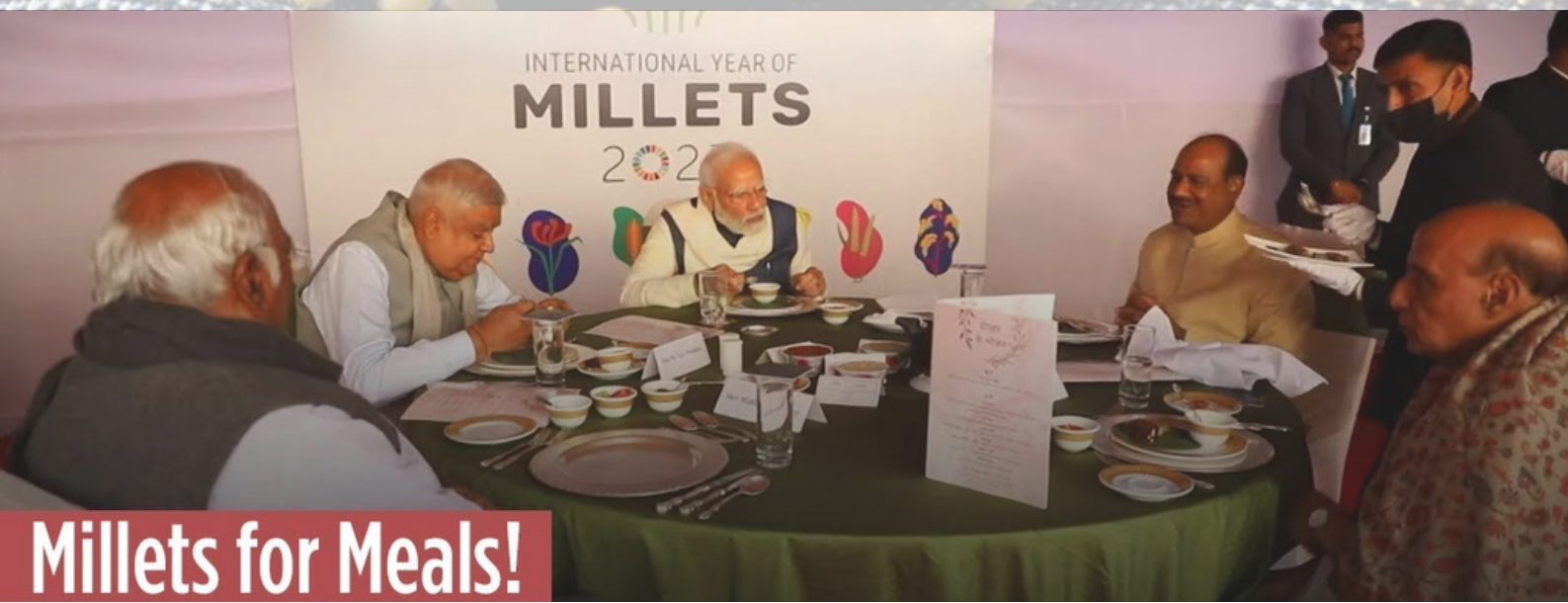


# HDC GROUP INDIA



**Millets for Meals!**



## About Us Millet Zone



HDC Group India is leading Manufacturer, Service Provider & Supplier of organic millet grains, millet based products unpolished, ready to eat millet based products, cold pressed oils, and organic products. We are climbing the ladder of success since 2017 with a core team of 10 members and field associates across the world.

M.I.ALAM is the Proprietor of HDC GROUP INDIA who is known for his 100% vegetarian, authentic food free from colours or taste enhancers, His concern for the welfare of the Society, for the prospect of Indian farmers, for the health of Indians, made him to initiate a cause of bringing back the ancient foods of India into a society which was aping the west and going for oats and other products, when India had so much to offer. With like minded people to support, he pioneered the cause of millets and brought about a wave of awareness and revolution in the millet consumption by conducting many workshops with the help of renowned scholars and Speakers. They stood for the cause of farmers, where the consumption indirectly helped farmers for their livelihood ( as millets need less water and yields in a span of 3 months) and in the process a healthy society is shaping up. HDC Group India is a leading online platform for healthy natural unpolished and organic food products. The company is based in India and offers customers a wide range of high-quality, natural organic and healthy food products. The company offers a wide range of natural products including millets grain, millets flour, multi grain flour, black rice, and honey-dipped dry fruits. HDC Group India is committed to promoting healthy living and sustainable agriculture by sourcing products from farmers who use traditional and sustainable methods.



