



SKANDHANSHI
GROUP

health guide





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PREFACE



The core purpose of this health guide is to create a responsible adoption of millets and recognize their importance in addressing the nutritional needs of the Indian population. This guide also lays emphasis on nutritionally consuming millets to reduce malnutrition and other health issues.

The special inclination is laid on understanding the impact of certain anti-nutrients, the acceptability, and bioavailability of nutrients, and the importance of inculcating millets in our lives.

It throws light on the nutraceutical properties of millets and their increased gradual adoption towards a positive health outcome in seeking an energy rich protein diet. Promoting millets from the angle of 'Tasty Food as a Medicine' is also stressed upon here, to help people realize that these whole grains are rich in proteins, antioxidants and essential nutrients that offer tremendous health benefits.



Skandhanshi Group is a diverse value-based national conglomerate focused on bettering everyday living through the products and services they provide. Established in 2009, the organisation that began its journey as a real estate construction start-up in Kurnool has transformed into an ever-growing corporation that's into construction, interiors, organic foods, skincare, wellness and retail.

To be India's most successful, trusted and customer-centric business conglomerate.

To enhance the lifestyle of people in every way possible through our innovative products & services.

Mr. Suresh Kumar Reddy
Chairman & Managing Director

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DEFINING HEALTH & NUTRITION



The word 'health' is perceived differently by every individual. Every year we each have our own health goals – some decide to become a fitter version of themselves, some hope to improve their immunity, while others may prioritize their mental and social status.

In its true sense however, health is a combination of all these factors. The preamble to the constitution of the World Health Organization (WHO) defines health as “the state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity”. This definition, written in 1948 is probably best understood in our world today.

Leading a healthy life is by far the most basic and yet most important desire of any human being. The journey towards it is a continuous one and requires constant attention to 4 important pointers:

1. Appropriate Food & Hydration

Food plays a major role towards health. Whatever we eat directly affects it. Eating healthy food improves one's overall health by providing the body all the necessary nutrients and boosting the immune health. Keeping the body hydrated is also equally important.

2. Regular Exercise

Being physically active improves muscle strength and bone density. Mild to medium intensity physical activities regularly offer a lot of advantages. It assists in losing accumulated fat from the waist, thereby decreasing the occurrence of type two diabetes and other cardiovascular diseases.

3. Adequate Sleep

Proper and adequate sleep is another vital factor towards improving one's health. Right amount of sleep during the right time improves both mental and physical health. Additionally, studies show that good sleep helps prevent weight gain and strengthens the heart.

4. Saying no to 'Empty Calories'

Empty calories are the calories we gain from food containing no nutrients. They cause an increase in body weight and lead to fluctuating blood glucose levels.

While each of the above factors (and more) have a direct impact on our overall health, a major influence is that of the food we consume. The saying 'You are what you eat' is indeed the simplest way to define this impact.

Nutrition

In simple terms, nutrition refers to the process of providing the food (and therefore nutrients) necessary for the body's functioning and growth.





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HEALTHY EATING



A nutritious diet is one that brings together all necessary nutrients in the right quantities in a manner such that they are available for the human body. It also minimises potentially harmful elements such as refined sugars, unhealthy fats and antinutrients.

In our pursuit for health, we often come across numerous sources that guide us to understand the best ways to reach our goals. However, we believe that the more important factor here is to understand what healthy eating constitutes of and how as consumers you can take control over the dos and don'ts for your health.

A Balanced Diet

The National Institute of Nutrition states that a balanced diet is one which provides all the nutrients in required amounts and proper proportions. It can easily be achieved through a blend of the four basic food groups.

The four food groups are:

1. Cereals, millets, and pulses
2. Vegetables and fruits
3. Milk and milk products, egg, meat, fish
4. Oils and fats, nuts, and oilseeds

The quantities of foods needed to meet the nutrient requirements vary with age, gender, physiological status, and physical activity.

A balanced diet should provide around 50-60% of total calories from carbohydrates, preferably from complex carbohydrates, about 10-15% from proteins and 20-30% from both visible and invisible fat.



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They may also be classified based on the functions:

FUNCTION	MAJOR NUTRIENT	OTHER NUTRIENT
Energy Rich Foods	Carbohydrates & Fats	
	Whole grain cereals, millets	Protein, fibre, minerals, calcium, iron & B-complex vitamin
	Vegetable oils, ghee, butter	Fat soluble vitamins, essential fatty acids
	Nuts and oilseeds	Protein, vitamins, minerals
	Sugar	Nil
Body Building Foods	Proteins	
	Pulses, nuts & oilseeds	B-complex vitamins, invisible fat, fibre
	Milk and milk products	Calcium, vitamin A, riboflavin, vitamin B12
	Meat, fish and poultry	B-complex vitamins, iron, iodine, fat vitamin B12
Protective Foods	Vitamins and Minerals	
	Green leafy vegetables	Antioxidants, fibre & other carotenoids
	Other vegetables and fruits	Fibre, sugar, and antioxidants
	Eggs, milk and milk products, and fleshy foods	Protein and fat

In addition, a balanced diet should provide other non-nutrients such as dietary fiber, antioxidants and phytochemicals which bestow positive health benefits. Antioxidants such as vitamins C and E, beta-carotene, riboflavin, and selenium protect the human body from free radical damage. Other phytochemicals such as polyphenols, flavones, etc., also afford protection against oxidant damage.

A proper pattern of meals is the combination of ingredients, varieties and proportions for every meal stretched all through the day.

Proteins are necessary for muscle mass and proper blood cells functioning. Carbohydrates and essential fats are required to maintain physical health.

A balanced diet should be accompanied with regular physical exercises. Proper sleep of at least 7-8 hours for adults, 8-10 hours for children and 10-12 for kids and infants, is also equally important.



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The National Institute of Nutrition (NIN) recommends the following split for a 2000Kcal diet:

Food Groups	Food to be Consumed (g) per day	Total Energy (kcal)/day	% Total Energy (kcal)/day	Proteins (g) per day	Fat (g) per day	Carbohydrate (g) per day
Cereals (incl. Nutri-cereals)	240	800	40	18	4	162
Pulses	90	340	17	21	3	41
Milk / Curd	300	200	10	10	12	18
Vegetables + Green Leafy Vegetables	350	100	5	4	1	17
Fruits	150	100	5	1	1	20
Nuts & Seeds	30	217	11	6	12	6
Fats & Oils	27	243	12	-	27	0
TOTAL	1187	2000	100	60	60	264

Counting Calories

The body acquires calories from the food we eat. These calories are spent on different physical activities, including its normal functioning. An average human adult requires 2000 Kcal to maintain proper body weight and functioning. However, this too varies with factors like age, gender, and the amount of physical activity.

It is important to understand that calories give us little information about the nutritional aspects of a food. Therefore, nutritionists advise that we focus on consuming nutrient dense foods instead.

It is also important to note that everyone may respond differently to a meal plan and that one needs to pay attention to the body's responses to different foods.

Burning Calories

There are three ways in which we burn calories:

1. Basal Metabolic Rate or BMR

This refers to the number of calories your body burns when you are stationary. Muscles require calories to stay alive. Hence, the more muscle you have, the higher your BMR will be.

2. Thermic Food Effect

This is the calories burned by your body to digest food. It is interesting to note that protein and fats require slightly more energy to break down when compared to carbohydrates.

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3. Energy used for Physical Activities

This is the most common and relatable form of energy burn. Clearly, the more you move the more you burn. Therefore, imbining the practice of having a good level of physical activity is essential for our overall health.

What is Recommended Dietary Allowance (RDA)?

Nutrient Requirements and Recommended Dietary Allowances

Requirements are the quantities of nutrients that healthy individuals must obtain from food to meet their physiological needs. The recommended dietary allowances (RDAs) are estimates of nutrients to be consumed daily to ensure the requirements of all individuals of each population. The recommended level depends upon the bioavailability of nutrients from a given diet. The term bioavailability indicates what is absorbed and utilized by the body.



In addition, RDA includes a margin of safety, to cover variation between individuals, dietary traditions, and practices. The RDAs are suggested for physiological groups such as infants, pre-schoolers, children, adolescents, pregnant women, lactating mothers, and adult men and women, considering their physical activity. In fact, RDAs are suggested averages/day. However, in practice, fluctuations in intake may occur depending on the food availability and demands of the body. But the average requirements need to be satisfied over a period.

Our diet must provide adequate calories, proteins, and micronutrients to achieve maximum growth potential.

There may be situations where adequate amounts of nutrients may not be available through diet alone. In such high-risk situations where specific nutrients are lacking, foods fortified with the limiting nutrient(s) become necessary. A good example of such fortified foods is the salt fortified with iron and iodine.

The Food and Nutrition Board issues the RDA (recommended dietary allowance) which is the level and amount of nutrient intake based on scientific knowledge. There are 15 such guidelines issued. Let us know what those are and what each means:

1. Eat variety of foods to ensure a balanced diet

Choose different, suitable varieties of food, based on factors like gender, age, and physical activity. Food can include whole grains, greens, and grams. To bridge the energy and calorie gap, use jaggery or sugar. Go for plenty of locally accessible fresh fruits and vegetables. You can use animal-based foods like eggs, milk, and meat especially for children and lactating or pregnant women. Lean meat, low-fat milk, pulses, and fish are recommended for adults.

2. Ensure provision of extra food and healthcare to pregnant and lactating women

It is recommended that pregnant women should consume more food. Whole grains, fermented foods, sprouted grams, milk, eggs, meat, and plenty of fruits and vegetables can be eaten. They should avoid tobacco and alcohol. Medications should be taken only if prescribed. Iron, calcium,

and folate supplements are recommended after 14 to 16 weeks of pregnancy and through lactating days.

