

स्वास्थ्य एवं
परिवार कल्याण मंत्रालय
MINISTRY OF
HEALTH AND
FAMILY WELFARE

एफएसएसएआई
fssai



THE YEAR OF

NUTRI-CEREALS

Rich in heritage, full of potential



**Eat Right
India**
सही भोजन. बेहतर जीवन.




FOOD SAFETY AND STANDARDS
AUTHORITY OF INDIA

Inspiring Trust, Assuring Safe & Nutritious Food
Ministry of Health and Family Welfare, Government of India

2023



INTERNATIONAL YEAR OF
MILLETS
2023

The United Nations General Assembly at its 75th session in March 2021 declared 2023 the International Year of Millets (IYM 2023). FAO is the lead agency for celebrating the Year in collaboration with other relevant stakeholders. Millets can grow on arid lands with minimal inputs and are resilient to changes in climate. They are therefore an ideal solution for countries to increase self-sufficiency and reduce reliance on imported cereal grains.

#IYM2023 will be an opportunity to raise awareness of, and direct policy attention to the nutritional and health benefits of millets and their suitability for cultivation under adverse and changing climatic conditions. The Year will also promote the sustainable production of millets, while highlighting their potential to provide new sustainable market opportunities for producers and consumers.

“Ministry of Agriculture & Farmers Welfare is the nodal for International Year of Millets (IYoM)-2023 celebrations. In fact, India is now taking lead and popularizing the theme at the National and International level through various campaigns. India to emerge as a Global hub for Millets.



Shri. Narendra Modi
Hon'ble Prime Minister of India

A once-in-a-century pandemic followed by a conflict situation has shown that food security is still a concern for the planet. At such a time, a global movement related to millets is an important step, since they are easy to grow, climate resilient and drought resistant. Raising awareness to create 'Millet Mindfulness' is an important part of this movement.

Dr Mansukh Mandaviya
Hon'ble Minister of Health and Family Welfare of India
Hon'ble Minister of Chemicals and Fertilizers

Millets are ancient food grains and amongst the first plants domesticated for food, with the earliest evidence of millet cultivation found in Indus civilization as far back as 3000 BC. As an integral part of Azadi ka Amrit Mahotsav, the Government of India is celebrating IYOM, 2023 to make it a peoples' movement so that Indian millets, recipes, and value-added products are accepted globally. Ever since India got the mandate from the UN to promote the year of 2023 as the International Year of Millets, it is working in mission mode to take millets to kitchens across the world.



Dr. Bharati Pravin Pawar
Hon'ble Union Minister of State for Health and Family Welfare

मिलेट्स दुनिया के सबसे पुराने उगाये जाने वाले अनाजों में से एक है। ये प्रोटीन, फाइबर, विटामिन, आयरन जैसे खनिजों से भरपूर है और पोषण की कसौटी पर एक बेहतर विकल्प हैं। इनके स्वास्थ्य लाभ को देखते हुए ही इन्हें सुपर फूड्स की संज्ञा भी दी जा रही है। भारत को खाद्य और पोषण सुरक्षा की तरफ ले जाने में मिलेट्स बहुत बड़ी भूमिका अदा कर सकते हैं। मिलेट्स उपभोक्ता, किसान और जलवायु तीनों के लिये बेहद ही लाभकारी है। सरकार की यह पहल मिलेट्स के वैश्विक उत्पादन को बढ़ाने में सहायक होगी साथ ही भारतीय व्यंजनों में मिलेट्स को महत्वपूर्ण रूप से स्थापित करने का अवसर प्रदान करेगी। आज दुनिया भर में मिलेट्स का क्रज बढ़ रहा है। भारत की पहल पर संयुक्त राष्ट्र संघ ने वर्ष 2023 को इंटरनेशनल ईयर ऑफ़ मिलेट्स घोषित किया है। माननीय प्रधानमंत्री जी ने भी अपने संदेश में इंटरनेशनल ईयर ऑफ़ मिलेट्स 2023 को सफलतम बनाने के लिए मिलेट्स की खेती एवं सेवन को बढ़ावा देने के लिए अभियान चलाने की बात कही है। हम सभी मिलकर इस अभियान को आगे बढ़ायें एवं इसे एक जन आंदोलन का रूप दें। इस अभियान को समर्पित, FSSAI द्वारा जारी किया जा रहे संदेशयुक्त कैलेंडर के लिए पूरी टीम को शुभकामनाएं देती हूँ।



