



# Kheti Virasat Mission



## BARNYARD | SWANK | SANVA |



### Benefits:

- Rich source of fibre – both soluble and insoluble
- Gluten free and healthy option when suffering with celiac disease
- Anti mutagenic, anti inflammatory & antioxidant properties



Nutrients per 100g



- Protein 06.2g
- Energy (Kcal) 307
- Fat 2.2g
- Carbohydrate 65.55g
- Phosphorous 280g
- Calcium 20mg
- Magnesium 82mg

What can you cook with

Barnyard :

Porridges, dosas, idlis, upma,

chapatis, khichdi, payasam &

pulao

DHOKLA



KESARI



FRIED RICE





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## BROWNTOP

| HARIKANGANI |



### Benefits:

- Helps to detoxify the body
- Helps to control high blood pressure
- Acts as a probiotic for respiratory disorders
- Highly recommended in cases of gastric ulcers, colon cancer & arthritis



What can you cook with  
Browntop :  
Porridges, dosas, idlis, upma,  
khichdi.

Nutrients per 100g

- Protein 11.5g
- Energy (Kcal) 338.0
- Fibre 12.5g
- Minerals 4.2g
- Calcium 0.01mg
- Iron 0.65mg





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## FOXTAIL | KANGANI | KAKUM |



### Benefits:

- Rich in Vitamin B1, B12, protects heart and nervous system
- Helps to manage diabetes
- Slows down Parkinson's and Alzheimers
- Highly recommended for weight loss



What can you cook with Foxtail :  
Pulao, lemon rice, dosa ,idli,  
chakli,upma, khichdi,  
payasam, churma

### Nutrients per 100g



- Protein 12.3g
- Energy (Kcal) 331
- Iron 2.8mg
- Carbohydrate 60.1g
- Calcium 31mg
- Phosphorous 188mg
- Magnesium 81mg





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## KODO

| KODHRA |



### Benefits:

- Prevents constipation
- Strengthens nervous system
- Helps in blood sugar control
- Beneficial for postmenopausal women suffering from any metabolic diseases



Nutrients per 100g

3
• Protein 8.92g
• Energy (Kcal) 331.74
• Riboflavin 0.20mg
• Iron 2.34mg
• Fibre 6.39g
• Carbohydrate 66.199
• Niacin 1.5 gm
• Calcium 15.27mg

What can you cook with

Kodo:

Chapati, idli, porridge,  
cheela, khichdi, dal & pulao





# Kheti Virasat Mission

## LITTLE MILLET | KUTKI |



### Benefits:

- Good for digestion
- Rich in antioxidants
- Helps treat diabetes
- Helps deal with obesity