3. Promote exclusive breastfeeding for six months and encourage breastfeeding till two years or more, if possible

It is recommended that women can start breastfeeding within an hour after delivery, without discarding colostrum. Exclusive breast feed is recommended for 6 months (not even water). During breastfeeding, nutrient-rich complementary foods should preferably be taken for up to 2 years. Frequent breast feed is also suggested to maintain adequate supply of milk. Alcohol, tobacco, and drugs are a strict NO during pregnancy and lactation.



4. Feed home based semi-solid foods to the infant after six months

After infants reach 6 months of age, breast feed alone is not enough, and complementary foods should be given. It is good to choose homemade complementary foods, which can be given on demand 3 to 4 times per day. Fruits and well-cooked vegetables can also be given. Hygiene is very important.

5. Ensure adequate and appropriate diets for children and adolescents both in health and sickness



Extra care is required when feeding a young child. You can choose seasonal fruits and softly cooked vegetables. Plenty of milk and milk products are to be given to children and adolescents. Physical activity and proper lifestyle practices should be encouraged. Indiscriminate dieting and overeating should be controlled. As calcium is required for bone development and preventing osteoporosis, milk, curd, nuts should be a part of their everyday food. Ragi is also recommended as it is a good source of bio-active calcium. To maintain vitamin D levels, and calcium absorption, exposure to sunlight is necessary.

6. Eat plenty of vegetables and fruits

Choose from the array of fruits and vegetables available in the local markets. While green leafy veggies are a must, it is advisable to add colours to your palette by consuming a good variety of these nutrient rich produce. You can consume them in various forms like soups, salads, curries, adding to rice or pulses, or mixed with curd. Dark green, yellow and orange vegetables like papaya, carrot, mangoes are to be taken as they are beta-carotene rich foods which are sources of vitamin A.

7. Ensure moderate use of edible oils and animal foods and very less use of ghee/ butter/ vanaspati

Be a little cautious when taking fats. You require them in just the apt amounts. A portion of visible and invisible fat that comes from animal foods can be substituted with nuts. Moderating the use of

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animal food containing high fat, cholesterol, and saturated fatty acids is recommended. The use of butter, vanaspati and ghee as a cooking oil should be limited. In place of high-fat dietary food, you can choose low-fat dietary food. Green leafy vegetables, fenugreek, legumes, and mustard seeds should be eaten as they are rich sources of alpha-linolenic (ALA) acid. For optimum health benefits, choose a variety of foods offering good portions of all fatty acids.

8. Avoid overeating to prevent overweight and obesity

Overweight and obesity has been known as the key reason behind many health discomforts. Ensuring that one eats well, in the right proportions and maintains necessary physical fitness is vital to ensure a healthy body. To compliment your efforts, aim at limiting the intake of salt, products containing large quantities of refined sugars and saturated fats. Switch to a diet that is rich in complex carbohydrates, rich in fibre and low in glycemic index. Adequate consumption of vegetables, fruits, nuts, and whole grains is required. If aiming to lose weight for health or personal reasons, have a slow and steady approach.

9. Exercise regularly and be physically active to maintain ideal body weight

For overall health, 30 to 45 minutes of moderate intensity physical activity or brisk walk can be done. Exercises should be done with warm-up and cool-down inclusions.

10. Restrict salt intake to minimum

Right from early age, reduce the intake of added salt by developing a taste for low-salt foods. Complement this by consuming foods such as fruits and vegetables that are a good source of potassium to help maintain a healthy balance of both nutrients. It is advisable to use iron fortified iodized salt (double fortified salt).

11. Ensure the use of safe and clean foods

Ensuring that the food being consumed is purchased from reliable sources. Wash fruits and vegetables thoroughly before consumption. Store foods in proper temperature and in a manner that is safe from rodent, microbial, and insect invasion. Refrigerate foods that are perishable. Maintain good self and environment hygiene while cooking and storing foods.

12. Adopt right pre-cooking processes and appropriate cooking methods

While it is essential to wash raw ingredients well with potable water before consuming / cooking, you must be careful not to overdo this. Repeatedly washing grains, washing cut vegetables, or soaking cut vegetables for too long may result in the leaching of water-soluble vitamins and





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minerals. Use only the required amount of water when cooking. Cover vessels with a lid while cooking and opt for pressure or steamed cooked preparations over deep fried or roasted ones. Avoid repeatedly reheating leftover oil. Consumption of sprouted and fermented foods should be encouraged.

13. Drink plenty of water and take beverages in moderation

To meet the daily fluid requirement, drink enough clean water. When in doubt, boil the water before drinking. Drink fresh natural fruit juice in place of carbonated beverages. Consuming 250ml of pasteurized or boiled milk is recommended. Consume tea / coffee in moderation. Avoid or limit alcohol consumption.

14. Minimize the use of processed foods rich in salt, sugar, and fats

Traditional home-made food is always a better choice. Do not replace meals with processed snacks. Familiarize yourself with food label declarations to understand the pros and cons of all market offerings.

15. Include micronutrient rich foods in the diets of elderly people to enable them to be fit and active

For the elderly, consume foods rich in protein, calcium, micro-nutrients, and fiber. Small portions should be consumed at frequent intervals with adequate hydration. Regular exercise is necessary for proper body functioning.

UNDERSTANDING THE ENVIRONMENTAL IMPACT OF OUR FOOD CHOICES

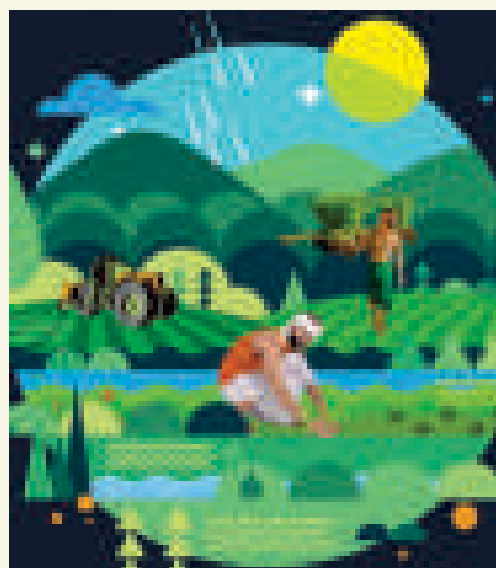
As living beings, every choice we make has an impact on the environment. While we are often groomed to understand the impact of some of our choices (say water, electricity), the impact of many others tends to go unnoticed.

One of the most commonly unnoticed impacts is that of our food choices. And while over the years we have been exploring foods across borders, we have not thoroughly evaluated the impact of our food choices on the environment.

Agriculture and the Environment

Think of the last time you sat down for a meal. Did you think of the story of its origin? The process involved in its making, the resources used and most importantly the impact of it all on the environment and world at large? Probably not.

Despite reaping the deliciousness of food every single day, we tend to ignore the story behind its making and the effect it has on the environment. It is interesting to note that the most basic needs of humankind is one of the largest contributors to environmental pollution.



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All over the world, industrial agriculture is one of the major reasons for water pollution. Synthetic fertilizers often used to provide high levels of nutrition to crops have a lot of nitrogen and phosphorus. These fertilizers tend to leak onto the groundwater through soil. This effect is termed as 'Agriculture runoff' where the nitrate contaminates our drinking water which is also very fatal to aquatic life.

Activities like crop-dusting, spraying fields with animal waste, and use of extensive pesticides harm the quality of air because of high concentrations of ammonia and hydrogen sulphide. In addition to this, the emissions from livestock operations lead to 14.5% of greenhouse gas emissions.



Food & Climate Change

As astounding as it sounds, agriculture has had a major role to play in the greenhouse emissions that adds to serious climatic changes. Agriculture is probably the first reason that led to the beginning of deforestation. Numbers say that over 75% of global deforestation can be attributed to agriculture. At a particular time, when many trees are cut down, it leads to damaging the water cycle of that climate, leading to local climate change. In the same way, when forests are burned, it leads to excess carbon release in the atmosphere resulting in climatic change on a global level.

Certain styles of farming and industrial agriculture not only contribute to climatic changes but also damage animal and crop agriculture. With constant rise in temperature, level of precipitation is also impacted resulting in productivity fluctuations. High precipitation leads to uncontrollable water systems which thereby leads to soil erosion. On the other hand, constant drought in some areas leads to damaging crops, human life, and animal wellness.

In the recent past, we have seen the growing incidents of forest fires, pest attacks, and diseases causing loss of countless lives. This glaring climate change and associated severe weather, droughts, fires, pests, and diseases are already threatening the production of food around the world. Unless we act decisively, these problems will worsen, the poorest and most vulnerable will suffer disproportionately, and instability will increase.

So, what does one do? Agriculture and farming are integral to the survival of humans across the globe and doing away with it is certainly not what we propose. How do we improve the current scenario?

To understand our future needs, it is essential to understand the past and the path that has led us here.



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NEED OF THE HOUR

In the 1950's the world witnessed new countries emerging because of becoming independent from colonial rule. This led to an increase in population, especially in Asian countries. Many countries faced a common challenge of meeting the food requirements of their people. This marked the beginning of the Green Revolution.

In India too, the Green Revolution, led by Dr M. S. Swaminathan was initiated in the 1960s in order to increase food production, alleviate extreme poverty and malnourishment in the country, and to feed millions. The process popularized the use of high yielding crop varieties such as rice, wheat, and pulses, increased usage of pesticides and chemical fertilizers as well as ground water resources. As the trend showed positive results, more and more farmers adopted similar strategies.