Shri. Rajesh Bhushan, IAS
Secretary (Health & Family Welfare) and Chairperson, FSSAI

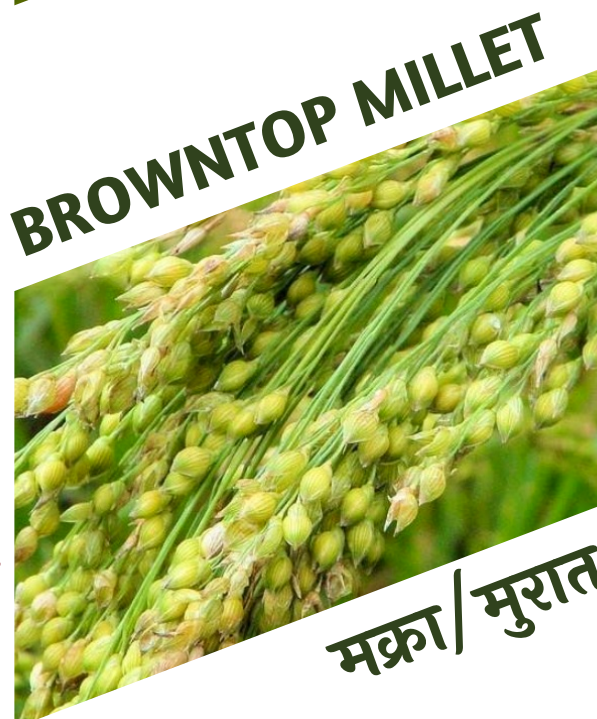
मिलेट्स भारतीय संस्कृति का अभिन्न अंग है। ये धरोहर हैं हमारी पाँच हजार वर्ष पुरानी खाद्य संस्कृति की। आज भी हमारी पुरानी पीढ़ी इससे जुड़े ज्ञान को समेटे है, जिसे हमें आधुनिक तकनीकों के आधार पर अधिक व्यापक करना है और अपनी नई पीढ़ी से जोड़ना है। मिलेट्स की व्यापक खेती और प्रसंस्करण ना सिर्फ़ खेतिहर वर्ग को आय के नए साधन देगा, बल्कि जनमानस को सुपोषण एवम् बेहतर स्वास्थ्य का विकल्प भी देगा।



Shri. G. Kamala Vardhana Rao, IAS
Chief Executive Officer, FSSAI

Millets are integral part of cultural ethos of Indian subcontinent. Presence of millets are traced even dated back in Harappan Civilisation. In today's milieu importance of millets have grown exponentially to manage lifestyle related issues and to stay fit. Thus marking 2023 as International Year of Millets is one step forward in the right direction where amalgamation of traditional wisdom and modern science is the need of the hour.

NUTRI-CEREALS AT A GLANCE...



Conceptualised & Designed by

Food Safety & Standards Authority of India, West Region

Our Team

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PEARL MILLET
बाजरा

Highest niacin content amongst all cereals; rich in protein, lipids and dietary fiber; per 100g: Energy-347 Kcal, Protein-10.9 g, Fat-5.43 g, Carbohydrate-61.8 g, Ca-27.4 mg, Fe- 6.4 mg, Folic Acid- 36.1 µg
Cultivation areas: Rajasthan Maharashtra, Gujarat, Uttar Pradesh and Haryana



JANUARY	SUN रवि	MON सोम	TUE मंगल	WED बुध	THU गुरु	FRI शुक्र	SAT शनि
	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30	31				

- 26 JANUARY - REPUBLIC DAY
- 01 JANUARY - NEW YEAR'S DAY
- 13 JANUARY - LOHRI
- 14 JANUARY - MAKAR SANKRANTI/ MAGHA BIHU/PONGAL
- 25 JANUARY- SHRI GANESH JAYANTI
- 26 JANUARY - BASANT PANCHAMI
- 10 JANUARY- DIETETICS DAY
- 26 JANUARY - INTERNATIONAL CUSTOMS DAY



LITTLE MILLET
मौसियो/कुटकी

High Dietary fiber and antioxidant activities along with high iron content;
per 100g: Energy-346 Kcal, Protein-10.1 g, Fat-5.89 g, Carbohydrate-65.5 g,
Ca-16.1 mg, Fe- 1.2 mg, Folic Acid- 36.2 µg
Cultivation areas: Madhya Pradesh, Orissa, Jharkhand, and Uttar Pradesh.



