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**Connecting Millets with Nutrition:
Millets can be Included in the Daily Diet of General Public
Bhubaneswar, 09/11/2023:**

As a major component of healthy diet, millets protect us against many chronic non-communicable diseases, such as heart disease and diabetes. An individual can make healthy food choices from among an increasingly complex food supply. Inclusion of millets in daily diet is essential for good health and nutrition. This has been opined by the speakers in a technical session on the theme of "Linkages between Millets and Health" in the International Convention on Millets being held here. To mark the celebration of International Year on Millets 2023, Department of Agriculture and Farmers' Empowerment, Government of Odisha organised the convention which includes the session that summed up multiple benefits of millets.

Dr. Soumya Swaminathan, Chairperson, M. S. Swaminathan Research Foundation (MSSRF) and former Chief Scientist of WHO chaired the session while Dr. Pomu Tudu, Managing Director, Odisha State Medical Corporation Limited (OSMCL) co-chaired. The panellists included doctors, researchers, and administrators like Dr. R. Ananthan, Scientist 'E,' Food Chemistry and Nutrient Analysis, NIN, Mrs. Usha Dharmaraj, Senior Technical Officer, Central Food Technological Research Institute (CFTRI), Dr. Sanghamitra Mishra, Dean, SUM Medical Collage, Dr. Alok Kanungo, Dr. Basanta Kumar Kar, Chief Advisor, and Mentor-Nutrition Board of Sukarya, Dr. Monalisa Rout, Dietician, KIMS. The aim was to provide adequate knowledge and skills for critical thinking regarding diet and health so that people can make healthy food habits. The session's objective was to promote millet as a nutritious and sustainable food source and make people aware about health benefits of millet, such as addressing malnutrition and food security.

Some of the important discussions included possible collaborations with hospital, prescribing millet to diabetic patients, strategic policy and program delivery, inclusion of millets in daily diet, technologies for including millets in government programs, studies related to millets and nutrition security and initiatives by AIIMS for Mainstreaming millets. The entire discussion during the session looked into possible ways in which millets could be included in the daily diet of people.

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