

Improving Diversified/Nutrient Rich Crops (Millets) in Bundelkhand Region of Uttar Pradesh Through FPO Movement

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Climate Resilient agriculture and horticulture
activities to support the Nutrition programme
on auspicious occasion of Millet Day



हमारा संकल्प



पर्यावरण-प्रिय
सतत् आर्थिक विकास,
असंख्य स्वरोजगार/रोजगार
अवसरों तथा स्वस्थ समाज
का सृजन



चिया

पोषक तत्व	मात्रा (प्रतिशत)
फाइबर	11 ग्राम – प्रतिशत
प्रोटीन	4.4 ग्राम – 20–22 प्रतिशत
ओमेगा-3 फैटीएसिड	4915 मि.ग्रा. – 60 प्रतिशत से अधिक
ओमेगा-6 फैटीएसिड	1620 मि.ग्रा. – प्रतिशत
ऑयल	30–35 प्रतिशत
कैल्शियम	77 मि.ग्रा. – 18 प्रतिशत (आर.डी.वी.)
फास्फोरस	265 मि.ग्रा. – 27 प्रतिशत (आर.डी.वी.)
कॉपर	0.1 मि.ग्रा. – 3 प्रतिशत (आर.डी.वी.)
पोटैशियम	44.8 मि.ग्रा – 1 प्रतिशत (आर.डी.वी.)
जिंक	1 मि.ग्रा – 0.7 प्रतिशत (आर.डी.वी.)



Quinoa



कैलोरी	377 कि.के.
प्रोटीन	16.7 ग्राम
टोटल	7.3 ग्राम
टोटल कार्बोहाइड्रेट	59.2 ग्राम
सोडियम	18.8 ग्राम
कैल्शियम	77 मिली ग्राम
मैग्नीशियम	77 मिली ग्राम
फास्फोरस	808 मिली ग्राम



Ragi



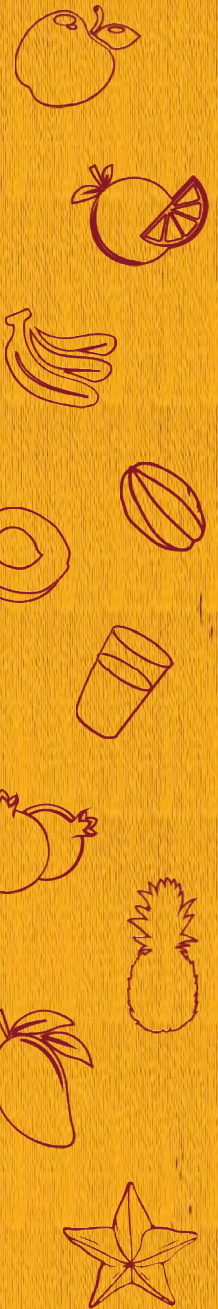
Content	Amount (Typical)	Amount (Range)
Carbo hydrate	72.6	71.3-89.5
Protein	7.7	5.8-12-8
Fibre	3.6	3.5-3.9
Fat	1.3	1.3-2.7