Unfortunately, this revolution also had some drawbacks. The major crops cultivated in the pre-revolution era were rice, millets, sorghum, wheat, maize, and barley. In fact, the production of rice

and millets was higher than the production of wheat, barley, and maize combined. But with the revolution, the production of nutrient-rich millets came down, and the crops that were once consumed in every household was reduced to a fodder crop. Many varieties of rice that were previously popular no longer exist in this agricultural cycle.

It also led to the depletion of nutrients in the soil which were not naturally restored due to the indiscriminate use of fertilizer and cultivation of the same crop. A result of this, over the years the crop yields decrease and so has the nutrient quality of the soil.

The aftereffects of the revolution, the impact of agriculture and farming on the environment, clubbed with the drastic dietary shifts and lifestyle changes have significantly contributed to the growing malnutrition and other non-communicable diseases across the globe. Malnutrition and food security are not only a thing of concern in the present. Trends show the rates increasing every single year.

While some countries face the challenge of undernutrition, others have problems with over nutrition, there is an urgent need for a food system transformation in achieving food and nutrition security. The immediate way to achieve a transformation is to ensure a nutritious and healthy diet to everyone.

India today faces the burden of triple malnutrition - undernutrition, obesity, and micronutrient deficiencies. During the present trend of evolving food habits, there is a severe lack of resources that can provide nutritious food for everyone.

The United Nations has set a global target of ending hunger by 2030.

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AGE OF REVIVAL

In a world growing with malnutrition and deficiency concerns, it is important to provide a solution that is both nutrient rich and at the same time contains those trace minerals which have caused numerous non-communicable discomforts. At the same time, we also need to look for a solution to naturally enrich our soils and be judicious of the usage of natural resources such as water.

Over the recent years we have seen many things from food to fashion being relooked at under a new lens. To curb the effects of climate change and reduce the impact of our evolving habits - both in terms of lifestyle and nutrition it is essential that we revive elements of the past that can assist this reform.

One such element that holds the power to transform it all for the good is the Mighty Millet. They are a very potential source that can play a vital role in our fight against malnutrition and food insecurity. They are rich in essential macro and micronutrients, protein, dietary fibre, energy, carbohydrates, fatty acids, lipids, vitamins, and minerals like iron, calcium, potassium, magnesium, and zinc. Apart from being highly nutritious, they are naturally gluten-free, and non-acid forming.

The nutritional potency of millets makes them an effective choice in preventing growing lifestyle concerns like diabetes, cardiovascular diseases, cancer, and post-translational diseases.

Apart from being a nutrition powerhouse, these grains are also “climate-smart,” i.e They grow easily in the most difficult conditions, have a higher efficiency in absorbing and utilizing carbon dioxide and in most cases can withstand high temperatures and even drought conditions.

It is a pity though that until recently this wonder grain was neglected and even nicknamed the “poor man's diet”.

Today, as the world takes a step back to revive this lifeline for the modern world, let's try to re-understand them a little.





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BREAKING DOWN THE MILLET MAGIC A TREATISE ON HEALTHY OPTIONS IN OUR DAILY LIVES

The History of Millets

Millets are among the oldest cultivated food grains since civilization began. Right from the ancient texts of Yajurveda to modern-day India, there is a lot of evidence of eating millet to lead a healthy lifestyle. Dating back to the Bronze Age in about 4,500 BC, millets were commonly eaten, especially the priyangava or foxtail millet, aanava or barnyard millet and shyaamaka or black finger millet.

Sadly, over the years many socio-economic factors led to the disappearance of millets from our everyday meals. Coupled with evolving consumer tastebuds and food preferences these ancient grains were reduced to be known as the “coarse grains” consumption of which was restricted to in the agricultural and rural landscapes.

Recent history however shows a positive outlook towards these grains. Government initiatives and awareness programs are now bringing millets to the forefront even in urban landscapes.



The Millet Landscape

Millets are resilient cereals belonging to the Poaceae family, that provide an affordable, nutritious option and help guarantee food security. It encompasses a diverse group of cereals which are broadly classified as Major Millets, Minor Millets, and Pseudo Millets based on their size and nutritional properties. Pseudo millets are not part of the Poaceae botanical family, but they are nutritionally similar to other types of millets.

IMAGE OF CLASSIFICATION

Living up to the Nutri-Cereal Tag

Millets were declared nutri-cereals by the Indian government in April 2018 in an initiative to rebrand them in a manner that accurately reflects the goodness of these powerhouses.

They are rich in starch, fibre, iron, calcium, zinc, potassium, and magnesium. Plus, they contain vitamins B1, B2, B3, B5, and B6 and are a great source of vitamin E. Additionally, millets are gluten-free, which makes them the ideal cereal for people with diabetes. Incorporating them judiciously in your also has numerous benefits:

- Supports Weight Loss: Millets have low-calorie content, making them an ideal candidate for weight loss and keeping fit. Most people consume millet for better health. It is an excellent energy source for the body and keeps it fuller when consumed during meals. This helps people avoid overeating or snacking as well.

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- Keeps Blood Sugar in Check: Millets have a much lower glycaemic index than other food grains. This allows them to help the body keep blood sugar in check. Regular consumption can help the body to avoid the risk of diabetes.
- Boosts Immunity: Millets are excellent for boosting the body's immunity. They are a great source of protein—the element responsible for enhancing immunity. Therefore, eating millet can protect the body from many diseases.
- Reduces the Risk of Cardiovascular Disease: Millets have a high content of essential fats. These are necessary for the body to prevent excess fat storage. Millets also contain a fair amount of potassium, which helps keep blood pressure in check and optimizes blood flow in the body's circulatory system. This, in turn, leads to better cholesterol management, lowering the risk of diseases associated with the body's cardiovascular system.

- Helps Prevent Asthma: Millets, unlike wheat, do not contain allergens. Plus, millets are rich in magnesium, which allows the body to reduce the frequency of migraines and the severity of asthma.

- Aids With Digestion: Millets are great for gut health and digestion. They are an excellent source of fibre and help the body avoid issues like gas, bloating, constipation, and cramping. They also help mitigate the risk of health problems like gastric or colon cancer or issues associated with the kidney or liver.

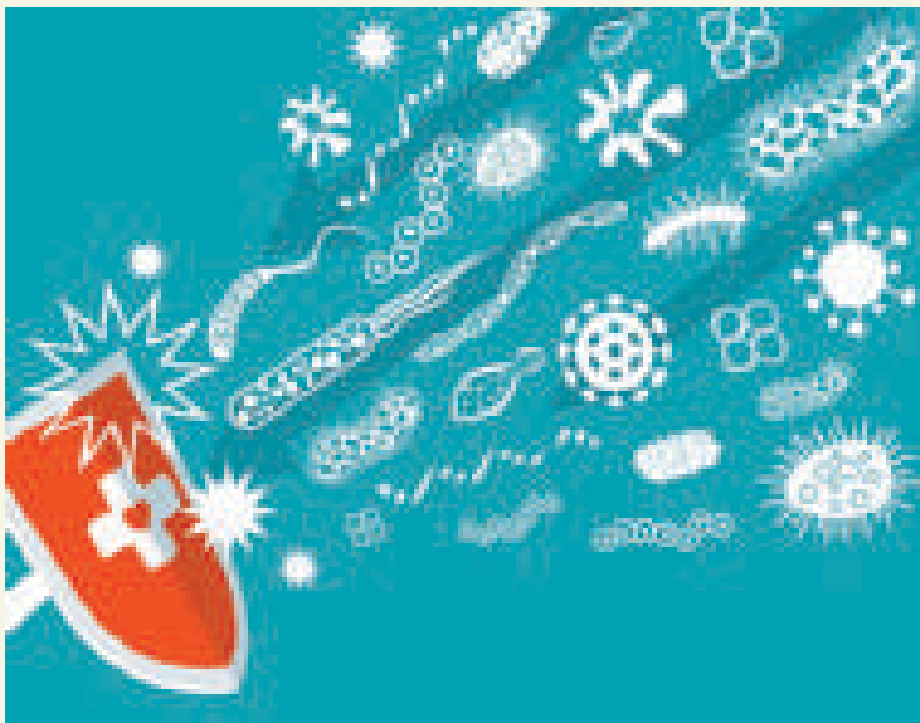
- Acts as an Antioxidant: Millets contain several antioxidant properties, like curcumin, quercetin, valuable catechins, and ellagic acid.

Millets allow the body to neutralize enzymatic actions taken by various organs. These help the body to undergo a detox process where harmful toxins are flushed out of the body.

Not just for you, but the Environment too

Millets not only enrich our health but also help restore balance in the environment. This value has rightfully given them the tag of being “climate-smart” meaning that these nutri-cereals:

- Can grow in any ecosystem
- Have lower water requirements for cultivation
- Provide improved fertility to the soil, and
- Leave a relatively lower carbon footprint





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This makes them optimal for adding nutritional value to diets through much lower investment. This has encouraged the Government of India to launch many campaigns that utilize nutri-cereals to fight malnutrition. These include the POSHAN Mission Abhiyaan and the NFSM Nutri-Cereals campaigns. The latter is run by the National Food Security Mission.

Diving into the popular variants

While several variants of this grain is readily available in the markets today, the most popular ones consumed in the region include:

1. Foxtail Millets (Korra, Navane, Kangni):

Generally grown in semi-arid regions, Foxtail Millet has low water requirements and is successful almost entirely due to its short growing season. It matures in 65 - 70 days. Foxtail Millet can be planted when it is too late to plant most other crops. It is rich in Vitamin B12 which is essential for maintaining a healthy heart, smooth functioning of the nervous system, and in general good for skin and hair growth. A diet including Foxtail Millet may improve glycaemic control and reduce insulin, cholesterol, and fasting glucose in Type-2 diabetes patients.

