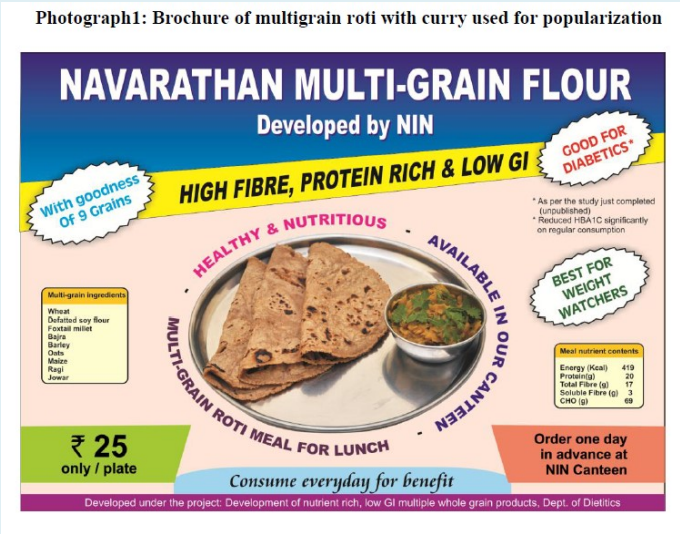


Multi-Grain Flour with Low Glycemic Index

<p>Salient features</p>	<ul style="list-style-type: none"> ➤ Multigrain flour for achieving lower glycemic index (GI).\ ➤ High Fiber (8.9g/100g), High Protein (15.24g/100g), Low carbohydrate (61.96g/100g) and low fat categories (4.039g/100g) ➤ Ingredients: Wheat 30%, Soybean 10%, Bajra 10%, Foxtail millet 25%, Oats 5%, Ragi 5%, Barley 5%, Maize 5% and Jowar 5% ➤ Reduction of HbA1c levels ➤ Scope for preparation of other recipes / products like biscuits, noodles etc
<p>Advantages</p>	<ul style="list-style-type: none"> ✓ Millet have potential benefit in the management of diabetes ✓ Millets being whole grains, release lesser percentage of glucose and over a longer period of time, thus lowering the risk of diabetes ✓ Reduction of the risk of disease and exert a therapeutic and nutraceutical effect.
<p>Process Technology / product developed by</p> <p>Year</p> <p>Source of funding</p> <p>More information</p>	<p>Photograph1: Brochure of multigrain roti with curry used for popularization</p>  <p>Dr. K. Bhaskarachary, Food Chemistry Division National Institute of Nutrition (ICMR), Hyderabad, Telangana E mail: bhaskarkc@hotmail.com</p> <p>Dr. V Sudershan Rao, Dr. G M Subba Rao, Dr. KV Radhakrishna, Dr. K Damayanthi National Institute of Nutrition (ICMR), Hyderabad, Telangana</p> <p>2015-16</p> <p>MoFPI</p> <p>Status of commercialization / Patent / Publication 2 research papers</p>