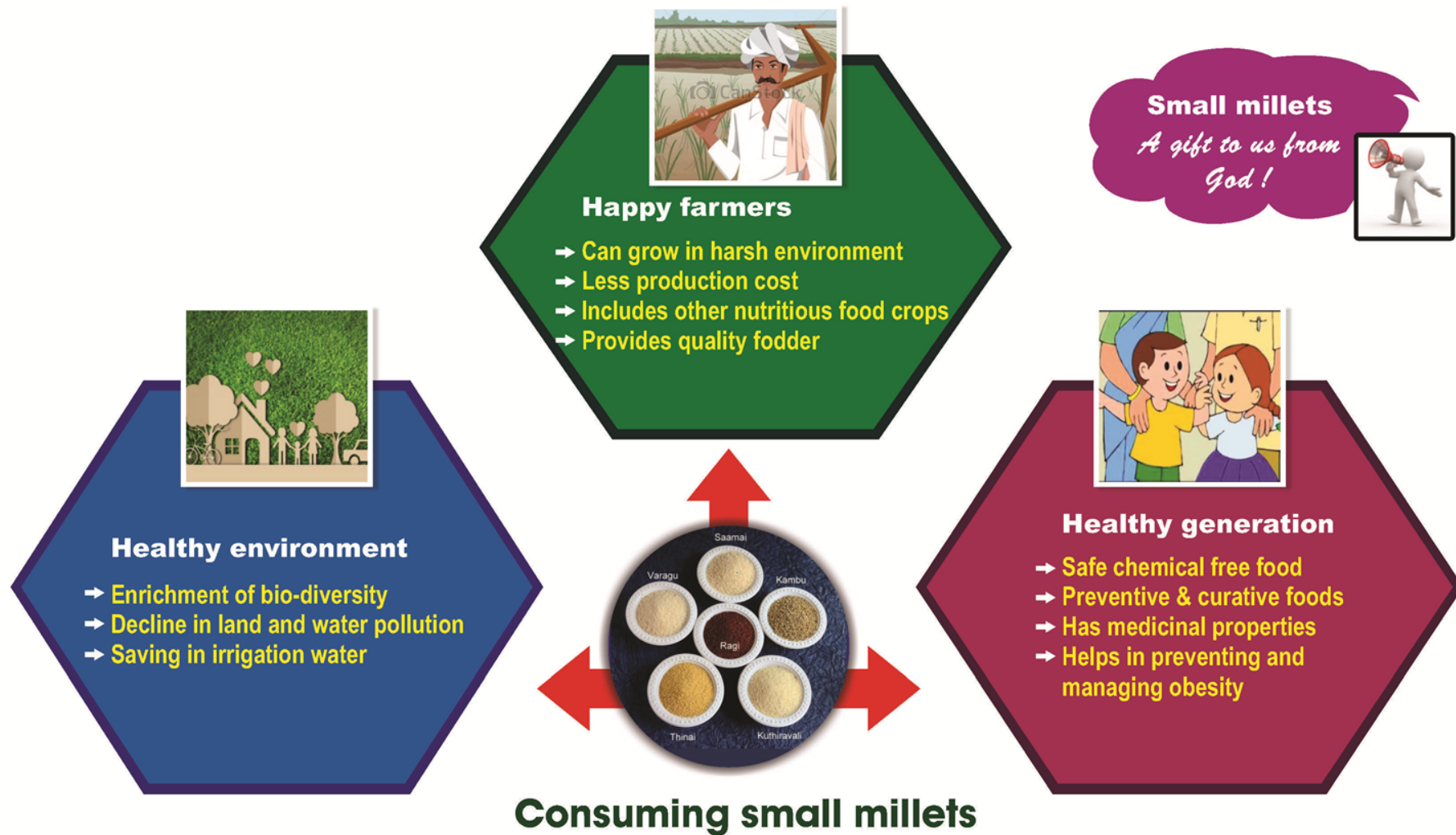
Solution ?

Including small millets in our diet is one of the important solution!

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WHY SMALL MILLETS IN OUR DIETS ?

How including small millets in our diets can be a solution?



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KNOW OUR SMALL MILLETS!