FEBRUARY

SUN रवि	MON सोम	TUE मंगल	WED बुध	THU गुरु	FRI शुक्र	SAT शनि
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19	20	21	22	23	24	25
26	27	28				

- 05 FEBRUARY- HAZRAT ALI'S BIRTHDAY, GURU RAVI DAS'S BIRTHDAY
- 15 FEBRUARY - BIRTHDAY OF SWAMI DAYANANDA SARASWATI
- 18 FEBRUARY - MAHA SHIVRATRI
- 19 FEBRUARY - CHHATRAPATI SHIVAJI MAHARAJ JAYANTI
- 27 FEBRUARY - NATIONAL PROTEIN DAY



PROSO MILLET
चेना/बैरी

Highest protein content with high calcium; lowers the risk of heart diseases by reducing cholesterol levels; per 100g: Energy-341 Kcal, Protein-12.5 g, Fat-2.55 g, Carbohydrate-70.4 g, Ca-14 mg, Fe- 0.2 mg. Cultivation areas: Northern states of India



MARCH

SUN रवि	MON सोम	TUE मंगल	WED बुध	THU गुरु	FRI शुक्र	SAT शनि
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
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26	27	28	29	30	31	

- 07 MARCH - HOLI
- 22 MARCH - GUDI PADAVA

- 06 MARCH - HOLIKA DAHAN
- 30 MARCH - SHRI RAM NAVAMI

- 07 MARCH - PLANT POWER DAY
- 10 MARCH - INTERNATIONAL SCHOOL MEALS DAY
- 15 MARCH - WORLD CONSUMER RIGHTS DAY
- 22 MARCH - WORLD WATER DAY