2. Kodo Millets (Kodon):

Native to the tropical and subtropical regions, Kodo Millet is extensively grown on the poorest of soils throughout India but is probably not cultivated to any extent elsewhere. It is reputed to be extremely hardy, drought resistant and grows on stony or gravelly soils which would not support other crops. The crop is rich in B vitamins, especially niacin, B6 and folic acid, as well as minerals such as calcium, iron, potassium, magnesium, and zinc. Kodo Millet's antioxidant potential is much higher than any other millet and major cereals.

3. Little Millet (Moraiyo, Kutki, Shavan, Sama):

Little Millet was domesticated in the Eastern Ghats of India occupying a major portion of diet amongst the tribal people and spread to neighbouring countries. The crop is grown on a limited scale voluntarily or with minimum care on poor lands. Little millet is a marvellous source of protein, carbohydrates, fat, fibre, iron, phosphorous, zinc, magnesium, niacin and polyphenols making it a vital option for nutritional security. Magnesium helps to improve heart health, niacin to lower cholesterol, phosphorus in fat metabolism, body tissue repair and energy production.



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4. Barnyard Millets (Sanwa, Samvat ke Chawal):

Barnyard Millets grow well in different seasons and at higher elevations and require three to four months for maturation. They are cultivated on marginal lands where rice and other crops do not grow well. The millet has high levels of protein, calcium, iron, minerals, and vitamin B complex. It is also low in carbohydrates and gluten-free, making it a boon for those with gluten allergies, type II diabetes, and cardiovascular diseases.

5. Proso Millet (Chena):

Proso Millet is a relatively short-duration emergency or quick-season irrigated crop with low moisture requirements. It is a relatively low-demanding crop with no known diseases and is well suited for many soil types and climate conditions. Proso Millet contains high lecithin which supports the neural health system. It is rich in vitamins, minerals, and essential amino acids, has a low glycaemic index and reduces the risk of type-2 diabetes.

6. Brown Top Millet (Hari Kangni, Korale, Andakorra):

The Brown Top Millet can be grown even in less fertile sandy loam soils and matures in 60 - 80 days. It is the most inexpensive crop to grow, does not need weeding and has no serious pests and diseases. Like all other millets, this too is a storehouse of nutrition. These tiny seeds can deliver you a daily dose of proteins, healthy fats, carbohydrates, and dietary fibre content. Apart from this, they are also a treasure trove of essential nutrients including calcium, iron, phosphorus, potassium, magnesium, manganese, copper, sodium, and zinc. Regular addition of this nutrient-rich grain lowers the risk of developing cardiovascular disease, diabetes, and digestive problems.

Indian Initiatives

The Government of India, in its pursuit to eliminate malnutrition has taken many initiatives. One of the biggest and most popular ones in this feat is that of "millet mindfulness".



In association with the UN, the year 2023 is being promoted as the International Year of the Millets. This initiative was proposed by the state of Karnataka, and later taken up as a national mission. The proposal was supported by 72 nations at the UN General Assembly.

Today, the importance of millets has become a part of PM Modi's speeches across national and international platforms. Special programmes have been created on the MyGov platform to popularize these nutri-cereals. It is encouraging Indian farmers and innovators to help the nation become the smart global capital of millets.

A pioneer role in this journey is being played by the Indian Institute of Millet Research (IIMR) which has taken over 250 start-ups under its wings to further explore and popularize the potential of millet consumption.



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The Indian government's slogan "NOURISH" is a call to action for promoting millets the world over. It stands for:

- Newer markets
- Organic methods to make the millet accepted globally
- Unique varieties of millets that need to be GI tagged and protected
- Research on millets to develop tasty varieties faster and expand market potential
- Industry involvement in the promotion
- Standards and sustainability
- Home markets, health, high productivity

INCORPORATING THIS WONDER GRAIN IN OUR DAILY DIETS

While we encourage you to incorporate millets into your daily meals, we understand that making changes to one's diet is a sensitive process. Alas, most diets, and diet changes seem to have left the notion in our minds that becoming healthy meant leaving your flavour palette behind. But that's not true with millets! All they require is some patience, and a hint of creativity to blossom in your serving bowls as potful of nutritious goodness!

Inspired by the home style experiments of our team, we bring to you a list of recipes that have worked in our home kitchens for you to enjoy as you embark on the millet marathon.

RECIPE 1 - LITTLE MILLET MUSHROOM BIRYANI

Ingredients:

Little millet: 1 cup
Mushroom: 100g
Onion: 1 (chopped)
Tomato: 1 (chopped)
Ginger garlic paste: 1 tbsp
Turmeric powder: ½ tbsp
Red chilli powder: 1 tbsp
Garam masala: 1 tbsp
Water: 2 cups for millet +
¼ cup for masala

Temper Ingredients:

Ghee: 2 tbsp
Oil: 1 tbsp
Cloves: 4 nos.
Cardamom: 1 no.
Bay leaf: 1 no.
Cinnamon stick: 1 no.
Star anise: 1 no.
Mace: A small piece
Fennel seeds: 1 tbsp
Cumin seeds: 1 tbsp
Curry leaves: 1 sprig

Masala Ingredients:

Coriander leaves: ½ cup
Mint leaves: ½ cup



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Preparation Method:

1. Dry roast the little millet for 1 - 2 min. Grind the masala ingredients with a little water to a fine paste. Keep it aside.
2. Heat ghee and oil in a pressure cooker, add the items to temper, and fry till you get a nice aroma.
3. Add the chopped onions and sauté until golden brown. Add the ginger garlic paste, tomatoes, masalas, salt, and coriander mint paste. Mix well.
4. Sauté well and then add the chopped mushrooms, water, and cook till there is a slight boil.
5. Add the little millet, water, a few coriander and mint leaves and pressure cook for 2 whistles.
6. Consume hot with any gravy or raita.

RECIPE 2 - QUINOA FRIED RICE

Ingredients:

Quinoa: 1 cup
Onion: 1 no. (sliced)
Green chilli: 2 nos. (sliced)
Cabbage: $\frac{3}{4}$ cup (sliced)
Beans: $\frac{1}{4}$ cup (cut diagonally)
Carrot: $\frac{1}{2}$ cup (cut diagonally)
Red chilli flakes: 1 tbsp
Oil: 3 tbsp
Vinegar: 2 tsp
Soya sauce: 1 tbsp
Salt to taste



Preparation Method:

1. Wash and soak quinoa for 30 minutes. Drain the water.
2. Combine the quinoa with 1 $\frac{3}{4}$ cup water in a saucepan. Bring to boil, cover, and reduce the heat. Allow it to simmer for 15 – 20 min.
3. Remove from heat and let the vessel sit, covered, for another 10 minutes. Take off the lid and fluff it with a fork. Keep it aside and let it cool.
4. In a pan, heat oil and add onion, green chilli, cabbage, beans, and carrot. Stir until it is fried.
5. Add red chilli flakes, salt, vinegar, and soya sauce. Stir for 3 - 5 minutes.
6. Add cooked quinoa, mix, and stir fry for 2 minutes.
7. Serve hot.



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RECIPE 3 - KODO MILLET CARROT RICE

Ingredients:

Kodo millet: ½ cup
Carrot: 1 cup (grated)
Onion: 1 cup (sliced)
Turmeric powder: ¼ tbsp
Oil: 2 tbsp
Mustard seeds: 1 tbsp
Urad dal: ¾ tbsp
Curry leaves: 1 sprig
Coriander leaves: 2 tbsp
Roasted peanuts: 2 tbsp
(optional)

For spice powder (fry & grind):

Coriander seeds: 2 tbsp
Cumin seeds: 2 tbsp
Dry red chilli: 3 - 4
Salt to taste



Preparation Method:

1. Wash and soak kodo millet for 30 minutes. Drain the water.
2. Combine the kodo millet with 1 ¾ cup water in a saucepan. Bring to boil, cover, and reduce the heat. Allow it to simmer for 15 - 20 min.
3. Remove from heat and let the vessel sit, covered, for another 10 minutes. Take off the lid and fluff it with a fork. Keep it aside and let it cool.
4. In a pan, heat the oil, add mustard seeds, and allow it to splutter. Add urad dal and curry leaves.
5. Add onion and sauté till it turns transparent. Add grated carrots and mix well.
6. Add the spice powder, salt, and turmeric powder. Sprinkle some water and cook till the carrot is soft.
7. Add the prepared millets to the carrot mixture. Mix well.
8. Add roasted peanuts and garnish with coriander leaves.
9. Serve hot.

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RECIPE 4 - RAGI ROTI

Ingredients:

- Ragi flour: 1 cup
- Cumin seeds: ½ tbsp
- Onion: 1 (chopped)
- Green chilli: 2 nos. (chopped)
- Coriander leaves: A handful (chopped)
- Salt to taste
- Water as needed

Preparation Method:

1. In a bowl take the ragi flour, onion, green chilli, cumin seeds and salt. Mix it well.
2. Knead it into a soft dough by adding enough water. Begin with half a cup of water. You may require a little more / less depending on the kind of flour.
3. Split this into equal sized balls. Place a ball of dough on a greased banana leaf / parchment paper. Dip your fingers in a bowl of water and spread the dough gently to a thin roti.
4. Heat a tawa, transfer the rolled dough onto the hot griddle.
5. Cook for 1 minute on a medium flame and then cover it. Turn it over and continue to cook on a medium heat until you see the colour of the roti changing to a slightly darker shade.
6. Drizzle a little oil on the roti and spread it. The roti should firm up.
7. Serve hot with your favourite chutney / vegetable curry.