Small millet crops in India



Finger millet



Foxtail millet



Little millet



Kodo millet



Barnyard millet



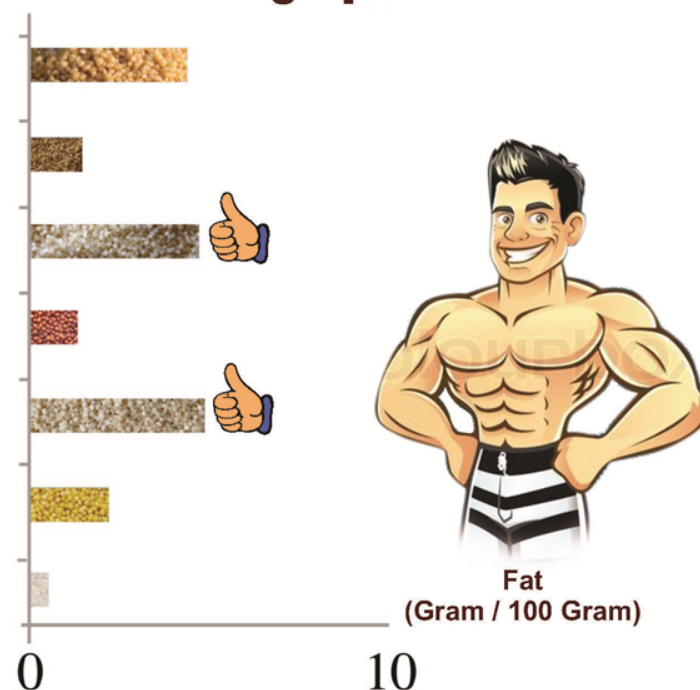
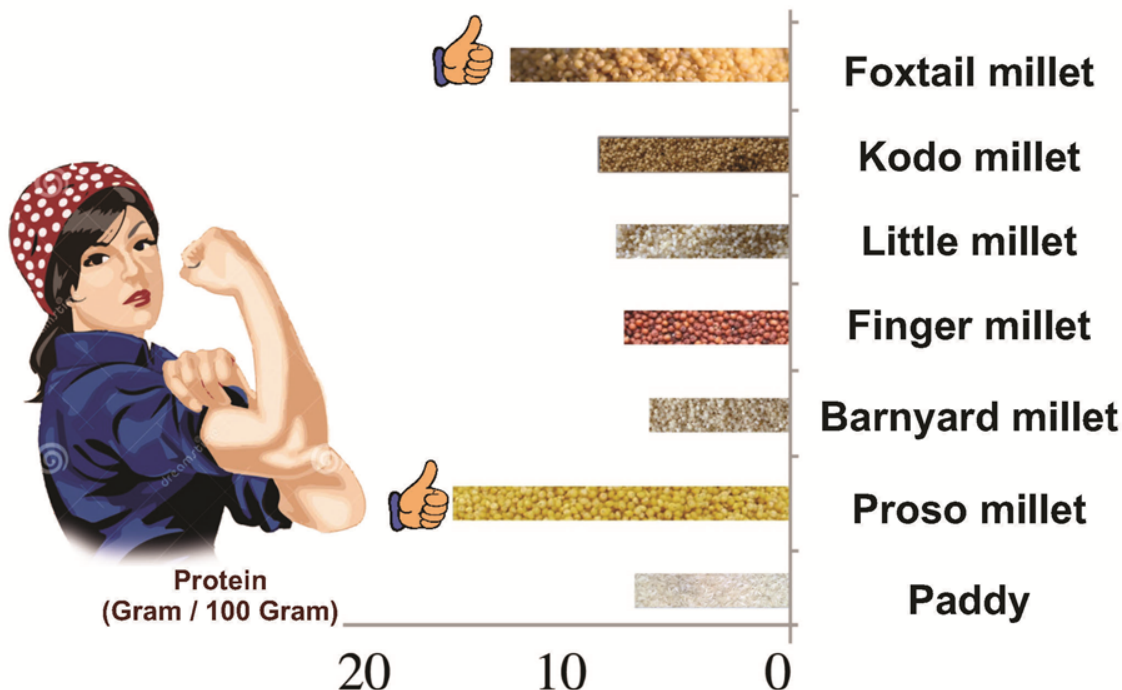
Proso millet

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KNOW OUR SMALL MILLETS!