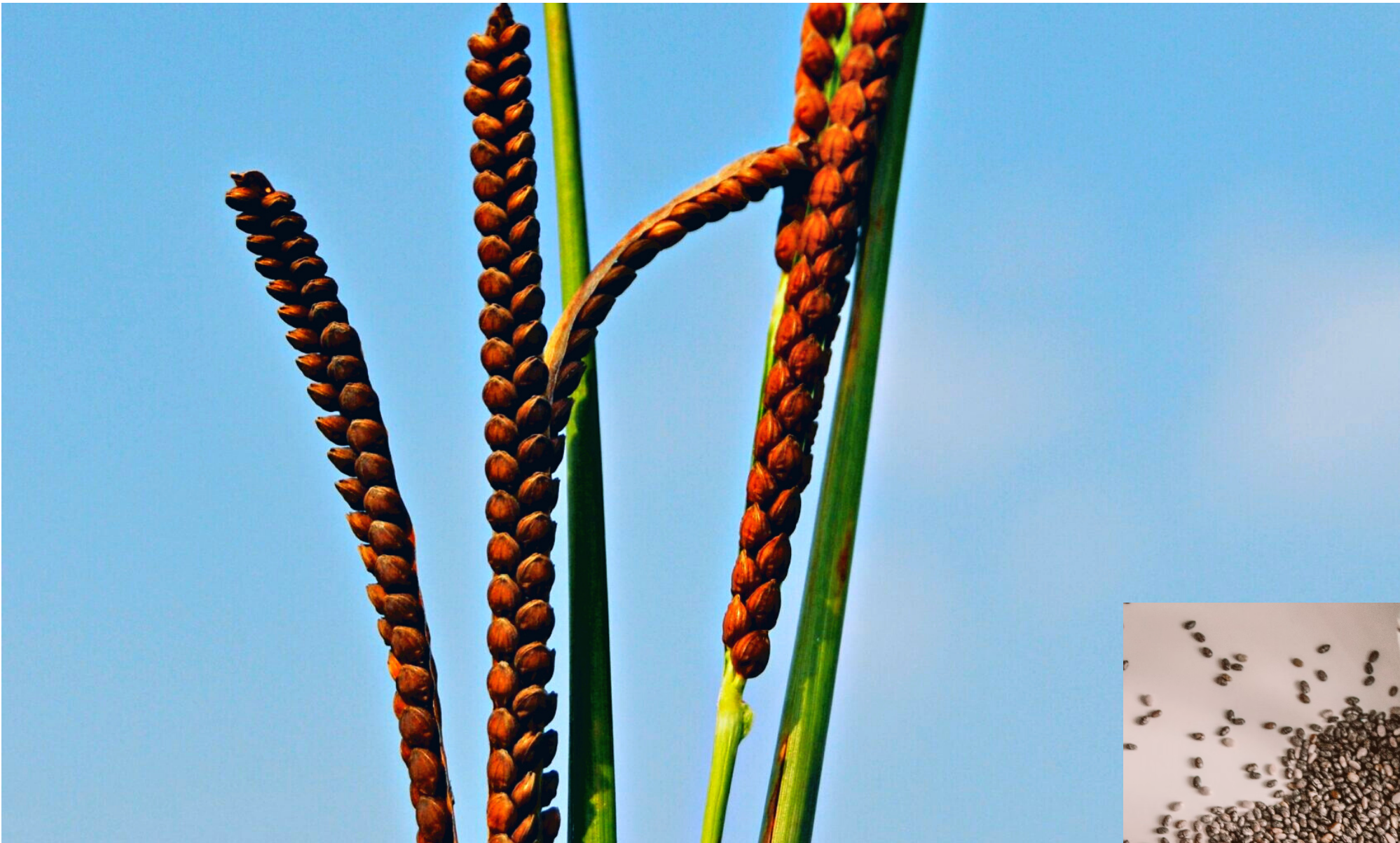
AMARANTH
राजगिरा



A pseudo millet, carrier of amino acids and other bioactive peptides; having cancer-preventive and antihypertensive properties; per 100g: Energy-356 Kcal, Protein-13.3 g, Fat-5.6 g, Carbohydrate-61 g, Ca-162 mg, Fe- 8 mg, Folic Acid- 24.7 µg
Cultivation areas: Kerala, Tamil Nadu, Karnataka, and Maharashtra

APRIL	SUN	MON	TUE	WED	THU	FRI	SAT
	रवि	सोम	मंगल	बुध	गुरु	शुक्र	शनि
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	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
	30						

- 04 APRIL - MAHAVIR JAYANTI
- 07 APRIL - GOOD FRIDAY
- 22 APRIL - ID-UL-FITR
- 06 APRIL - HANUMAN JAYANTI, PESAH
- 09 APRIL - EASTER SUNDAY
- 13 APRIL - SHAHADAT HAZRAT ALI
- 14 APRIL - DR AMBEDKAR JAYANTI, VAISAKHI
- 15 APRIL - VAISAKHADI/BAHAG BIHU
- 21 APRIL - JAMAT-UL-VIDA
- 22 APRIL - AKSHAY TRITAYA
- 07 APRIL - WORLD HEALTH DAY
- 22 APRIL - WORLD EARTH DAY



KODO MILLET
केद्रव/कीदो

Rich in niacin, pyridoxine, folic acid, and other minerals; consists of lecithin known to strengthen the nervous system; per 100g: Energy-331 Kcal, Protein-8.9 g, Fat-2.55 g, Carbohydrate-66.2 g, Ca-15.3 mg, Fe- 2.3 mg, Folic Acid- 39.5 µg
Cultivation areas: Odisha, Madhya Pradesh, Karnataka, Tamil Nadu



MAY	SUN रवि	MON सोम	TUE मंगल	WED बुध	THU गुरु	FRI शुक्र	SAT शनि
		1	2	3	4	5	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30	31			

• 05 MAY - BUDDHA PURNIMA

• 01 MAY - MAHARASHTRA DAY

• 21 MAY - INTERNATIONAL TEA DAY

• 08 MAY - GURU RABINDRANATH'S BIRTHDAY

• 28 MAY - WORLD NUTRITION DAY

• 26 MAY - SHABOAT



DAYS OF IMPORTANCE



GAZZETED HOLIDAY



RESTRICTED HOLIDAY



FINGER MILLET
रागी



High antioxidant activity; one of the best sources of calcium; sulphur-rich amino acids make it ideal weaning food; per 100g: Energy-320 Kcal, Protein-7.2 g, Fat-1.92 g, Carbohydrate-66.8 g, Ca-364 mg, Fe- 4.6 mg, Folic Acid- 34.7 µg

Cultivation areas: Karnataka, Rajasthan, Andhra Pradesh, and Tamil Nadu.

