

SAJJA, [BAJRA, Pearl Millet]

Another cool customer among the traditional crops is **Sajja**. Considered a **COOL** crop and known for its delicious rotis and malida **Sajja** is also a great storehouse of nutrition. At 361 k.cal of energy per 100 gms it tops the list of energy-giving grains. It also has 132 mg of carotene per 100 gms. Compare this to rice which contains 0 Carotene!.

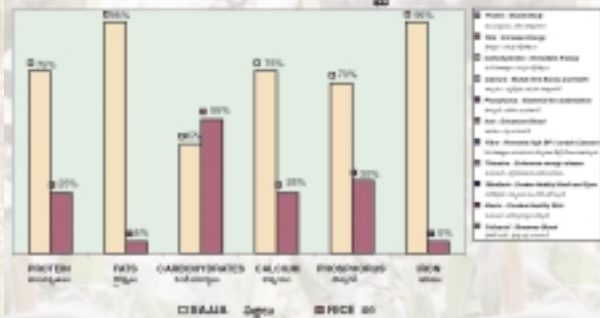
Carotene is the most sought after micro nutrient in the food industry. Most of us search for Beta Carotene capsules to keep ourselves healthy. **Sajja** offers this vital vitamin at no additional cost.

Special Features

- Protein-rich; builds body, helps in growth.
- Rich in Iron, builds blood.
- Good source of fiber, promotes healthy digestion
- Gives high energy; keeps you active

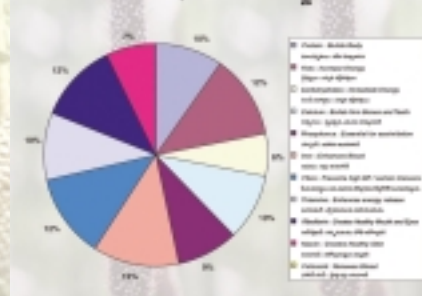
NUTRIENT COMPARISON: SAJJA & RICE

పోషక విలువల పోలిక : సజ్జలు - పరి



NUTRIENT COMPOSITION: SAJJA

పోషక విలువలు : సజ్జలు



JONNA, [JOWAR, Sorghum]

Jonna is a not only *staple food* but also *versatile millet*. It delicious and nutritious preparations are prepared with therapeutic value.

Jonna is rich in body building protein good source of energy and contains good amount of iron as well.

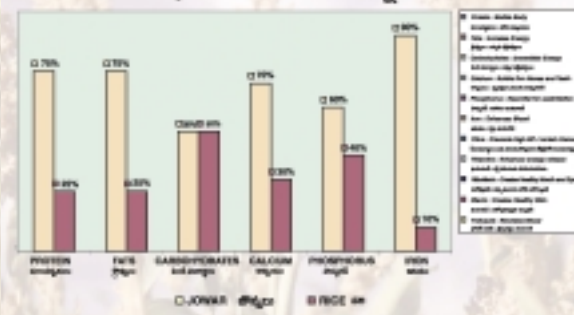
Jonna has 10.4 g of calcium and 4.1. mg of iron for 100 g. Like **Raagi** this is also easily digestible and is welcome convulsive food and has many local varieties which are delicious, nutritious and has a great satiety value.

A range of good qualities and taste is embodied in this wonder millet.

Sorghum is a great source of protein, which is essential for growth and body -building.

NUTRIENT COMPARISON: JOWAR & RICE

పోషక విలువల పోలిక : జొన్నలు - పరి



NUTRIENT COMPOSITION: JOWAR

పోషక విలువలు : జొన్నలు



EAT SMART! EAT MILLETS !!

Ever worried about what food you are buying and eating?
Does the question whether they are good and healthy
for you and your children haunt you?

You Can Stop Worrying Now,
The DDS Organic Mobile
is in your neighbourhood now.

The **DDS Organic Mobile** is the mobile outlet of the **Deccan Development Society**, an internationally reputed NGO engaged in ecological agriculture for over two decades.

It sells great millets, which are storehouses of nutrition and energy, Especially Jonna [jowar], Sajja [Bajra], Raagi, Korra, Saama etc. What does this mean for your health and nutrition? Look at the chart below and understand how much nutrition is packed in KORRA a millet you might have never eaten in your life? It is not too late, start now!

Crops	Protein	Minerals (100 gms)	Calcium (mg)	Iron (100 gms)
Sajja [Bajra]	11.6	2.3	42	5.0
Ragi	7.3	2.7	344	6.4
Jonna [Jowar]	10.4	1.6	25	5.8
Korra	12.3	3.3	31	12.9
Wheat	11.8	0.6	23	2.5
Rice	6.8	0.6	10	3.1

Look out for the Organic Mobile in your neighbourhood.
Visit us and start eating smart.