Salient features of Small millets

Small millets offer better nutrition than rice in terms of high protein and fats



Benefits

- # Helps in muscle growth
- # Aids in sustaining bone health
- # Helps in strengthening immune system
- # Aids in smooth functioning of nervous system

Benefits

- # Better body composition
- # More muscles
- # Better brain function
- # Stronger bones
- # Better immune system

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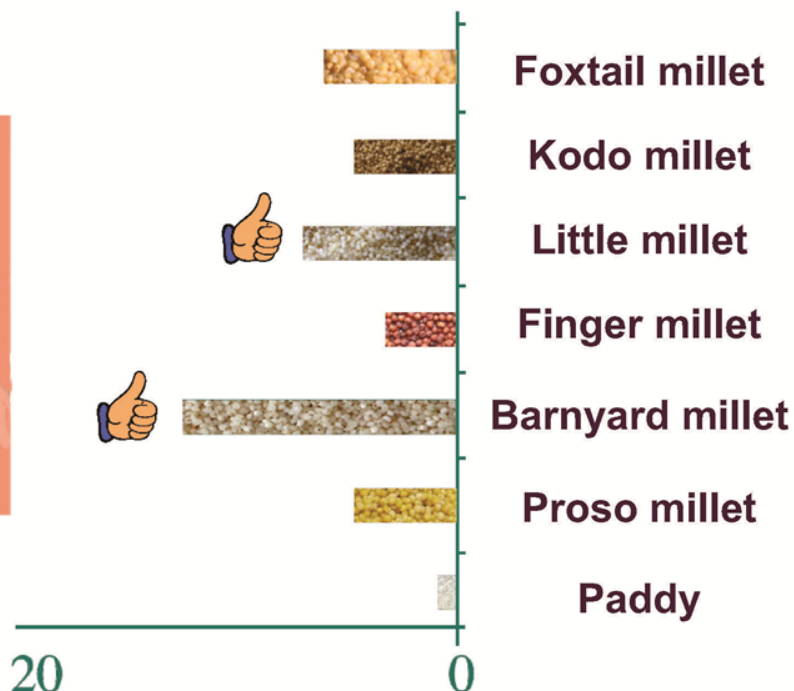
KNOW OUR SMALL MILLETS!

Salient features of small millets

Small millets offer better nutrition than rice in terms of high dietary fibre & minerals

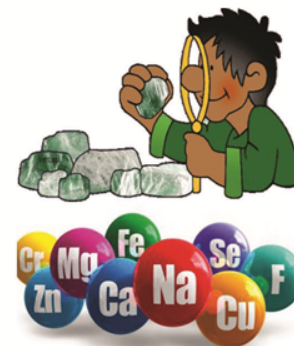
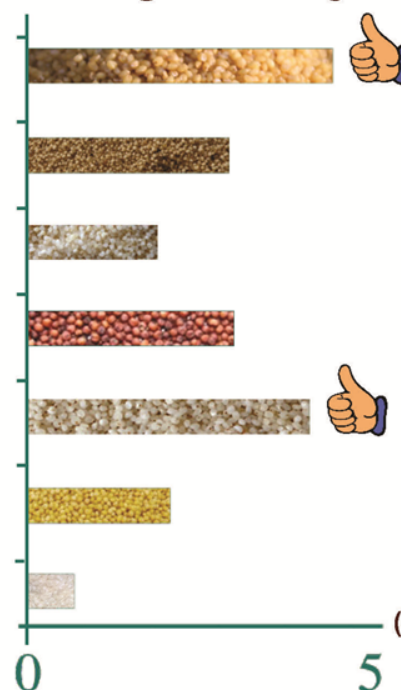


Fibre
(Gram / 100 Gram)



Benefits

- # Normalizes bowel movement & maintain bowel health
- # Lower cholestrol levels
- # Helps to control blood sugar levels
- # Aids in achieving healthy weight



Minerals
(Gram / 100 Gram)

Benefits


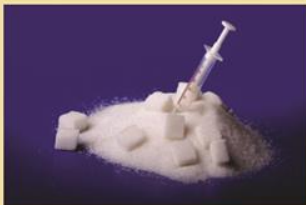


- # Helps in digestion & absorption of energy from foods
- # Helps in heart health
- # Improves bone health
- # Improves reproductive health & immunity

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KNOW OUR SMALL MILLETS!

Salient features of small millets

Small millets helps in preventing & managing anaemia, diabetes, heart ailments & obesity

Diseases		How small millets address them?
Anaemia 	Having less red blood cells than normal or less haemoglobin than normal in each red blood cell; Tiredness, fainting & breathlessness are symptoms	Having high iron content helps in haemoglobin formation and reduction in anaemia
Diabetes (Type 2) 	Body could not use insulin properly leading to rise of blood glucose levels higher than normal	High dietary fibre, minerals, low glycemic index & presence of phenols helps in preventing and managing diabetes
Heart ailments 	Includes different heart related problems, particularly high blood pressure, cardiac arrest, etc.	High magnesium, dietary fibre, phyto-chemicals and anti-oxidants lowers cholesterol and prevent cardio vascular diseases
Obesity 	Increased body weight caused by excessive accumulation of fat	High dietary fibre helps in lowering cholesterol levels; Food intake comes down as satiety is experienced with less quantum of millet consumption when compared to rice

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KNOW OUR SMALL MILLETS!