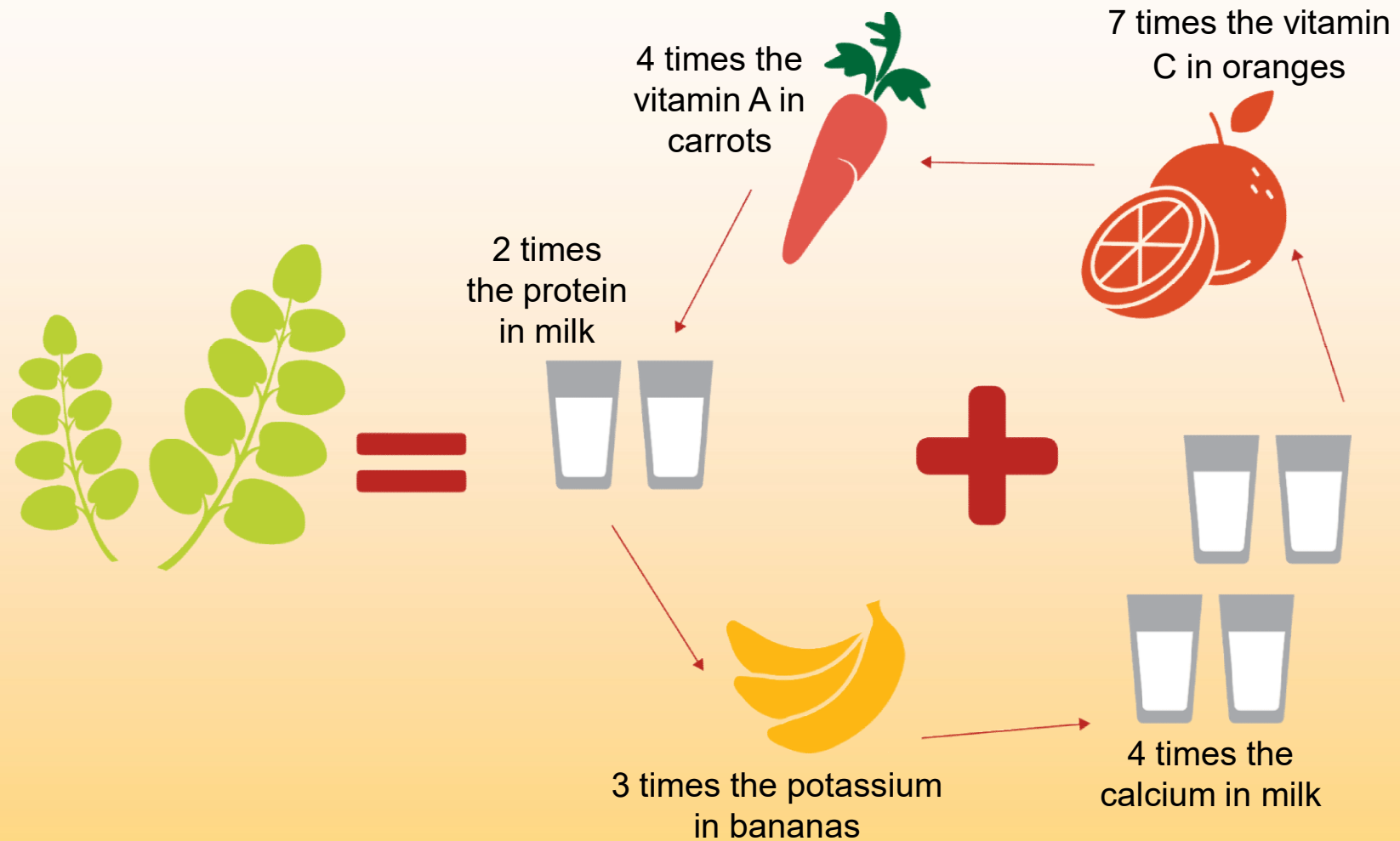
Moringa oleifera: Nutrition values



Minerals	Vitamins	Acids
Ca (mg)	Vitamin A - B carotene	Arginine
Mg (mg)	Vitamin B1 - thiamin	Histidine
P (mg)	Vitamin B2 - riboflavin	Isoleucine
K (mg)	Vitamin B3 - nicotinic acid	Leucine
Cu (mg)	Vitamin C - ascorbic acid	Lysine
Fe (mg)	Vitamin E - tocopherol acetate	Methionine



Moringa leaves contain



Teff



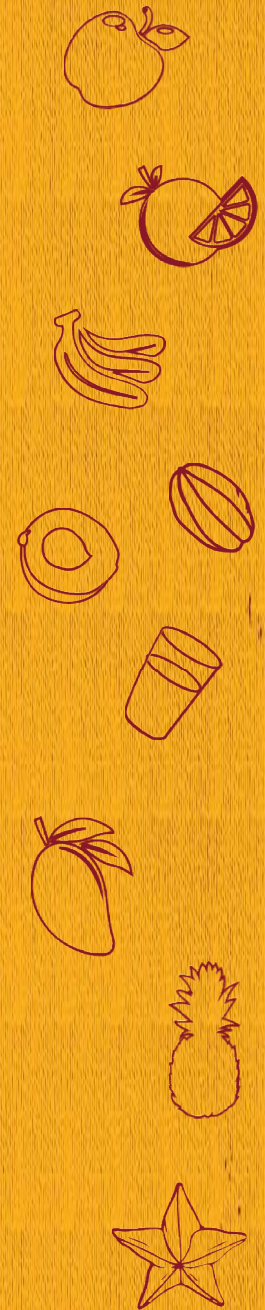
Nutritional value
per 100 g

Energy	422 kJ
Carbohydrates	19.86 g
Fat	0.65 g
Protein	3.87 g
Dietary fibre	2.8 g