The company's platform is user-friendly, and its customer service team is knowledgeable and dedicated to helping customers make informed choices. HDC Group India is more than just a food retailer, it is a wellness and lifestyle brand that is dedicated to promoting health and sustainability. The company also has a strict quality control process in place and regularly donates a portion of its profits to charitable organizations. HDC Group India is constantly expanding its product range and has a strong presence on social media to educate customers on healthy living.

HDC Group India is committed to promoting healthy living with a mission "Rog Mukh Bharat" by offering healthy food options such as millets and multi-grain flour, which are known for their nutritional benefits. The company also offers black rice, a nutritious and lesser-known grain, special verity honey and honey-dipped dry fruits, which provide a healthy snack option.

In addition to promoting healthy eating, HDC Group India is also dedicated to promoting sustainable agriculture practices. The company sources its products from farmers who use traditional and sustainable farming methods, ensuring that the products are not only healthy but also environmentally friendly.

With its wide range of healthy food products and commitment to promoting sustainable agriculture, HDC Group India is dedicated to helping its customers lead healthier, more sustainable lives. HDC Group India is also committed to giving back to the community. The company supports local farmers by sourcing its products directly from them, and by providing them with fair prices for their products. This helps to promote sustainable agriculture and also provides farmers with a reliable source of income.

In addition, HDC Group India regularly donates a portion of its profits to various charitable organizations that focus on promoting health and wellness, and improving access to healthy food for those in need.

The company's commitment to sustainability and social responsibility is evident in all aspects of its business operations. From the products it sells to the way it operates its online platform, HDC Group India is dedicated to making a positive impact on the world. Overall, HDC Group India is more than just an online retailer of healthy food products. It is a brand that is dedicated to promoting health, wellness and sustainability, and making a positive difference in the lives of its customers and the wider community.

To ensure the highest quality of products, HDC Group India has a strict quality control process in place. All products undergo rigorous testing to ensure they meet the company's standards for quality and safety. The company also works with trusted suppliers who are committed to using only the best ingredients and materials.



HDC Group India is constantly expanding its product range to meet the evolving needs and preferences of its customers. The company stays up-to-date with the latest trends in healthy eating and wellness, and is always on the lookout for new and innovative products to add to its platform.

In addition to its commitment to quality, HDC Group India is also dedicated to promoting sustainable agriculture and giving back to the community. The company sources its products directly from local farmers, providing them with fair prices for their products. By supporting local farmers, HDC Group India helps to promote sustainable agriculture and improve the livelihoods of those in the community.

The company also regularly donates a portion of its profits to various charitable organizations that focus on promoting health and wellness and improving access to healthy food for those in need. HDC Group India's commitment to sustainability and social responsibility is evident in all aspects of its business operations.

In addition to its online platform, HDC Group India also has a strong presence on social media. The company regularly shares information and resources about healthy living and wellness to educate and inspire its customers. HDC Group India also offers a blog where customers can find articles and tips on how to lead a healthier, more sustainable life.

In conclusion, HDC Group India is a company that is dedicated to promoting health and wellness through its range of high-quality, organic and healthy food products. With its strict quality control standards, commitment to sustainability and social responsibility, and its focus on customer satisfaction, HDC Group India is a company that customers can trust and rely on for all their healthy food needs.





# History Of Millets

Millets are one of the oldest farmed cereal grains in the world, and are believed to be the first domesticated cereal grain. There is evidence that millets were cultivated in Asia and Africa over 5000 years ago, and that they eventually became a staple food worldwide. Millets actually belong to the grass family and are small, rounded whole grains in shades of red, brown, green, and creamy yellow. According to archaeologists, the cultivation of millets was more common in prehistory than the cultivation of rice!



## CURRENT SITUATION

Millets can provide significant benefits to consumers, farmers, and the environment. Consumers benefit from the nutritional value of millets, while farmers can make use of dry land that is not suitable for rice or wheat to grow millets, which will lead to economic benefits for the farmers. Growing millets even benefits the environment since it promotes soil sustainability, conserves water, and does not require many pesticides and fertilizers. In light of these benefits, a lot of effort is being made by many organizations to bring millets back as a staple food to people around the world. In fact, the United Nations General Assembly has declared 2023 as the “International Year of Millets!” After being proposed by India, the idea was supported by over 70 nations in an effort to educate the world about the nutritional and ecological benefits of millets and to encourage governments to facilitate millet production and consumption.