Salient features of small millets

Small millets → Big benefits

- # High calorific value
- # High glycemic index
- # Allergic intolerance
- # Less nutritious
- # GMO presence

Less
5% Calories
15% Calories
More
36% Protein
86% Fat
96% Fiber
42% Phosphorus
88% Calcium
76% Iron

High price does not mean high expenditure!

Same level of satiety is attained with considerably less consumption of small millet rice (75 to 100 g) when compared to paddy rice (150 to 200 g). So the net expenditure is the same.



RICE
(100gms)



SMALL MILLETS
(100 gms)



When will you include Small Millets in your regular diet?



Make right choice

Source : slideplayer.com/slide/10881058

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Building Institutions for Generations

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KNOW OUR SMALL MILLETS!

Salient features of small millets

Small millets → Right choice for our health

- ♥ Helps to protect against heart diseases
- ♥ Lowers bad cholesterol levels
- ♥ Beneficial in detoxifying body
- 👉 Prevents type 2 diabetes
- 🧶 Prevents onset of breast cancer
- 👂 Effective in reducing blood pressure
- 👤 Helps to optimize kidney, liver and immune system health



*If you are smart,
go for small millets!*

Source: 
www.organicfacts.net

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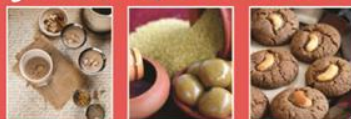
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KNOW OUR SMALL MILLETS!

Small millets in our diets

CHILDREN

Ragi malt, Foxtail honey laddu, Cookies



ALL AGE GROUPS

Paniyaram, Idly, Dosa, Pongal



Delicious recipes
for all age groups
can be easily done
from small millets
at ease!

YOUTH

Ragi cake, Noodles, Soup



AGED PEOPLE

Ragi porridge, Ragi ball, Other porridge



For more details
www.dhan.org/smallmillets/av.php

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KNOW OUR SMALL MILLETS!

Small millets in our diets

Meals

Biriyani
Fried Rice
Pongal

Whatever recipes
you make from
rice, can also
be made from
small millets!

Sweets

Halwa
Payasam

Tiffin

Idly
Dosa

Snacks

Murukku
Ribbon Pakkoda

For more details
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KNOW OUR SMALL MILLETS!

Small millets in our diets



**Health mix
Instant mix**



**Cake
Cookies
Cup cake**

**Modern foods
from our
traditional
small millets!**

**Puffs
Pizza
Burger**



**Pasta
Noodles**



For more details
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KNOW OUR SMALL MILLETS!

Small millets in our diets

Go for unpolished nutritious small millet rice!

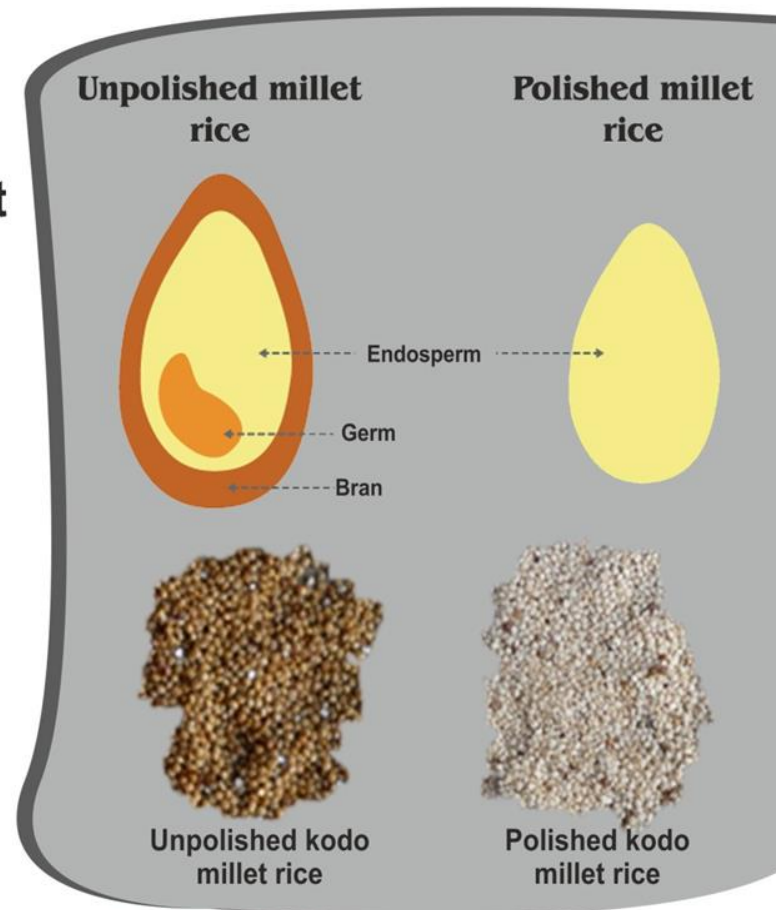
Why?