RECIPE 5 - FOXTAIL MILLET OREGANO RICE

Ingredients:

- | | |
|--------------------------------|--------------------|
| Foxtail millet: 1 cup | Oregano flakes |
| Water: 2 cups | (dry herb): ½ tbsp |
| Onion: 1 no. (sliced) | Olive oil: 1 tbsp |
| Green chilli: 2 nos. (chopped) | Salt to taste |
| Garlic: ½ tbsp (chopped) | |
| Broccoli: ½ cup | |
| Mushroom: ½ cup (sliced) | |
| Cabbage: ½ cup (sliced) | |
| Roasted flaxseeds: 2 tbsp | |
| Red chilli flakes: ½ tbsp | |





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Preparation Method:

1. Wash and soak foxtail millet for 30 minutes. Drain the water.
2. Combine the foxtail millet with 1 $\frac{3}{4}$ cup water in a saucepan. Bring to boil, cover, and reduce the heat. Allow it to simmer for 15 - 20 min.
3. Remove from heat and let the vessel sit, covered, for another 10 minutes. Take off the lid and fluff it with a fork. Keep it aside and let it cool.
4. In a pan, heat the olive oil and add the chopped garlic. Sauté till the raw smell goes.
5. Add in the onions and green chillies, stir for a minute and then add all vegetables except cabbage. Keep stirring the mixture. Fry till the veggies start becoming translucent.
6. Add the cabbage and stir for a minute.
7. Add the cooked foxtail millet, flax seeds, oregano flakes, and chilli flakes. Adjust the herbs and chilies as per taste. Mix thoroughly.
8. Serve hot.

RECIPE 6 - FOXTAIL MILLET CUTLET

Ingredients:

Foxtail millet: $\frac{1}{2}$ cup (cooked and mashed)

Baked / Boiled vegetables (potato, carrot, beans, sweet corn):

1 $\frac{1}{2}$ cup (boiled and lightly mashed)

Spinach: $\frac{1}{2}$ cup (chopped)

Onion: $\frac{1}{2}$ cup (chopped)

Salt to taste

Pepper powder: $\frac{1}{2}$ tbsp

Chilli powder: 1 tsp

Garam masala: 1 tsp

Chat masala: $\frac{1}{2}$ tsp

Amchoor powder: $\frac{1}{2}$ tsp

Turmeric powder: $\frac{1}{4}$ tsp

Cumin seeds: $\frac{1}{4}$ tsp

Breadcrumbs: for coating (optional)

Water (if required)

Oil: 2 - 3 tbsp (for shallow frying)



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Preparation Method:

1. In a pan add 2 tbsp oil and splutter cumin seeds. Add onion and sauté for 2 minutes on low heat till translucent. Add chilli powder, garam masala, chat masala, amchoor powder, turmeric powder, and salt. Switch off and mix well.
2. In a wide bowl add the other ingredients and mix thoroughly. Add the sautéed onion mixture and mix well to make a thick chapati-like dough.
3. Divide the dough into equal portions and give them a shape of your choice.
4. Coat the cutlets in breadcrumbs. You may use diluted milk if needed.
5. Heat a shallow pan on medium heat and add a tbsp of oil. Place the cutlets and cook till the bottom turns crisp. Flip and cook the other side by adding some oil. Once done, remove the kitchen tissue.
6. Serve with your preferred chutney / sauce.

RECIPE 7 - BARNYARD MILLET PIZZA

Ingredients:

For pizza base:

Barnyard millet: ½ cup

Atta: ½ cup

Baking soda: ½ tsp

Salt to taste

2 tbsp oil (for cooking the crusts)

Water if needed

For Toppings:

Onion: 1 no. (cubed)

Green capsicum: 1 no. (cubed)

Tomatoes: ½ cup (cubed)

Sweetcorn kernels: ½ cup

Tomato sauce: ½ cup

Mozzarella cheese: as required





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Preparation Method:

1. Soak the millet in water for an hour and grind into a smooth paste.
2. Add baking powder, atta, and salt and mix well. The consistency should be like that of batter.
3. Allow the dough to rest in a warm place for 4 - 6 hrs.
4. Heat a flat pan. Pour a ladle full of the prepared batter - do not spread it. Spread a few drops of oil all around the crust, cook and flip it to the other side.
5. Preheat the oven at 180°C for about 5 - 7 mins.
6. Line a baking tray with parchment paper. Place these prepared crusts on the baking tray.
7. Spread the tomato sauce and mozzarella cheese over the crust. Add cubed onions, capsicum, and sweet corn as per your liking.
8. Bake at 180°C for about 7 - 10 mins or until the cheese is bubbly, and the vegetables are toasted.
9. Serve hot with red chilli flakes and mixed Italian herbs seasoning.

RECIPE 8 - PROSO MILLET PIZZA

Ingredients:

Proso millet flour: 1 cup
Bengal gram flour: ½ cup
Onion: 1 (chopped)
Green chilli: 2 nos. (chopped)
Red chilli powder: ½ tbsp
Salt to taste
Water as required
Oil: for frying

For Toppings:

Onion: 1 no. (cubed)
Green capsicum: 1 no. (cubed)
Tomatoes: ½ cup (cubed)
Sweetcorn kernels: ½ cup
Tomato sauce: ½ cup
Mozzarella cheese: as required



Preparation Method:

1. In a bowl mix proso millet flour, bengal gram flour, chopped onion, green chilli, red chilli powder, and salt.
2. Add water (start with ½ cup) to prepare a batter with medium consistency.
3. Heat oil in a kadai and pour in the batter using a spoon. Fry till it is golden brown.
4. Remove the excess oil with kitchen tissues.
5. Serve hot with your favourite chutney or ketchup.

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RECIPE 9 - FINGER MILLET MURUKKU

Ingredients:

Finger millet flour: 1 cup
Rice flour: 1 cup
Sesame seeds: 2 tbsp
Turmeric powder: ½ tbsp
Chilli powder: 2 tbsp
Ajwain seeds: ½ tsp
Salt to taste
Water as required
Oil for frying



Preparation Method:

1. Mix all the dry ingredients in a bowl and prepare a dough using water.
2. Fill the dough in a hand operated murukku making machine.
3. Prepare 3 - 4 rounds of murukku on a wet cloth.
4. Heat oil in a kadai and fry the prepared murukku in it till it is golden brown. Keep the flame on low to ensure the murukku is properly cooked.
5. Once done, After frying, put the murukku on tissue and cool it.
6. Serve as an evening snack.

RECIPE 10 - MILLET BHEL

Ingredients:

Foxtail millet: ½ cup
Kabuli chana: ¼ cup
Onion: 1 (chopped)
Tomato: 2 (chopped)
Green chilli: 2 nos. (chopped)
Chat masala: ¼ tbsp
Oil: 1 tsp
Lemon: 1 no.

Coriander leaves: for garnish (chopped)
Salt to taste
Roasted cumin powder as required





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Preparation Method:

1. Wash and soak the foxtail millet and kabuli chana in enough water overnight.
2. Strain and pressure cook them on medium heat for two whistles.
3. Once the pressure is released, open the cooker, and strain the excess water.
4. Sauté the cooked millets and chana on a low flame in little oil.
5. Add in the chopped onion, tomatoes, green chili, salt, roasted cumin powder, chat masala and mix well.
6. Serve in separate bowls with a sprinkle of lemon juice and chopped coriander leaves.

RECIPE 11 - FOXTAIL MILLET PONGAL

Ingredients:

Foxtail millet: 1 cup
Moong dal: 1/3 cup
Ghee: 2 tbsp
Cumin seeds: 1 tsp (roasted and powdered)
Pepper: ½ tbsp (part whole and part coarsely crushed)
Curry Leaves: 1 sprig
Ginger: ½ inch
Green chilli: 2 nos. (cut lengthwise)
Water: 4 cups
Salt to taste



Preparation Method:

1. Wash the millet and drain the water.
2. In a pan, dry roast the moong dal till you get a roasted aroma. Make sure not to brown them.
3. Quick sauté the chillies and ginger in the pan.
4. In a pressure cooker add the washed millets, roasted moong dal and sautéed chilli and ginger. Mix well.
5. To the mixture, add salt, ghee, and water and cook it over medium flame for 2 - 3 whistles.
6. Now reduce the flame and continue to cook for another 5 minutes. Turn off the flame.
7. Fry some cashews, curry leaves, and crushed peppercorns and add them to the Pongal.
8. Sprinkle the coarsely ground Jeera-Pepper powder and give a gentle toss to the Pongal.
9. Serve hot with peanut chutney or raita.

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RECIPE 12 - FOXTAIL MILLET KHEER / PAYASAM

Ingredients:

Milk: 1.5 litres

Foxtail millet: 1 cup

Jaggery: 1 cup (Grated or powder)

Saffron strands: 8 - 10 strands

Mixed Nuts: 1/3 cup

Ghee: 1 tbsp (for roasting the foxtail millet)

Rose petals and Nuts: For garnishing



Preparation Method:

1. Boil the milk in a heavy bottomed pan.
2. Wash the millet and remove all the excess water by straining it.
3. Heat a different pan and add one tbsp of ghee to it.
4. Add millet into the ghee and fry it on low flame till golden brown. Do not over roast it.
5. Once the milk comes to boil add this roasted millet to it.
6. Turn the heat to low and let it cook till the millet is done al dente. It will take around 20 - 25 minutes.
7. Crush saffron with your fingertips or in a small mortar pestle and add it to the milk. Let it simmer for 10 minutes more on low flame.
8. Add jaggery to this and continue to cook on a low flame for further thickening. It would take around 5 - 7 minutes.
9. Add mixed nuts to it.
10. Mix it well. Your Foxtail Kheer is ready.
11. Remove from the flame.
12. Garnish it with chopped nuts and rose petals.
13. Serve it warm or chilled.



