



Now the Menu of Hotels will Include Dishes Made of Millets

Why In News?

- According to the information given by the Chhattisgarh Public Relations Department on December 20, 2022, millets-based dishes will be included in the menu of hotels in Chhattisgarh, including the capital Raipur. In this regard, a meeting was held between joint director agriculture and 64 hotel operators of capital Raipur.

Key Points

- Significantly, the year 2023 has been declared as the **International Millet Year-2023** by the United Nations, due to which the product of millets is being included in the daily diet of the common man and promoted to promote consumption.
- In this context, the Agriculture Department held a meeting with the operators and representatives of hotels, restaurants, marts in Raipur area and requested to include millet products in the menu of the establishment along with the promotion of millet products. This will make millets-based dishes easily available to customers.
- Due to the benefits of nutrients found in millets, it was discussed to increase the consumption of millets in the daily diet. This will also boost the growth and production of millets crop area. Hotels, restaurant operators assured to include millets-based dishes and products in their establishment's menu.
- Due to the abundance of nutrients in millets, it is also called Nutricereals. It contains good amounts of protein, fiber, thiamine, riboflavin, folic acid, calcium, phosphorus, etc. Millets contain free glucose for a very short period of time, which is a suitable diet for people suffering from diabetes.
- Ragi, which is included in the millet crop, contains high amounts of protein and calcium, which are helpful in strengthening bones and removing malnutrition. Ragi fiber protects the body from stomach disorders, high blood pressure and intestinal cancer.
- Similarly, **Kutki contains 37-38 percent fiber**, which is a useful food ingredient for baby foods, snacks and other processed products. At the same time, protein is found in **11 and fiber up to 14 percent in Kodo**, which is a good diet for people suffering from heart disorders, high blood pressure and high cholesterol.
- It is noteworthy that '**Millet Mission**' has been implemented by the Chhattisgarh government with the aim of increasing the crop area and production of millet crop as well as to provide the product easily to the common man by procuring, processing and adding value to the crop. In Chhattisgarh, Kodo, Kutki, Ragi and Jowar and Bajra are mainly produced among the Millet Crops.
- If we look at the statistics, 52,728 quintals of Kodo, Kutki and ragi produced in the state were procured in the year 2021 through Chhattisgarh State Small Forest Produce Association. At the same time, the target is to procure 13 thousand tonnes of millets in the year 2022-23.
- Ragi kheer, Laddoos, Malt, Cake, Vermicelli, Idli, Halwa, Pulav, Kutki kheer, Kutki Tea, Jam, Kodo kheer, Jowar Chocolate, Brownie etc. are made from millets. Kodo and Kutki are used as Staple Food.