Flax Seeds (One tablespoon full)

Nutrient content	Vitamins
Calories	37
Protein	1.3 grams
Fiber	1.9 grams
Total fat	3 grams
Saturated fat	0.3 grams
Calcium	2% of the RDI
Vitamin B1	8% of the RDI
Vitamin B6	2% of the RDI
Iron	2% of the RDI
Magnesium	7% of the RDI
Phosphorus	4% of the RDI
Potassium	2% fo the RDI



Mung Beans



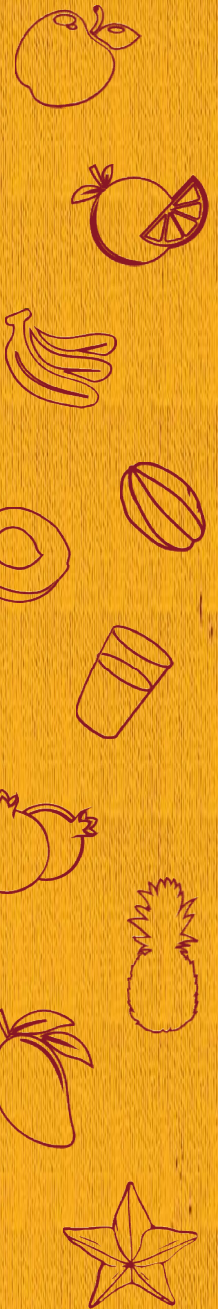
Nutrientcontent	Nutrient Value	Percent ageof RDA
Energy	352 kcal	17.6%
Carbo hydrates	63.35 g	49%
Vitamin A	114.00 IU	2%
Vitamin B6	0.382 mg	19%
Vitamin C	4.8 mg	8%
VitaminE	0.51mg	2%
Calcium	132.00 mg	13%
Copper	0.941 mg	47%
Iron	6.74 mg	37%
Magnesium	189.00 mg	47%
Phosphorus	367.00 mg	37%
Zink	2.68 mg	18%



Chickpeas per 100 gram



Nutrient content	Value	RDA
Energy	378 Kcal	16%
Carbo hydrates	62.95 g	48%
Protein	20.47 g	36%
Total Fat	6.04 g	30%
Dietary Fiber	12.2 g	32%
Thiamin	0.477 mg	40%
Vitamin-A	67 IU	2%
Vitamin-C	4 mg	6%
Sodium	24 mg	1.6%
Potassium	718 mg	15%
Calcium	57mg	5.7%
Phospho rus	252 mg	36%
Zinc	2.76 mg	25%



Lentil (*Lens culinaris*) per 100 gram



Nutrient content	Nutrient Value	Percent age of RDA
Energy	352 kcal	17.6%
Carbo hydrates	63.35 g	49%
Protein	24.63 g	44%
Dietary Fiber	10.7 g	28%
Thiamin	0.873 mg	76%
Vitamin-A	39 IU	1.3%
Vitamin-C	4.5 mg	7.5%
Potassium	677 mg	14%
Calcium	35 mg	3.5%
Phospho rus	281 mg	40%
Copper	0.754 mg	84%
Iron	6.51 mg	81%