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RECIPE 13 - FOXTAIL MILLET MANGO RICE

Ingredients:

Foxtail millet: 1 cup

Raw mango: 1 or as per taste (grated)

Groundnuts: 2 tbsp

Curry leaves: 1 sprig

Green chilli: 2 nos. (cut lengthwise)

Mustard seeds: 1 tsp

Chana dal: 1 tsp

Turmeric: ½ tsp

Asafoetida: a pinch

Oil: 2 tbsp

Water: 2 cups

Salt to taste



Preparation Method:

1. Cook Foxtail millet in boiling water, fluff it with a fork, keep it aside and let it cool.
2. Fry groundnuts in oil and keep aside.
3. In the same pan add mustard, and let it crackle.
4. Add chana dal, curry leaves, green chillies, grated mango, asafoetida, turmeric & sauté for a minute.
5. Now add salt and fried groundnuts and take off the flame.
6. Add the cooked millet and mix.
7. Tangy mango rice is ready to serve.

RECIPE 14 - BARNYARD MILLET PUDINA RICE

Ingredients:

Barnyard millet: 1 cup

Onion: 1 no. (chopped)

Carrot: 1 no. (chopped)

Tomato: 2 no. (chopped)

Curry leaves: 1 sprig

Bay Leaf: 1 – 2 pieces

Mustard: 1 tsp

Water: 2 cups Oil: 2 tbsp

For the Pudina (Mint) Chutney:

Mint leaves: 1 cup

Coriander leaves: ¼ cup

Green chilli: 2 nos.

Cloves: 1 piece

Garlic: 6 – 7 cloves

Ginger: ½ inch

Salt to taste



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Preparation Method:

1. In a pressure cooker add Barnyard millet, water, salt (to taste), and bay leaf, and cook at medium flame for 2 whistles.
2. Prepare mint chutney by grinding all the ingredients with minimum water. Keep this aside.
3. In a hot pan, add oil and crackle the mustard.
4. Add in the chopped onion and fry till translucent.
5. Add the chopped carrots and cook until soft. Add in the tomato and prepared mint chutney.
6. Cook till the raw taste of mint and coriander disappears. Add salt to taste.
7. Toss in the cooked barnyard millet and mix evenly. Remove from flame.
8. Serve hot with some raita.

RECIPE 15 - BARNYARD MILLET CUTLET

Ingredients:

- Sweet potato: 3 cups (boiled)
- Barnyard millet: 1 1/4 cup (boiled)
- Cashew nuts: 1/4 cup (finely chopped)
- Green chillies: 1 – 2 nos. (finely chopped)
- A big handful of chopped coriander
- Garam masala: 1 tsp
- Coriander powder: 1 tsp
- Roasted cumin: 1 tsp
- Chat masala: 1 tsp
- Salt to taste
- Peanut oil: 3 - 4 tbsp (for pan-frying)

Preparation Method:

1. In a large bowl, combine the cooked sweet potatoes, millets, chopped cashews, green chillies, cilantro and all the spices.
2. Mix well to form a dough. Taste and adjust for seasoning.
3. Form into 12 equal-sized balls and press them slightly to flatten them.
4. Heat oil in a pan and cook the cutlets for 6 - 8 minutes on each side till crispy and browned on both sides.
5. Serve hot with any chutney / sauce of your choice.



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RECIPE 16 - BARNYARD MILLET COCONUT RICE

Ingredients:

Barnyard millet: 1 cup
Coconut: 1 cup (grated)
Ghee: 2 tbsp
Onion: 1 no. (chopped)
Green chilli: 3 nos.
Ginger: ½ inch
Dry red chilli: 2 nos.
Chana Dal: 1 tsp
Urad Dal: 1 tsp
Curry leaves: 1 sprig
Coriander leaves: 1 tbsp (chopped)
Salt to taste



Preparation Method:

1. Wash and soak the Barnyard millet for 30 minutes and drain the water.
2. Cook the millet in boiling water, fluff it with a fork, and keep it aside.
3. In a pan, add ghee, chana dal, urad dal, green chilli, curry leaves, and red chilli, and sauté them for 2 minutes.
4. Add onion and fry until it becomes transparent.
5. Add the cooked Barnyard millet and grated fresh coconut and cook for two minutes.
6. Add salt as per taste, mix well and remove from flame.
7. Serve hot with a chutney of your choice.

RECIPE 17 - KODO MILLET UPMA

Ingredients:

Kodo millet: 1 cup
Water: 2 – 2.5 cups
Onion: 1 no. (chopped)
Tomato: 1 no. (chopped)
Mixed vegetables: ½ cup
(beans, carrots, peas etc. – chopped)
Green chillies: 3 nos. (chopped)



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Preparation Method:

1. Rinse the millet and soak it in water for 15 – 20 minutes. Drain water and put it aside.
2. Heat oil in a pan. Add mustard and let it splutter. Now add the chana dal and urad dal and fry till they turn golden brown.
3. Add curry leaves, onion, and green chillies. Sauté for a minute or two – till the onion turns slightly pink.
4. Add the chopped tomatoes and mix well.
5. Add the remaining vegetables, some salt, turmeric and cook for 3 – 4 minutes.
6. Add water. Keep the flame on medium high and bring to a boil.
7. Once the water starts boiling, add the millet, lemon, and salt. Mix well.
8. Continue to cook on low flame for 10 – 15 minutes.
9. Once the millets are cooked, add coriander leaves and some freshly grated coconut.
10. Enjoy it with a chutney of your choice!

RECIPE 18 - KODO MILLET PULAO

Ingredients:

Kodo millet: ½ cup
Water: 1 cup
Onion: 1 no. (big, sliced)
Ginger garlic paste: 1 tsp
Mixed vegetables: ½ cup
(carrots, beans, green peas – chopped)
Broken cashews: 1 tbsp
Ghee: 2 tsp
Salt to taste

For tempering:

Oil: 2 tsp
Ghee: 1 tsp
Cinnamon: ¼ inch
Clove: 1 no.
Cardamom: 1 no.
Fennel seeds: ½ tsp
Bay leaf: 1 no. (small)
Star anise: 1 no. (small)
Green chilli: 1 no. (slitted)



Preparation Method:

1. Soak kodo millet in water for 10-15 minutes. Drain and set aside.
2. Heat oil and ghee in a pan - add the items listed under 'for tempering', give it a quick sauté.
3. Now add the onion and ginger garlic paste. Sauté till it's golden.
4. Add in the mixed vegetables. Sauté for 2 minutes.
5. Cook covered for 5 minutes on low flame. Open, give it a quick sauté & add the drained millets.
6. Sauté for a minute. Add water and salt and mix well.
7. When it starts to boil, cook covered for 8 - 10 minutes or until the water is completely absorbed.



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Take it off the flame and set aside for 10 minutes. Open and fluff it up.

8. Heat ghee in a pan - add cashews fry till golden brown. Add this to the pulao along with coriander leaves, mix well.

9. Enjoy Millet Pulao

RECIPE 19 - KODO MILLET CURRY LEAF RICE

Ingredients:

Kodo millet: ½ cup

Water: 1 cup

Onion: 1 no. (big, sliced)

Ginger garlic paste: 1 tsp

Mixed vegetables: ½ cup

(carrots, beans, green peas – chopped)

Broken cashews: 1 tbsp

Ghee: 2 tsp

Salt to taste

For tempering:

Kodo Millet: 1 cup (cooked)

Curry leaves: ¼ cup (wash and dry)

Urad dal: 1 tbsp

Red chilli: 1 no.

Salt: ½ tsp

Black pepper: ½ tsp

Cumin seeds: ½ tsp

Asafoetida powder: 1/4 tsp

Tamarind: Small piece

Sesame Oil: 2 tbsp



Preparation Method:

1. In a pan add oil and roast urad dal, pepper, jeera, and red chilli. Keep it aside.
2. In the remaining oil on a low heat, roast curry leaves till crisp.
3. Grind all the above to a coarse powder adding salt, asafoetida powder and tamarind.
4. Add this powder to the cooked millet and mix thoroughly.
5. A tsp of oil can be added while mixing.
6. Flavorful curry leaves and rice are ready.

RECIPE 20 - LITTLE MILLET TOMATO RICE

Ingredients:

Little millet: ½ cup

Onions: 2 nos. (thinly sliced)

Tomatoes: 5 nos. (roughly chopped)

Garlic: 4 cloves

Ginger: 1 tsp (roughly chopped)

Green Chillies, slit: 2 nos.