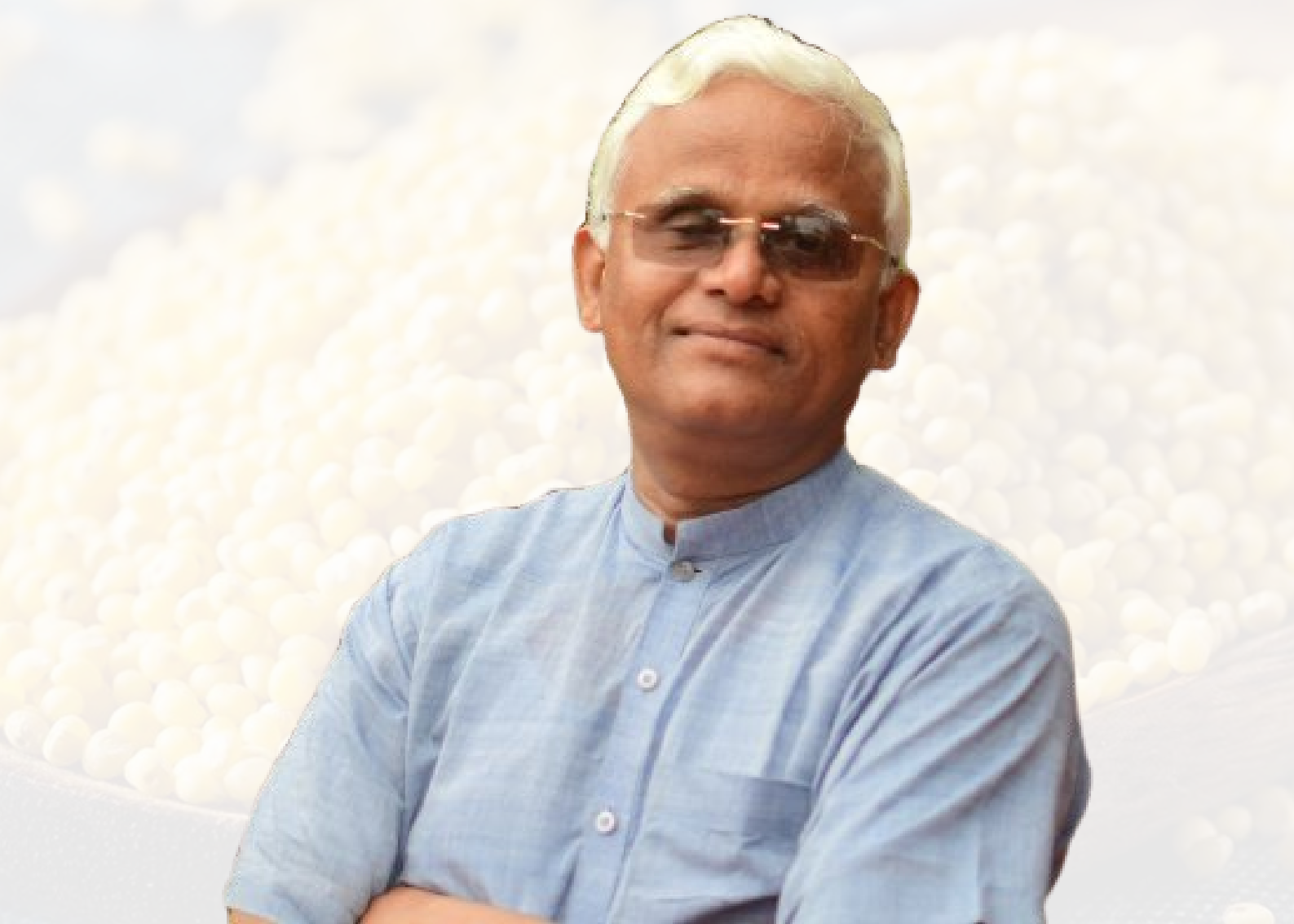




# THE MILLET MAN

## PADMA SHRI , DR. KHADAR VALI

Dr. Khadar Vali is an independent scientist, homoeopathic doctor and farmer who is known throughout India as “The Millet Man.” Although there are many varieties of millet grown all over the world that have yet to be identified, Dr Khadar Vali has identified nine main millet varieties. He has classified these nine millets along with rice and wheat into three-grain categories: “Positive Grains,” “Neutral Grains,” and “Negative Grains.” According to Dr Khadar Vali, the five millets in the “Positive Grains” category (Browntop Millet, Barnyard Millet, Little Millet, Kodo Millet, and Foxtail Millet) have properties that can cure health issues within 6 months to 2 years, if eaten regularly. However, as with any dietary change, each person’s body may respond differently.