- ➔ More polishing removes the bran & germ; with that we lose nutritious fibre, anti-oxidants, vitamins, minerals & disease preventing phyto nutrients.
- ➔ Consuming unpolished rice,
 - # Protects us from cancer, intestinal disorders, heart diseases & obesity
 - # Helps us in realizing all the health benefits of small millets

Polished vs Unpolished millet rice

- More protein (+1.44%)
- Significantly more fat (+3.16%)
- More minerals (4 fold)
- More anti-oxidants (8 fold)

Source: Dhan foundation



Choose unpolished rice of small millet, though their prices are slightly higher; avoid more polished rice!

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KNOW OUR SMALL MILLETS!

Small millets in our diets

Prefer protein-rich parboiled small millet rice!

Why?

Benefits of parboiled when compared to raw small millet rice

- # Has more protein
- # Has more disease preventing phenols & phytic acid
- # Bio-availability of iron and zinc is more
- # Improves flavour and taste
- # More importantly, can be stored for a longer period

So, choose parboiled small millet rice!



Source: <http://krishikosh.egranth.ac.in/bitstream/1/69862/1/Th10723.pdf>

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WHEN WILL YOU BECOME A SMALL MILLET CONSUMER?



Resources:

Nutritional and health benefits of millets

URL: http://millets.res.in/m_recipes/nutritional_health_benefits.pdf

www.milletwordpress.com

Film clips on cooking millets from Youtube



What should we do?

- ✿ Include small millets in our diet at least one time in a day
- ✿ Serve delicious small millet recipes in your family functions
- ✿ Share the health benefits of small millets to all around you
- ✿ Habituate children to relish small millet foods from early age

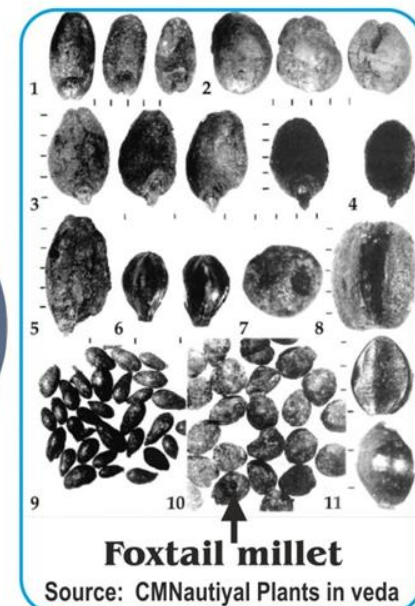
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KNOW OUR SMALL MILLETS!

Heritage and current status of small millets

Small millets are integral part of our regional food and social culture; But they are fast disappearing!

- Small millets were one of the ancient crops cultivated by our fore fathers
- Foxtail millets is mentioned in 'Yajur - Veda'
- Foxtail & finger millet grains were found in the archaeological sites at Rajasthan & Uttar Pradesh
- Our ancient poets like Avvaiyar wrote hymns on the salient features of small millets
- Even now the practice of preserving small millet seeds in temple kalasam is followed in some parts of the country
- Mostly grown in drought-prone areas across the countries, under rainfed condition
- While small millets were cultivated & consumed widely across India, currently the production is restricted to few locations in limited number of states like Madhya Pradesh, Chhattisgarh, Andhra Pradesh, Orissa, Karnataka, Uttarakhand & Tamil Nadu
- The varietal diversity, cultivated area & consumption have declined drastically in the last two decades



Foxtail millet

Source: CMNautiyal Plants in veda

Area has reduced from 7.26 million hector during 1965-66 to 1.98 million hector during 2011-2012.

Source: Govt. of India, 2014

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