Arhar per 100 gram

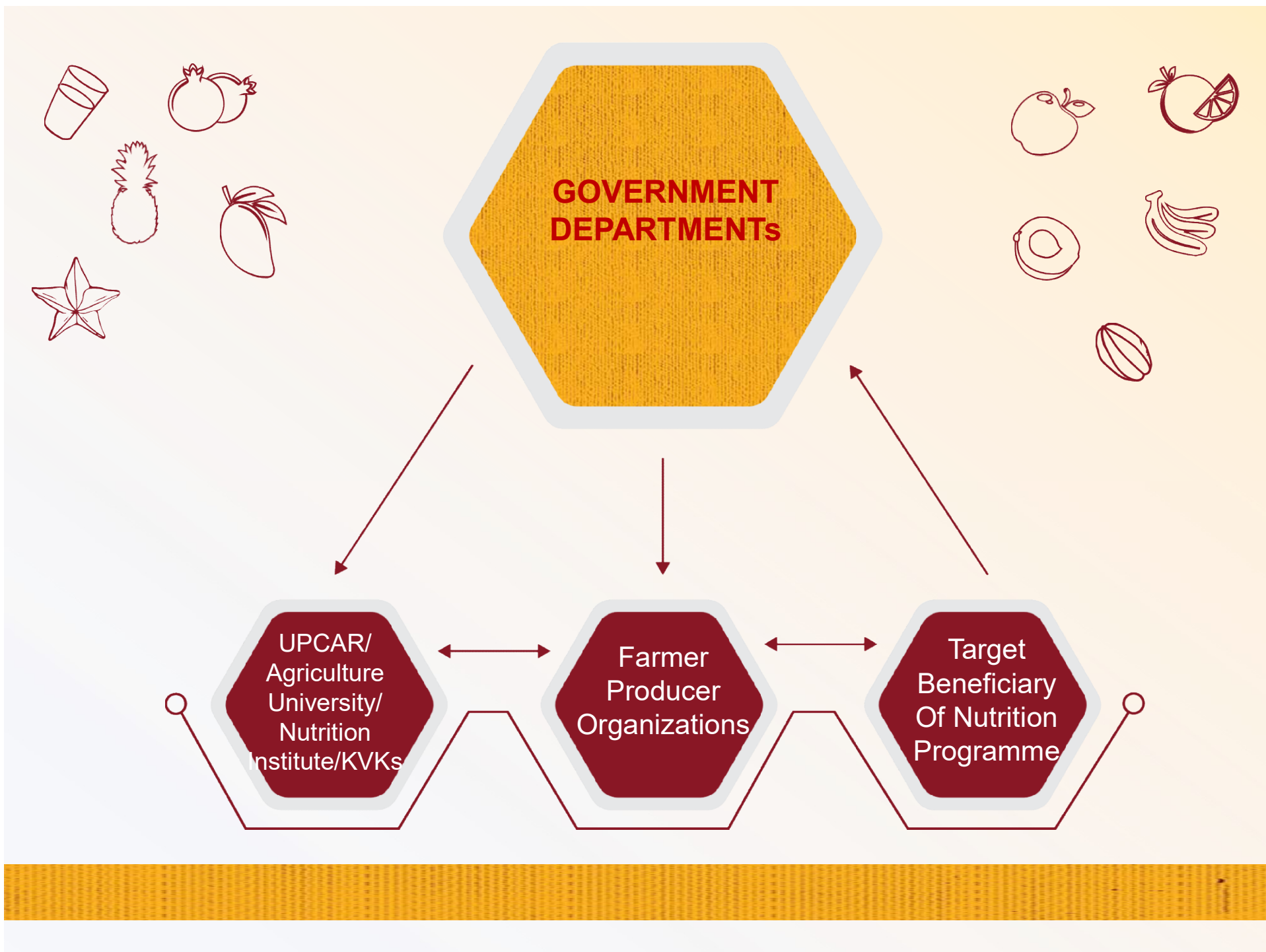


Nutritional facts per 100 grams



Calories	343
Total Fat	1.5 g
Sodium	17 mg
Potassium	1,392mg
Total Carbo hydrate	63 g
Protein	22 g
Vitamins and Minerals	
Calcium	0.13
Iron	28 %
Vitamin B-6	15%
Magnesium	45 %





TARGET BENEFICIARY OF NUTRITION PROGRAMME



WAY FORWARD AND DIFFERENT STEPS

- **Base:** State Farmer Producer Organisation Policy-2020
- **Working philosophy:** Value-Chain-Mechanism with entrepreneurship mode
- **Working tools:** Farmers Producer Organization
- **Technical Facilitation, field level monitoring and documentation** by Academic institutions assigned for the Programme
- **Facilitation** of the whole task of execution by Department of Agriculture in coordination with the different line departments in Agriculture Production Commissioner branch in the State of Uttar Pradesh leading to create super food hub in Bundelkhand region



THANK
YOU!