Dr Khadar Vali further suggests that the four millets in the “Neutral Grains” category (Finger Millet, Proso Millet, Pearl Millet, and Sorghum) can prevent health issues and maintain good health. Finally, rice and wheat fall into the “Negative Grains” category and are to be avoided according to Dr Khadar Vali, as these two grains increase the possibility of developing health issues.



# Kodo Millets

Unpolished or organic kodo millet is a type of millet that is minimally processed and retains its natural nutrients. It is a good source of complex carbohydrates, fiber, and protein. It is also gluten-free and may be a good alternative for those with gluten sensitivities.

Kodo millet is also a rich source of minerals like iron, magnesium, and phosphorous. And also rich in antioxidants, which may help protect against chronic diseases.

In terms of nutritional facts, 100 grams of kodo millet contains around:



## Health Benefits:

- Aids in the purification of the blood and bone marrow (where the blood cells are produced)
- Helps in thinning blood, which can prevent high blood pressure, high cholesterol, artery blockage and other heart issues.
- Helps to clear metabolic waste in the blood, which can occur if the kidneys are not functioning well.
- Helps with cancers of the blood, liver, throat, intestines, kidneys, prostate, thyroid, and pancreatic glands due to its blood detoxifying properties.
- Can prevent allergies and even viruses such as COVID-19!
- Helps dissolve deposited fat, and is thus beneficial in weight loss.



## Nutritional Facts:

- Protein: 6.2g
- Carbohydrates: 65.6g
- Minerals: 2.6g
- Fiber: 9.0g
- Iron: 2.9mg
- Thiamin B1: 0.33mg
- Calcium: 0.04g
- Phosphorus: 0.24g
- Carotene: 0ug
- Riboflavin B2: 0.09mg
- Niacin: 2.0mg



# Little Millets

Little millet, also known as “saamai” in Tamil, is a type of millet that is considered to be one of the smallest of all millet varieties. It is unpolished and organic, meaning that it is not processed and does not contain any chemicals or pesticides.

Little millet is a rich source of nutrients and has several health benefits. It is high in fiber, which can aid in digestion and weight management. It also contains antioxidants and anti-inflammatory compounds that may help to reduce the risk of certain chronic diseases. Additionally, it is gluten-free and suitable for people with celiac disease or gluten intolerance.



## Health Benefits:

- Detoxifies and may treat issues related to the productive organs, even passing on the benefits from parent to child.
- Can aid in hormones imbalance issues. (i.e.. Thyroid)
- May help PCOD(Poly Cystic Ovary Disease) in women
- May increase sperm count in men
- Can detoxifies the Lymphatic system, which is vital to immune health.
- Helps to fight brain, throat , blood, thyroid, pancreatic and gland cancer.

## Nutritional Facts:

- Protein: 7.7g
- Carbohydrates: 65.6g
- Minerals: 1.5g
- Fiber: 9.8g
- Iron: 2.8mg
- Thiamin B1: 0.30mg
- Calcium: 0.02g
- Phosphorus: 0.28g
- Carotene: 0ug
- Riboflavin B2: 0.07mg
- Niacin B3 : 1.5mg



# Foxtail Millets

Unpolished foxtail millet, also known as “organic” or “natural” foxtail millet, is a type of whole grain that is high in nutrients and low in fat. Some potential health benefits of consuming foxtail millet include reducing the risk of heart disease and diabetes, improving digestion, and supporting weight loss.

In terms of nutritional value, foxtail millet is a good source of protein, dietary fiber, and various vitamins and minerals, including magnesium, phosphorus, and iron. It is also low in calories, making it a great option for those looking to maintain a healthy weight.

There are many ways to incorporate foxtail millet into your diet, including cooking it as a porridge, adding it to soups or salads, or using it as a base for veggie burgers. Some popular recipes that use foxtail millet include millet pilaf, millet-stuffed bell peppers, and millet and vegetable stir-fry.

In addition to the health benefits and nutritional value already mentioned, foxtail millet has been traditionally used in Ayurvedic and Chinese medicine for various health conditions. It is known to have anti-inflammatory and antioxidant properties that can help boost immunity, promote healthy skin and hair, and reduce stress and anxiety.



## Health Benefits:

- May help with issues related to the lungs and breathing such as asthmatic conditions and bronchial conditions.
- May help with bed-wetting by increasing bladder control through strengthening to nerves.
- Good for seniors as it may help with egg-related problems like forgetfulness and vertigo
- Can help to minimize seizures in kids resulting from extremely high fever
- Good for pregnant women as it may aid in the development of the baby's brain and spinal cord
- Helps people to recover from COVID-19.