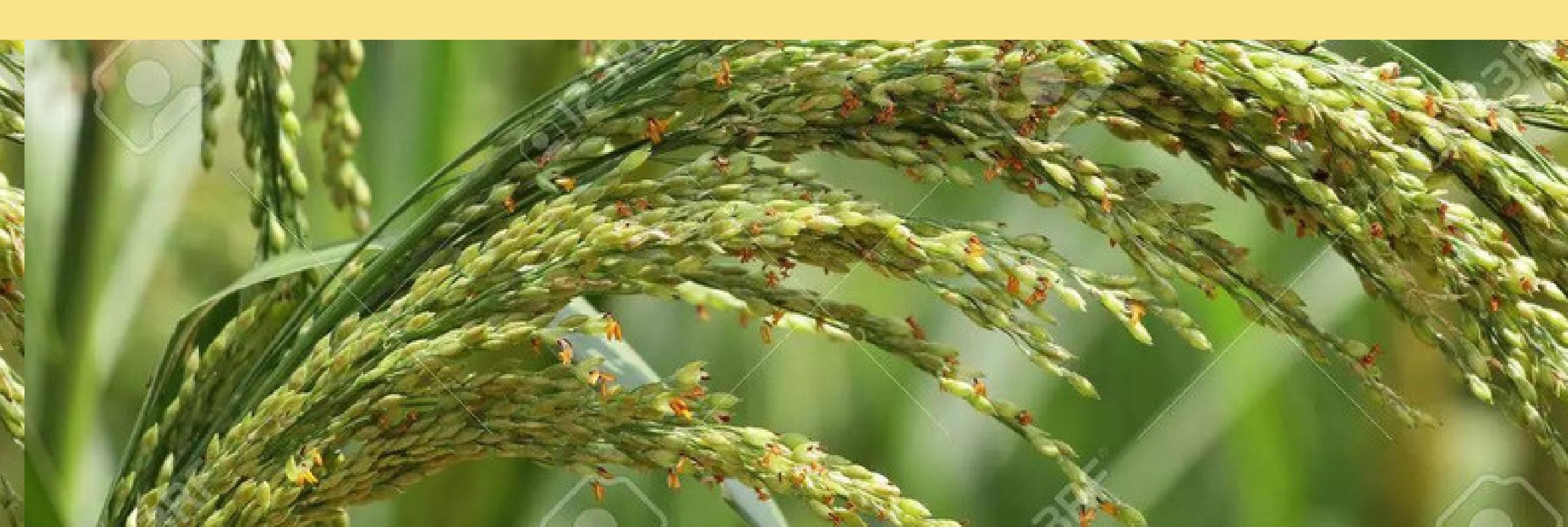
### What can you cook with Little Millet:

Dosa, paddu, payasam, lemon rice,  
curd rice, halwa



Nutrients per 100g

