



Nutritious Food Preparations Using Millets by Smt. Rajeswari, Entrepreneur

Business enterprise: Suga Diet Natural Protein Foods

Before starting this business Smt. Rajeswari was providing health-related tips and topics to magazines, and also held health-related conversations on Tiruchi radio station. Then to be a part of providing opportunities for economically poor women she started this organization.

Initially the products were distributed only to neighbors and they responded positively, and after a twelve year struggle the products are now supplied to such organisations as Tamil Nadu Sarvodaya Society, Kadhi Bhavan. They are able to market locally and in nearby towns and their turnover is about Rs 2.5 lakhs annually. Two labourers are engaged for processing the grains and packing them. The demand for the products is increasing gradually she says.

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The products are ready-mixed and powders of millets, cereals and pulses which reduce sugar content in blood, blood pressure and also are a healthy food. The products are Suga Diet *arogy* *kanji mavu*, Suga Diet Weight Reducer mix, Diabetic *pongal*, *varagu upma kurunai*, *varagu ragi dosa* mix, Mother's Special *kanji mavu*, *tenai manu* mix, *kelvaragu mavu* mix, *kambu mavu* mix, *kudiraivali manu* mix, *samai mavu* mix, special *idli* powder, special *arogy* *sada podi* and refreshment drinks.

The millets have nutritional content such as calcium, iron, protein, potassium, sodium, carbohydrates and fiber and offer the following benefits:

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- ♦ Increase immunity power
Control the sugar content in blood
 - ♦ Reduce unwanted fat
Control blood pressure
 - ♦ Prevent heart disease
Increase digestion power
 - ♦ Increase the hemoglobin in red blood cells
A healthy food for pregnant women

Suga Diet Arogya Kanji Mavu This is a nutritious drink powder

Ingredients: Soya 1 kg, cow pea 1 kg, barley 1kg, black gram (whole) 1 kg, samba wheat 1 kg, fenugreek 1kg, oats 1 kg, pearl millet 2kg, finger millet 2 kg, maize 2 kg, horse gram 4 kg, foxtail millet 2kg and almond 100gms. They have to be powdered through a pulverizer.

Preparation: Take 1 tumbler of water add 1 table spoon of powder, heat well for 10 minutes then if needed add salt / sugar for taste. Don't add sugar for diabetic patients.

Suga Diet Weight Reducer mix

This is a drink to reduce weight.

Ingredients: Soya - 2 kg, barley - 2 kg, foxtail millet - 2kg, horse gram - 2 kg and oats - 2kg. They are made into powder through a pulverizer.

Preparation: Take 1 tumbler of water add 1 table spoon of powder, heat well for 10 minutes then if needed add salt / sugar for taste. Don't add sugar for diabetic patients.

Diabetic Controller mix (Pongal)

Ingredients: Kodo millet - 1kg and fenugreek - 250 gms.

Preparation: Take a pressure cooker, add 1 tumbler of mix, 4 tumblers of water and salt to taste; cook for one whistle; after one whistle switch off the stove and let cool down.

Varaguupma kurunai: This is of half grounded kodo millet and is prepared like *uppuma*.

Preparation: Take a pan, add 2 table spoon of oil Mustard - 1 tea spoon, Bengal gram - 2 tea spoon, Black gram - ½ tea spoon, Add 1 tumbler of millet, Add 3 tumblers of water, Salt to taste

Varagu ragi dosa mix: This is a millet dosa mix.

Ingredients: Kodo - 2kg, ragi - 2kg, wheat - 2 kg, suji - 1kg, pepper, cumin seeds and curry leaves. All the items are to be pulverized .

Preparation: Take the dosa mix, add water and make the batter in a thick consistency. Make sure the batter is not too watery.

Mothers Special *kanji mavu* This is a nutritional drink powder for mothers.

Ingredients: Samba wheat - 1kg, soya - 1kg, cow pea - 1kg, green gram - 1kg, black gram - 1kg, fenugreek - 1kg, foxtail millet - 1kg, maize - 1kg, almond - 50gms, cashew - 50gms, kodo millet - 1kg and horse gram - 1kg. All are to be pulverized into powder.

Preparation: Take 1 tumbler of water add 1 table spoon of powder, heat well for 10 minutes then add salt / sugar if needed.

Tennai mavu mix, kelvaragu mavu mix, cumbu mavu mix

Thenai (*Setaria italica*), Kelvaragu (Ragi), Cumbu (Bajra) These are powders of sprouted millets and used as nutritious drinks. Also it can be made as dosa.

Preparation: Take 1 tumbler of water add 1 table spoon of powder, heat well for 10 minutes then add jaggery and milk if needed.

Kudiraivali mavu mix, samai mavu mix: These barnyard millet and little millet are not powdered; the grains are cooked like rice.

Special *idli* powder

Ingredients:

Horse gram - 1 kg, black gram - 1kg, bengal gram - 1kg, chilli - 250gms, curry leaves - 250gms, asafoetida - 25 gms and salt. They are to be pulverized. It is mixed with sufficient water and steamed like normal idli cooking.

Special *arokya sada podi* This powder (1 tea spoon, add ghee or sesame oil) is mixed with rice.

Ingredients: Red gram - 1kg, peeled broken green gram - 1kg, horse gram - 1kg, fried groundnut - ½ kg, pepper - 50gms, cumin seeds - 50gms, chilli - 200gms, coriander seeds - 100gms, curry leaves, asafoetida and salt. Use pulverizerr to make into powder.

Refreshing drink

Ingredients: Dry ginger - 100gms, pepper - 100gms, cumin seeds - 100gms, tymol seeds - 100gms, cardamom - 25gms, palm jaggery - ½ kg and jaggery - 3kg. Grind them well.

Preparation: Take 1 tumbler of water and add 1 tea spoon of powder. Heat for 10 minutes and filter. Also it can be mixed with milk.