## Nutritional Facts:

- Protein: 12.3g
- Carbohydrates: 60.6g
- Minerals: 3.3g
- Fiber: 8.0g
- Iron: 6.3mg
- Thiamin B1: 0.59mg
- Calcium: 0.03g
- Phosphorus: 0.29g
- Carotene: 32ug
- Riboflavin B2: 0.11mg
- Niacin: 0.7mg



# Browntop Millets

Unpolished & organic brown top millet is a type of whole grain that is highly nutritious and has several health benefits. Some of the benefits include:

**Gluten-free:** suitable for people with celiac disease or gluten intolerance.

**Rich in fiber:** helps regulate digestion and maintains healthy cholesterol levels.

**Good source of protein:** provides essential amino acids for growth and repair of tissues.

**Low glycemic index:** helps regulate blood sugar levels and reduces the risk of diabetes.

**High in minerals:** contains magnesium, phosphorus, and manganese which are essential for overall health.



## Health Benefits:

- Rich in essential nutrients such as protein, fiber, B vitamins, iron, and magnesium
- Good source of antioxidants
- May improve heart health
- Helps regulate blood sugar levels
- May support weight management.
- Rich in essential nutrients such as protein, fiber, B vitamins, iron, and magnesium
- Good for overall health due to its high mineral and vitamin content.
- May improve blood circulation due to its high iron content.

## Nutritional Facts

### (per 100g):

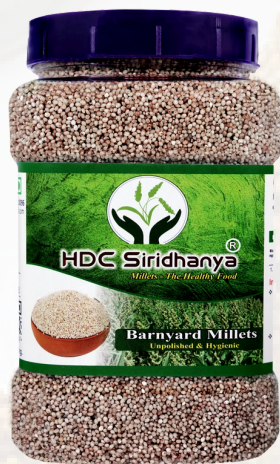
- Calories: 365 Kcal
- Protein: 11.5g
- Total Fat: 5g
- Carbohydrates: 69.37g
- Fiber: 12.5g
- Magnesium: 180mg
- Iron: 0.65mg
- Thiamin B1: 3.2mg
- Calcium: 0.01g
- Phosphorus: 0.47g



# Barnyard Millets

Unpolished & organic barnyard millet is a type of whole grain that is high in nutrients and low in fat and calories.

Barnyard millets, or *Echinochloa frumentacea*, is a gluten-free and low glycemic index cereal grain that is rich in fiber, protein, calcium, iron, and phosphorus. It is a fast-growing crop that can be harvested in just 45-60 days, making it an ideal food crop for smallholder farmers in developing countries. Barnyard millets can be used to make a range of dishes, including porridge, pilaf, and traditional Indian foods such as dosa and upma. They are also environmentally sustainable as they require less water and fertilizers compared to other grains. Here are some of its health benefits and nutritional facts:



## Health Benefits:

- Rich in fiber and antioxidants
- Gluten-free
- Supports weight management
- Promotes digestive health
- Lowers risk of heart disease
- Helps regulate blood sugar levels
- Good source of fiber, vitamins and minerals like magnesium, phosphorus, and iron
- Rich in antioxidants and has anti-inflammatory properties
- Can help regulate blood sugar levels and reduce risk of type 2 diabetes
- Helps in weight management
- Gluten-free, good for people with celiac disease or gluten intolerance
- Rich in fiber, helps regulate digestion and lower cholesterol
- Good source of antioxidants, helps protect against cellular damage
- High in minerals like iron, magnesium, and phosphorus, important for healthy bones and metabolism
- Low glycemic index, helps regulate blood sugar levels.



## Nutritional Facts (Per 100g):

- Energy: 370 kcal
- Protein: 6.2g
- Total Fat: 3g
- Carbohydrates: 74g
- Minerals: 4.4g
- Fiber: 10g
- Iron: 2.9mg
- Thiamin B1: 0.31mg
- Calcium: 0.02g
- Phosphorus: 0.28g
- Carotene: 0ug
- Riboflavin B2: 0.08mg
- Niacin: 1.5mg



# Millets Recipes

## Breakfast



Idli



Noodle



Pasta



Salad

## Lunch



Porridge



Vegetable Pilaf



Khichdi



Upma

## Dinner



Biryani



Millet Pilaf



Dosa



Pulao



# HDC Siridhanya

*Organic Diabetic Friendly products*



## Real Gift Of Nature



# HDC GROUP INDIA

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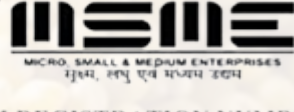


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