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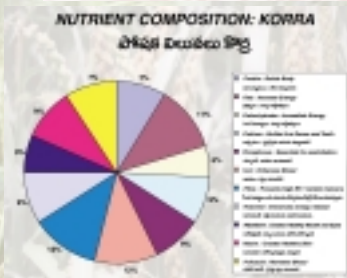
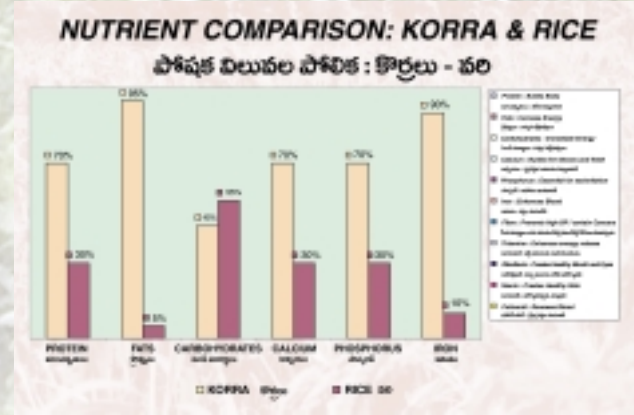
KORRA [Foxtail Millet]

Korra is a *Hot Hot food*. Apart from warmth, **Korra** offers a wide range of nutritional advantages over other foods, especially rice. It has the highest percentage of **protein, minerals and iron** among all foods [100% more protein and 500% more minerals and 400% more iron than rice] and very high quantities of B1 and B2 vitamins as well as a range of micro nutrients.

Compared to rice, **Korra** also contains five times more Vitamin B1 and four times more Vitamin B2, four times more bone-building Calcium, 60% more blood enhancing iron.

All these mean that a good intake of **Korra** in our foods will ensure that we get energy, proteins for body building, minerals, as well as vitamins that keep us healthy.

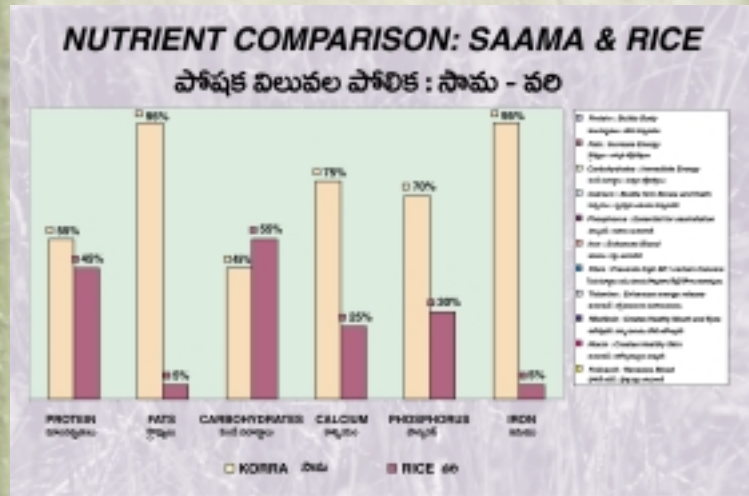
Korra is also rich in fibre. Fibre is associated with reduced incidence of coronary heart diseases and certain types of cancer. Fibre is highly advocated for diabetic people since it helps the gradual release of sugar into our bloodstream unlike rice which releases sugar at once.



SAAMA [Little Millet]

For our bodies battered by the consumption of foods full of carbohydrates, **Saama** offers a refreshing and soothing alternative. Low in fats, high in phosphorous, calcium, minerals, protein and fibre [**Saama** has 3500% more fibre than rice] **Saama** is a wonder grain.

Because of these great nutritional qualities, **Saama** is a fantastic source of health. It is a food that people suffering from diabetes and blood pressure should welcome into their diets as the dietary fibre is most effective in reducing blood glucose and cholesterol levels.



RAAGI [Finger Millet]

Ragi is considered as the *coolest* and the *richest millet* in terms of its taste and nutrition. **Ragi** is rich in **minerals**, especially calcium which builds bones and teeth. **Ragi** is also rich in **other minerals and fiber**. It also contains good amounts of **B1 and B2** which help in different biological functions.

Rice is a poor source of calcium with a value of 10 mg where as **Ragi** has an enormous amount of calcium : 344 mg per 100 gms. It is also advised in many *therapeutic diets* for example to manage diabetes. Among all the millets this is easily digestible

- ✓ **Ragi provides calcium for strong bones and teeth**
- ✓ **Rich in proteins and iron, which helps in blood formation, body building.**
- ✓ **Slow in digestion; hence good for Diabetics.**

Ragi provides proteins for growth.

