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FB17OP: Inclusive of Value Added Food Products of Barnyard millet into Meal

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Abstract

Millets have tremendous nutritive value and therapeutic uses. Barnyard millet (*Echinochloa esculanta L.*) has become one of the most important minor millet crops in Asia. Its production is increased worldwide. Consumption of Barnyard millet is focusing in urban areas recently. Due to its nutritive value and therapeutic uses recommended to patient of cardiovascular diseases and diabetes. Despite its nutritional and agronomic benefits, barnyard millet has remained an underutilized crop. It is most effective to reduce the blood glucose level and lipid level. It is ideal millet for those patients who have gluten intolerance. It is a good source of protein, carbohydrate, fiber, micronutrients (iron and zinc). It is gluten free than other major cereals. In this research we are going to analyze nutritive values of value-added food products of millet like rice, puffs, bhakari, roti, nan, puloov, cookies, cakes, etc. We must popularize these food value added food products to include in main diet. It is a potential crop in contributing to food and nutritional security.

Keywords: Barnyard millet (Phule Barti-1), Cookies, Cakes, Consumer Acceptability