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Utilization of micro millets (ragi) based food products in the field of nutrition for human consumption

In different zones of India, cereal production is very low whereas millets production is very high such as Bundelkhand zone. In that condition, per capita cereals and other grains consumption is affected due to its high cost. Therefore, it is an option that the produced micro and macro millets should be properly utilized for human consumption because, these millets have very special medicinal and functional quality and able to reduce diabetes, cardiovascular diseases, cancer, constipation etc. But, due to coarse structure, these millets are improperly utilized and mostly used for animal feeds. On the bases of this concern, the present attempt has been made to formulate micro and macro millets incorporated products with cereals and legumes. Pearl millets, maize and Sorghum were selected as macro millets and mandua (Ragi), kakun (Italian millet), kutki (little millet) were selected as micro millets. The processes were standardized to prepare one salty and one sweet product from the incorporation of selected millets with suitable cereal and legume. These sweet and salty food products were sensory evaluated on the basis of 9-point hedonic scale through expert panel. All prepared products were found to be having an average acceptability.

Biography

Subhash Yadav, present he is pursuing his Master degree in Nutrition science from Department of biosciences and biotechnology, Kanpur University. He worked as a dietician in a corporate hospital for 10 months he also did diet counseling camp in many schools, industries and society areas. Taken part in national and international conferences, Presented a poster presentation in conference.

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