JUNE

SUN रवि	MON सोम	TUE मंगल	WED बुध	THU गुरु	FRI शुक्र	SAT शनि
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• 29 JUNE - ID-UL-ZUHA

• 20 JUNE - RATH YATRA

• 01 JUNE - WORLD MILK DAY

• 29 JUNE - AASHADHI EKADASHI

• 07 JUNE - WORLD FOOD SAFETY DAY

• 10 JUNE - NATIONAL HERBS AND SPICES DAY



DAYS OF IMPORTANCE



GAZZETED HOLIDAY



RESTRICTED HOLIDAY



BARNYARD MILLET
सुआ

Presence of gamma amino butyric acid (GABA) and beta-glucan contents reduce blood lipid levels; good source of crude fiber and iron; per 100g: Energy-307 Kcal, Protein-11.2 g, Fat-2.2 g, Carbohydrate-65.5 g, Ca-11 mg, Fe- 15.2mg. Cultivation areas: Uttarakhand, Tamil Nadu, Andhra Pradesh, and Karnataka.



JULY

SUN रवि	MON सोम	TUE मंगल	WED बुध	THU गुरु	FRI शुक्र	SAT शनि
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30	31					

• 29 JULY - MUHARRAM

• 03 JULY - GURU POURNIMA

• 01 JULY - INTERNATIONAL FRUIT DAY

• 27 JULY - TISHABH (JEW)

• 07 JULY - WORLD CHOCOLATE DAY

• 20 JULY - WORLD NATURE CONSERVATION DAY



DAYS OF IMPORTANCE



GAZZETED HOLIDAY



RESTRICTED HOLIDAY



FOXTAIL MILLET
कंगनी/दांगुन



One of the best digestible and non-allergic grains with a nutty flavor and high content of copper and iron; per 100g: Energy-331 Kcal, Protein-12.3 g, Fat-4.3 g, Carbohydrate-60.1 g, Ca-31 mg, Fe- 2.8 mg, Folic Acid- 15 µg
Cultivation: Meghalaya, Karnataka, Andhra Pradesh, Telangana, and Rajasthan

AUGUST

SUN रवि	MON सोम	TUE मंगल	WED बुध	THU गुरु	FRI शुक्र	SAT शनि
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27	28	29	30	31		

- 15 AUGUST - INDEPENDENCE DAY
- 16 AUGUST - PARSI NEW YEAR
- 21 AUGUST - NAG PANCHAMI
- 29 AUGUST - ONAM/THIRUONAM DAY
- 30 AUGUST - RAKSHA BANDHAN
- 01 TO 07 AUGUST - WORLD BREASTFEEDING WEEK



TEFF MILLET
तेफ़

Gluten-free with high polyphenols suitable to aid people with celiac disease; per 100g: Energy-367 Kcal, Protein-13.3 g, Fat-2.38 g, Carbohydrate-7.13 g, Ca-180 mg, Fe- 7.63 mg
Cultivation: Karnataka



SEPTEMBER

SUN रवि	MON सोम	TUE मंगल	WED बुध	THU गुरु	FRI शुक्र	SAT शनि
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- 19 SEPTEMBER - GANESH CHATURTHI
- 28 SEPTEMBER - ID - E- MILAD
- 06 SEPTEMBER - JANMASHTAMI
- 16 SEPTEMBER - ROSH HASHANAH (JEW)
- 25 SEPTEMBER - YOM KIPPUR (JEW)
- 28 SEPTEMBER - ANANT CHATURDASHI
- 30 SEPTEMBER - SUKKOTH (JEW)
- 01 TO 07 SEPTEMBER - NATIONAL NUTRITION WEEK
- 21 SEPTEMBER - NATIONAL CHAI DAY



SORGHUM
ज्वार



Presence of prolamin makes it easily digestible on cooking- helps certain dietary groups; rich in β -carotene, folic acid, and riboflavin; per 100g: Energy-334 Kcal, Protein-9.9 g, Fat-1.73 g, Carbohydrate-67.7 g, Ca-27.6 mg, Fe- 3.9 mg, Folic Acid- 39.4 μ g
Cultivation: Maharashtra, Karnataka and Tamil Nadu

OCTOBER

SUN रवि	MON सोम	TUE मंगल	WED बुध	THU गुरु	FRI शुक्र	SAT शनि
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