Fennel seeds: 1 tsp

Kashmiri red chilli powder: 1.5 tsp

Turmeric powder: ½ tsp

Mustard seeds: 1 tsp

Curry leaves: 1 sprig

Oil: 1 tbsp

Salt to taste

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Preparation Method:

1. Wash the Little millets, drain and transfer it to the pressure pan. Add around 2 cups of water, season with salt and pressure, cook for 4 whistles and keep aside. Once cool, fluff up the cooked millets with a fork.
2. Heat oil in a pan, add the mustard seeds and let it crackle. Add in the curry leaves and let it splutter.
3. Roughly pound the garlic cloves, ginger and fennel seeds using a pestle and mortar and add it to the pan, let it cook for a minute.
4. Add the sliced onions and sauté until it turns translucent.
5. Now, add the tomatoes, green chillies, kashmiri red chilli, turmeric powder, season with salt and mix well.
6. Let this tomato mixture cook until it turns soft and mushy, this will take around 10 minutes.
7. Once the tomato mixture is cooked well and is thickened to a paste consistency, add in the cooked little millets and gently toss everything together.
8. Close it with a lid, cook for 5 minutes to let the millet absorb all the tomato mixture flavour into it.
9. Serve with raita



RECIPE 21 - LITTLE MILLET CURD RICE

Ingredients:

- Little millet: 4 cups (cooked)
- Curd: 1.5 cups
- Water: 1 cup
- Cumin seeds: ½ tsp
- Mustard seeds: ½ tsp
- Whole black peppercorns: ½ tsp
- Curry leaves: 1 or 2 sprigs
- Red chilli: 1 no.
- Asafoetida: A pinch
- Salt to taste





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Preparation Method:

1. Take the cooked millet into a mixing bowl. If you are using freshly cooked millet, let it cool down and then mash it a bit with the back of a spoon or potato masher.
2. To this cooled and mashed millet, add yogurt.
3. Mix it well and add water to adjust the consistency as per your liking. Keep this aside.
4. Heat a small pan. Once it is hot, add oil to it.
5. Now add mustard seeds and let them crackle.
6. Add in the cumin seeds and allow them to splutter.
7. Finally add in the red chilli, whole peppercorns and let it fry for a minute. Add curry leaves and switch off the flame.
8. Now add this tempering to the millet yogurt mixture and mix it well.
9. Little millet rice is ready to serve!

RECIPE 22 - LITTLE MILLET FRIED RICE

Ingredients:

Little millet: 1 cup
Green beans: 1/2 cup (finely chopped)
Red, Yellow or Green Bell Pepper:
1/2 cup (finely chopped)
Carrots: 1/2 cup (finely chopped)
Celery: 1 stick (finely chopped)
Spring Onion (Bulb & Greens):
1 cup (chopped)
Ginger: 1 inch (grated)

Soy sauce 1 tsp
Black pepper powder: 1 tsp
Oil: 2 tbsp
Salt to taste



Preparation Method:

1. Cook the millets with 2 cups of water, salt and 2 tablespoons of oil. Simmer it for 15 minutes or until you see the water has been absorbed by the millet. Allow the millet to cool completely.
Note: The foxtail millet should not be over cooked, it has to be 90% cooked.
2. In a pan, heat oil and add the beans, carrots, green bell peppers, celery, ginger, spring onion and sauté on high flame for 3 – 4 minutes until the vegetables become slightly tender.
3. Add the cooked little millet, soy sauce, black pepper, and salt. Mix well and stir fry for 2 more minutes. Turn off the heat and transfer the rice to a serving bowl.
4. Serve with manchurian gravy.

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RECIPE 23 - PROSO MILLET BISI BELE BATH

Ingredients:

Little millet: 1 cup
Green beans: 1/2 cup (finely chopped)
Red, Yellow or Green Bell Pepper:
1/2 cup (finely chopped)
Carrots: 1/2 cup (finely chopped)
Celery: 1 stick (finely chopped)
Spring Onion (Bulb & Greens):
1 cup (chopped)
Ginger: 1 inch (grated)



Preparation Method:

1. Wash and soak the proso millet for 30 minutes and drain the water.
2. Cook the millet and tur dal in a pressure cooker with 4 cups of water for 3 whistles.
3. In a deep pan, heat 4 spoons of oil. Add mustard and cumin seeds and let them splutter.
4. Add curry leaves, onions, chilli, and shallow fry till onions turn golden brown.
5. Add chopped vegetables, cover the pan with a lid and continue to shallow fry for another minute.
6. Add chilli powder, turmeric, garam masala, ginger-garlic paste, bisi bele bath powder, and continue cooking for a minute.
7. Add water to cover the contents of the pan. Bring the flame to a simmer and let the vegetables cook for around 10 minutes.
8. Add tamarind pulp, cooked dal, and proso millet rice to the pan and mix well.
9. Add salt as per taste, coriander, mint leaves, and water if needed, and cook for 5 minutes.
10. Add some ghee and serve with raita and boondi.



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RECIPE 24 - PROSO MILLET CAPSICUM RICE

Ingredients:

Proso millet: 1 cup

Capsicum – 2 nos. (chopped)

Onion - 1 no. (finely sliced)

Cinnamon: ½ stick

Turmeric powder: ½ tsp

Sambar powder: 1 ½ tsp

Mustard seeds: 1 tsp

Tamarind pulp: 1 tsp

Green chilli: 3 nos. (chopped)

Oil: 2 tbsp

Jaggery to taste

Salt to taste



Preparation Method:

1. Wash and soak proso millet for 30 minutes and drain the water.
 2. In a pressure cooker, add presoaked proso millet, 2 cups of water and cook for 2 whistles on medium flame.
 3. Heat oil in a pan. Add mustard seeds and wait till it sputters.
 4. Add chopped chillies followed by sliced onions. Wait till the onions turn golden brown.
 5. Add turmeric powder, cinnamon and stir the whole mixture. Add chopped capsicum and stir it well till the capsicum gets partially cooked.
 6. Add tamarind pulp to the mixture and allow the mixture to simmer for a while. Add jaggery and salt to taste.
 7. Add the cooked proso millet rice to the above mixture and stir well.
- NOTE: Millet rice must cool otherwise it will become mushy.
8. Serve warm with some raita.

RECIPE 25 - PROSO MILLET PAYASAM

Ingredients:

Proso millet: 1 cup

Ghee: 2 tsp

Sugar: ½ cup

Water: 2 cups

Milk: 4 cups

Cardamom powder: ½ tsp

Assorted dry fruits:
2 tbsp (for garnish)



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Preparation Method:

1. Take a non-stick pan and keep it on medium flame. Add ghee in the pan followed by the dry fruits. Roast the mixture until it gets a golden-brown shade. Transfer the mixture in a bowl and keep it aside.
2. In another pan on low flame add the proso millet. Dry roast the millets until they become aromatic.
3. Then, place a pressure cooker on medium flame. Add the roasted millets in the cooker followed by water and milk. Cover the cooker with a lid and cook the mixture until you hear 1 whistle or until you get a thick consistency.
4. Add sugar, cardamom powder to the prepared mixture and mix well. Cook till you get the desired consistency
5. Transfer the kheer in a serving bowl and top it up with roasted dry fruits.
6. Serve hot!

RECIPE 26 - BROWN TOP MILLET CORIANDER RICE

Ingredients:

Brown top millet: 1 cup
Water: 2 cups
Onion: 1 no. (chopped)
Carrot 1 no. (chopped)
Tomato 2 nos. (chopped)
Curry leaves: 1 sprig,
Bay leaf: 1 no.

For Coriander chutney:

Coriander leaves: 1 cup
Mint leaves: 1/4 cup
Green chilli: 1 no.
Cloves: 1 piece
Garlic: 6 – 7 cloves
Ginger - 1/2 inch
Oil: 2 tsp



Preparation Method:

1. Cook brown top millet rice in a pressure cooker with water, salt, and bay leaf at medium flame for 2 whistles.
2. Prepare coriander chutney with minimum water.
3. In a hot pan, take 1 tsp of oil. Add the curry leaves.
4. Add chopped onion and fry till translucent.
5. Add chopped carrots, tomato and stir well.
6. Add mint chutney. Cook the chutney till the raw taste of coriander disappears.
7. Add salt to taste.
8. Add the cooked brown top millet and mix evenly. Remove from flame.
9. Serve hot with raita.

NOTE:
Millet rice must cool otherwise it will become mushy.



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RECIPE 27 - BROWN TOP MILLET UPMA

Ingredients:

Brown top millet: 1 cup

Water: 2 – 2.5 cups

Onion: 1 no. (chopped)

Tomato: 1 no. (chopped)

Mixed vegetables: ½ cup
(beans, carrots, peas etc. chopped)

Green chillies: 3 nos. (chopped)

Coriander leaves: 1 tbsp (chopped)

Lemon juice to taste

Salt to taste

Grated coconut:

2 – 3 tbsp (optional)

Mustard seeds: ½ tsp

Urad dal: 1 tsp

Chana dal: ½ tsp

Turmeric: a pinch

Curry leaves: 1 sprig



Preparation Method:

1. Rinse the millet and soak it in water for 15 – 20 minutes. Drain water and keep it aside.
2. Heat oil in a pan. Add mustard and let it splutter. Now add the chana dal and urad dal and fry till they turn golden brown.
3. Add curry leaves, onion and green chillies. Sauté for a minute or two – till the onion turns slightly pink.
4. Add the chopped tomatoes and mix well.
5. Add the remaining vegetables, some salt, turmeric and cook for 3 – 4 minutes.
6. Add water. Keep the flame on medium high and bring to a boil.
7. Once the water starts boiling, add the millet, lemon and salt. Mix well.
8. Continue to cook on low flame for 10 – 15 minutes.
9. Once the millets are cooked, add coriander leaves and some freshly grated coconut.
10. Enjoy it with a chutney of your choice!

