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Departmental Seminar

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Seminar Title : Return Seminar-Development of millet-based rice Analogue

Speaker : Thota Niranjana

Supervisor : 2910

Venue : CH 306

Date and Time : 14 Mar 2024 (16.00)

Abstract : Rice has been one of the most consumed staple grains in almost every diet. In many countries dependence and demands of rice-based food have not been met by domestic rice consumption, therefore it is a requirement to meet the demands of domestic rice and food diversification. Also, there are clinically proven studies which have found that regular consumption of rice based foods increases the risk of diabetes type 2, clusters of metabolic abnormalities and cardiovascular diseases (CVD). Apart from this there have been increasing concerns that rice is high in starch and low in other essential nutrients which makes rice based diet a declining interest in global urban populations, Therefore from last few decades, there has been a developing interest in an appropriate vehicle just like rice which should be widely acceptable, not requiring any changes to local dietary habits or cooking techniques, fit into basic cuisine, and remarkable from a wide range of sources, which by the facts called as (RA). RA can be made from grains such as millet, quinoa, or barley, which offer a broader range of nutrients compared to rice. Millets exhibit superior nutritional qualities in terms of dietary fibre, micronutrients, and phytochemicals when compared to rice and wheat. The nutritional superiority of millet has led to them being referred to as Nutri-cereals. Production of analogue rice from the millet results in nutritional-rich rice without compromising rice-like feel for local dietary habits or cooking techniques.