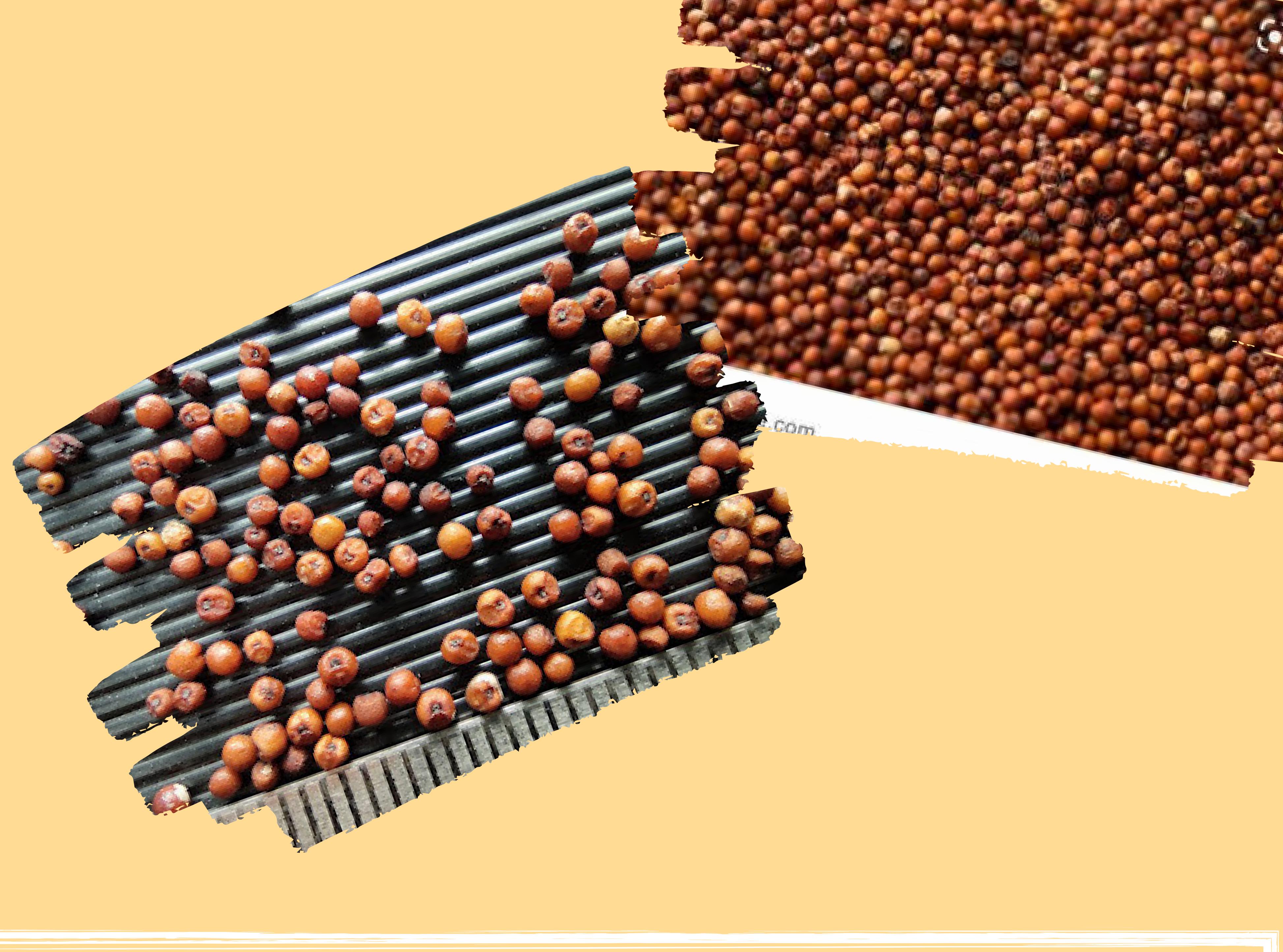
• Protein 10.1g
• Energy (Kcal) 346
• Iron 1.2mg
• Fibre 7.6g
• Carbohydrate 65.5g
• Calcium 16.1mg
• Niacin 1.3mg
• Magnesium 91mg