- 02 OCTOBER - GANDHI JAYANTI
- 24 OCTOBER - DUSSHERA (VIJAYADASHAMI)
- 08 OCTOBER - SIMHAT TORAH
- 15 OCTOBER - GHATSTHAPANA
- 21 OCTOBER - DUSSHERA (SAPTAMI)
- 22 OCTOBER - DUSSHERA (MAHA ASHTAMI)
- 23 OCTOBER - DUSSHERA (MAHA NAVAMI)
- 28 OCTOBER - MAHARSHI VALMIKI'S BIRTHDAY
- 01 OCTOBER - WORLD VEGETARIAN DAY
- 06 OCTOBER - WORLD FOOD SECURITY DAY
- 08 OCTOBER - WORLD EGG DAY
- 16 OCTOBER - WORLD FOOD DAY
- 15 TO 19 OCTOBER - WORLD OBESITY AWARENESS WEEK
- 23 OCTOBER - WORLD IODINE DEFICIENCY DISORDER WEEK



BROWNTOP MILLET
मक्रा/मुरात

A good source of zinc, iron and fibre; per 100g: Energy-338 Kcal, Protein-11.5 g, Fat-1.89 g, Carbohydrate-71.3 g, Ca-0.01 mg, Fe- 0.65 mg.
Cultivation: Karnataka and Andhra Pradesh



NOVEMBER

SUN रवि	MON सोम	TUE मंगल	WED बुध	THU गुरु	FRI शुक्र	SAT शनि
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26	27	28	29	30		

- 12 NOVEMBER - DIWALI
- 27 NOVEMBER - GURU NANAK JAYANTI

- 01 NOVEMBER - KARWA CHAUTH
- 10 NOVEMBER - DHANTRAYODASHI
- 12 NOVEMBER - NARAK CHATURDASI
- 14 NOVEMBER - GOVARDHAN PUJA
- 15 NOVEMBER - BHAIDOOJ
- 19 NOVEMBER - CHHAT PUJA
- 24 NOVEMBER - GURU TEG BAHADUR'S

- 01 NOVEMBER - WORLD VEGAN DAY
- 14 NOVEMBER - WORLD DIABETES DAY
- 25 NOVEMBER - WORLD NON-VEG DAY
- 26 NOVEMBER - NATIONAL MILK DAY

MARTYRDOM DAY



DAYS OF IMPORTANCE



GAZZETED HOLIDAY



RESTRICTED HOLIDAY



BUCKWHEAT
कूट

A pseudo millet with lysine, rutin, and polyphenol compounds that controls blood pressure; having anti-inflammatory and anti-carcinogenic properties; per 100g: Energy-343 Kcal, Protein-13.3 g, Fat-3.4 g, Carbohydrate-71.5 g, Ca-18 mg, Fe- 2.2 mg.
Cultivation: Jammu & Kashmir, Uttarakhand, Himachal Pradesh and Chhattisgarh



DECEMBER

SUN रवि	MON सोम	TUE मंगल	WED बुध	THU गुरु	FRI शुक्र	SAT शनि
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31						

- 25 DECEMBER - CHRISTMAS DAY
- 06 DECEMBER - DR BABASAHEB AMBEDKAR'S PUNYATITHI
- 08 DECEMBER - HANUKKAH (JEW)
- 24 DECEMBER - CHRISTMAS EVE
- 26 DECEMBER - SHRI DATTA JAYANTI
- 26 DECEMBER - BOXING DAY
- 23 DECEMBER - KISAN DIVAS (NATIONAL FARMER'S DAY)



PEARL MILLET
बाजरा

Highest niacin content amongst all cereals; rich in protein, lipids and dietary fiber;
per 100g: Energy-347 Kcal, Protein-10.9 g, Fat-5.43 g, Carbohydrate-61.8 g, Ca-27.4 mg, Fe- 6.4 mg, Folic Acid- 36.1 µg
Cultivation areas: Rajasthan Maharashtra, Gujarat, Uttar Pradesh and Haryana



JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
रवि	सोम	मंगल	बुध	गुरु	शुक्र	शनि
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

• 26 JANUARY - REPUBLIC DAY

DECEMBER 2023

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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

- 10 JANUARY- DIETETICS DAY
- 26 JANUARY - INTERNATIONAL CUSTOMS DAY

FEBRUARY 2024

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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

NUTRI-CEREALS AT A GLANCE...



Source: Indian Food Composition Tables, NIN – 2017; Nutritive value of Indian Foods, NIN – 2007, USDA (2017)

Conceptualised & Designed by

Food Safety & Standards Authority of India, West Region

Created & tailored by

Samiksha Arvind Pawar