



POSHTIK

Multi grain flour for Obesity



**ALL INDIA COORDINATED RESEARCH
PROJECT ON WOMEN IN AGRICULTURE
ASSAM AGRICULTURAL UNIVERSITY
JORHAT-13**



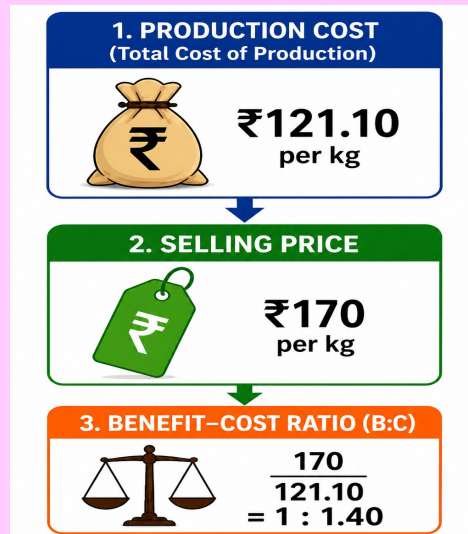
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ALL INDIA COORDINATED RESEARCH
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COST BENEFIT ANALYSIS



- ❖ B:C ratio = 1 : 1.40 indicates good economic viability.
- ❖ For every ₹1 invested, a return of ₹1.40 is obtained.
- ❖ Shows profit potential for small-scale production.
- ❖ Suitable for women-led SHGs and micro-enterprises.
- ❖ Encourages local entrepreneurship and value addition.



ABOUT THE PRODUCT

POSHTIK is a multigrain flour developed for overweight and obese populations. It is rich in dietary fibre and protein while being low in fat, helping to enhance satiety, support weight management, and provide essential micronutrients. It utilizes locally available ingredients to produce a high-fibre functional flour that promotes satiety and supports metabolic health.

KEY FEATURES

Iron and calcium support blood & bone health.

Health support helps lower cholesterol levels.

High dietary fibre improves digestion & promotes fullness.

Plant protein supports muscle maintenance.

Low fat suitable for weight control.



Nutritional Composition (Per 100 g)

Nutrient	Amount
Moisture	9.76 g
Crude Protein	13.42 g
Crude Fat	2.39 g
Total Minerals (Ash)	2.48 g
Crude Fibre	10.11 g
Carbohydrate	61.84 g
Energy	335.31 kcal
Total Dietary Fibre	25.35 g
Iron	5.61 mg
Calcium	105.64 mg

TARGET POPULATION

POSHTIK multigrain flour is suitable for overweight and obese individuals, health-conscious consumers, women (including pregnant and lactating mothers), elderly people, and individuals at risk of metabolic disorders.

Uses & Preparation



- Healthy substitute for refined flour in rotis, chapatis, parathas, pancakes, bakery products



- Mix flour with water to make dough and cook on a hot griddle.



- Enhances dietary fibre & nutritional value