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## FINGER MILLET | NACHANI | RAGI | MANDHAL



### Benefits:

- Strong bones and teeth
- Induces more milk production in lactating mothers
- Helps treat diabetes
- Helps deal with obesity

What can you cook with Little Millet:

Dosa, paddu, payasam, lemon rice, curd rice, halwa



Nutrients per 100g

- Protein 7.2 g
- Energy (Kcal) 320
- Iron 4.62 mg
- Fibre 11.18 g
- Magnesium 146 mg
- Calcium 364mg

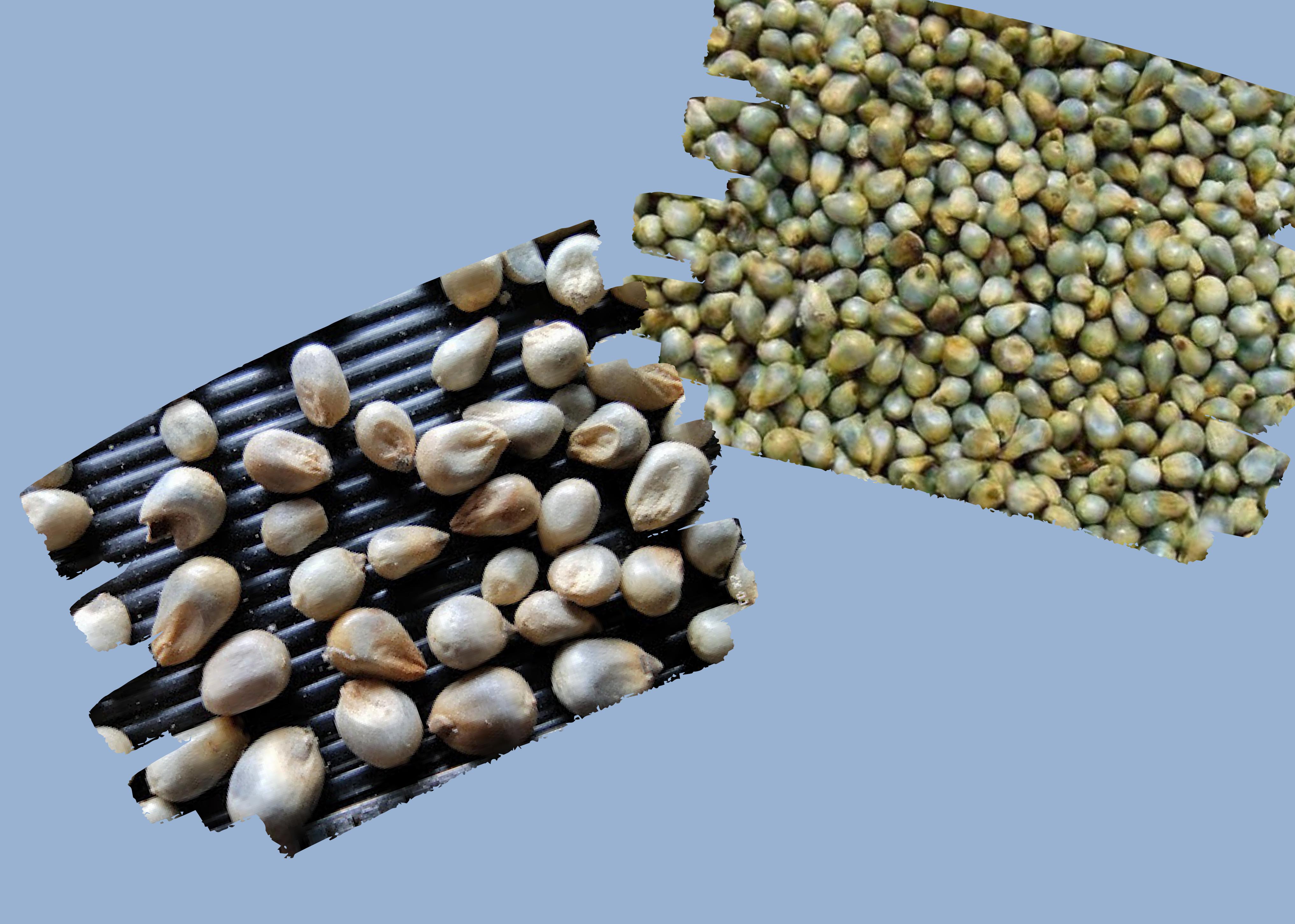




# Kheti Virasat Mission

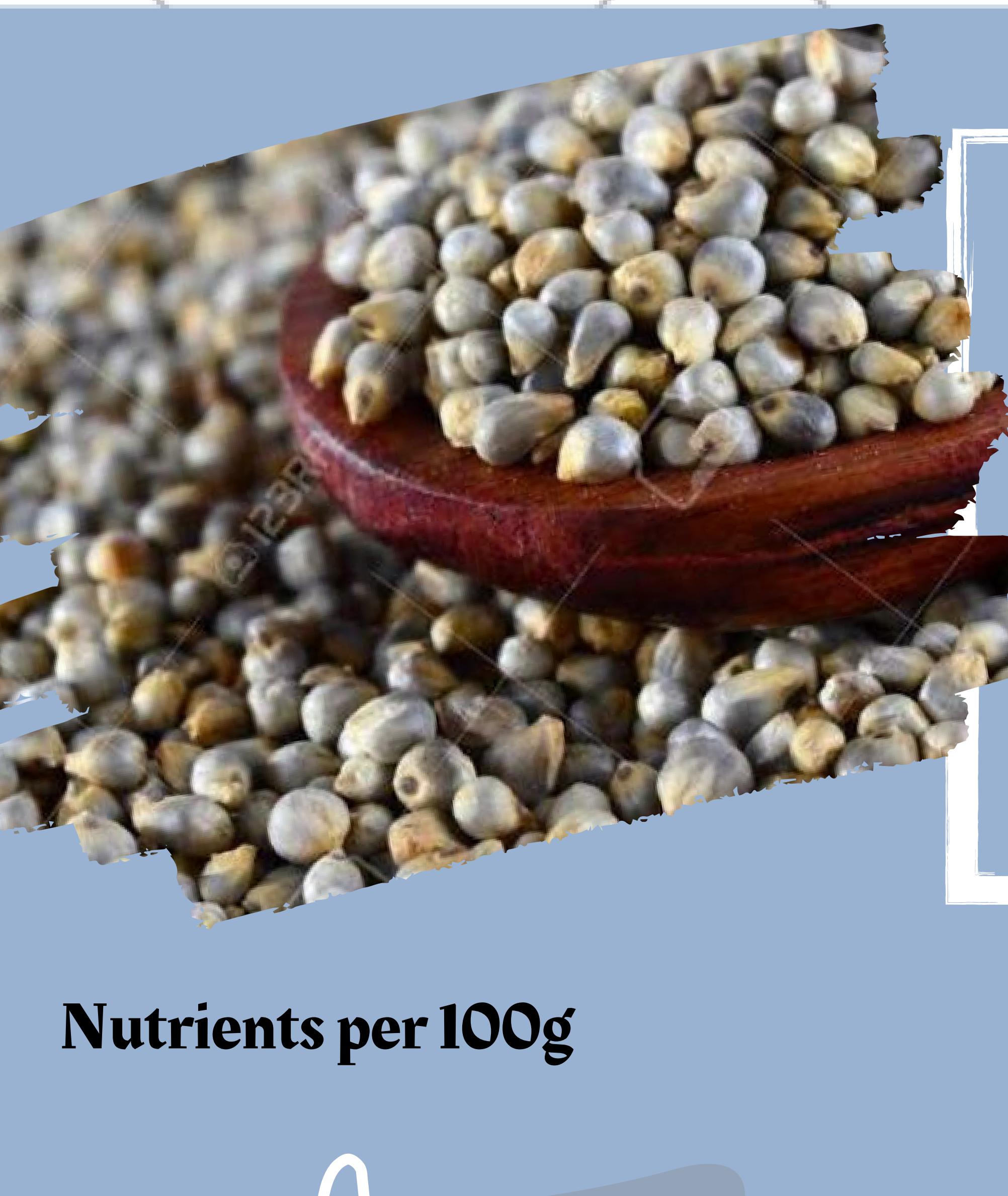
## PEARL MILLET

### | BAJRA |



#### Benefits:

- One of the very few foods that retains its alkalinity after cooking and this helps to make the stomach alkaline, thus preventing stomach ulcers.
- Helps to deal with anaemia
- Helps treat diabetes and obesity
- Pearl millet is great weaning food for infants from 6 months of age.



What can you cook with Little Millet:  
Pancake, Appe, Upma, Dosa, Idli, Soup

Nutrients per 100g

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- Protein 10.96 g
- Energy (Kcal) 347
- Iron 6.4mg
- Fibre 11.5g
- Carbohydrate 61.8g
- Phosphorus 289mg
- Magnesium 124mg





# Kheti Virasat Mission

## PROSO/ BROOMCORN | CHENA |



### Benefits:

- It releases energy over a longer period of time after consumption
- It is cheaper source of manganese as compared to other conventional sources like spices and nuts
- It also prevents breast cancer among other diseases.



What can you cook with Little Millet:

Samosa , Burfi, Idli

Nutrients per 100g

- Protein 12.5 g
- Energy (Kcal) 341
- Iron 0.8mg
- Carbohydrate 70.4 g
- Phosphorus 2.06mg
- Magnesium 153mg





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## SORGHUM

| JOWAR |



### Benefits:

- It releases energy over a longer period of time after consumption
- It is cheaper source of manganese as compared to other conventional sources like spices and nuts
- It also prevents breast cancer among other diseases.

What can you cook with Little Millet:  
Porridge, Khichchdi, Idli



Nutrients per 100g

- Protein 9.9g
- Energy (Kcal) 334
- Iron 3.9mg
- Fibre 10.2g
- Carbohydrate 67 g
- Phosphorus 274mg
- Niacin 2.1mg

PANCAKES



APPE



SALAD