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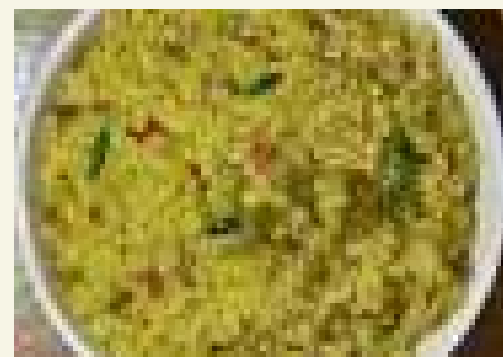


RECIPE 28 - BROWN TOP MILLET METHI RICE

Ingredients:

Brown top millet: 1 cup
Chopped methi leaves: 2 cups
Water: 3 cups
Onion: 1 no. (chopped)
Tomato 2 nos. (chopped)
Green chilli: 1 no.
Ginger garlic paste: 1 tsp

Curry leaves: 1 sprig
Bay leaf: 1 no.
Clove: 1 piece
Turmeric powder: ½ tsp
Oil: 2 tsp
Salt to taste



Preparation Method:

1. Wash and soak the brown top millet in water for 30 minutes and drain the water
2. In a pressure cooker, heat oil, add whole spices, and fry for a few seconds. Add curry leaves, onion, and tomato, and fry till translucent.
3. Add green chili, ginger garlic paste and fry for a minute and then chopped methi leaves fry for a few minutes.
4. Add water and when it comes to boil add brown top millet and cook till 2 whistles on medium flame.
5. Remove from flame and mix well.
6. Serve hot with some raita.

RECIPE 29 - LEMON QUINOA

Ingredients:

Quinoa: 1 cup
Water: 2 cups
Green chilli: 2 nos. (chopped)
Peanuts: 1 tbsp (coarsely chopped)
Mustard seeds: 1 tsp
Cumin Seeds: 1 tsp
Urad Dal: 1 tsp
Onion: 1 no. (chopped)
Curry leaves: 1 sprig

Turmeric powder: ½ tsp
Asafoetida: a pinch
Lemon Juice: from ½ lemon
Coriander leaves:
1 tbsp (chopped)
Oil: 2 tsp
Salt to taste





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Preparation Method:

1. Pressure cook the rinsed Quinoa with 2 cups of water for two whistles on medium-low heat. Let the pressure release naturally.
2. In a pan, add 2 tbsp of oil. Once it's hot, add in the peanuts and fry them until they turn slightly golden brown. Take out and keep them aside.
3. In the same pan, add mustard seeds, jeera, urad dal, and sauté until dal turns light brown. Then add turmeric powder, green chiles, curry leaves, hing, and sauté for a few seconds.
4. Next, add the chopped onions, and turmeric, and sauté until the onions turn light brown.
5. Turn off the flame, add the cooked quinoa, salt, and juice of half lemon, and mix everything well.
6. Serve hot!

RECIPE 30 - QUINOA SALAD

Ingredients:

Quinoa: ½ cup

Water: 2 cups

Onion: 1 no. (chopped)

Tomato: 1 no. (chopped)

Carrot: 1 no. (chopped)

Cucumber: 1 no. (chopped)

Cabbage: ½ cup

Coriander leaves: 1 tbsp

Black pepper: 1 tsp

Lemon juice: from ½ lemon

Salt to taste



Preparation Method:

1. Wash and rinse quinoa and keep it aside.
2. Bring water to a boil in a saucepan over medium-high heat. Add quinoa, reduce heat and simmer for 15 to 20 minutes. Drain well and chill.
3. In a large mixing bowl, take all the chopped vegetable onion, tomato, carrot, cabbage, and cucumber and add cooked Quinoa. Toss well to mix.
4. Add salt to taste, black pepper, and lemon juice, and toss well to mix
5. Lastly, add coriander leaves, mix well.
6. Serve fresh!

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RECIPE 31 - CURD QUINOA

Ingredients:

Quinoa: 2 cups cooked

Curd: 1.5 cups

Water: 1 cup

Cumin seeds: ½ tsp

Mustard seeds: ½ tsp

Whole black peppercorns: ½ tsp

Curry leaves: 1 or 2 sprigs

Red chilli: 1 no.

Asafoetida: A pinch

Salt to taste

Cucumber: 1 no. (chopped)

Cabbage: ½ cup

Coriander leaves: 1 tbsp

Black pepper: 1 tsp

Lemon juice: from ½ lemon

Salt to taste



Preparation Method:

1. Take the cooked quinoa into a mixing bowl. If you are using freshly cooked quinoa, let it cool down and then mash it a bit with the back of a spoon or potato masher.
2. To this cooled and mashed quinoa, add yogurt.
3. Mix it well and add water to adjust the consistency as per your liking. Keep this aside.
4. Heat a small pan. Once it is hot, add oil to it.
5. Now add mustard seeds and let them crackle.
6. Add in the cumin seeds and allow them to splutter.
7. Finally add in the red chilli, whole peppercorns and let it fry for a minute. Add curry leaves and switch off the flame.
8. Now add this tempering to the millet yogurt mixture and mix it well.
9. Curd Quinoa is ready to serve!



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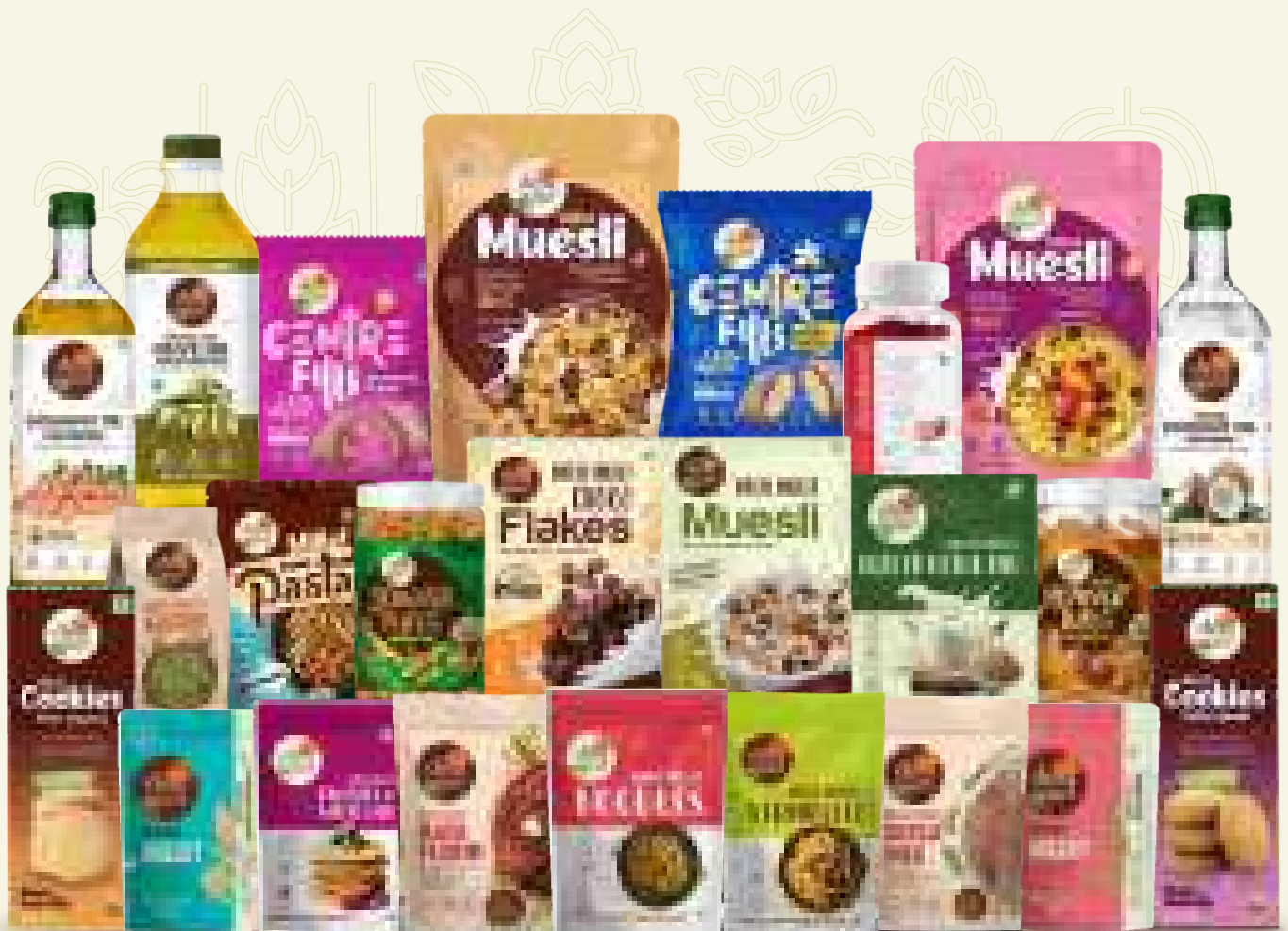
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Part of the Skandhanshi Group, DesiNutri was born to assist consumers transform their food habits through a scientific approach. We aim at helping you heal lifestyle problems through the dietetic route with our in-house nutrition experts who assess your body vitals, understand any underlying conditions, and offer a healthy and holistic route to wellness.

Our aim is to help you make an informed choice that suits the needs of your body.

Our initiative is supported by the array of nutrient rich foods that we offer. DesiNutri's product range comprises whole millets, millet-based flours, millet-based convenience foods and many more exciting healthful products that help you reform your everyday wellness routine.

It is our endeavour to offer solutions that support your everyday food choices in the most nutritious and delicious manner.



Log on to www.desinutrifoods.com

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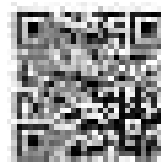
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