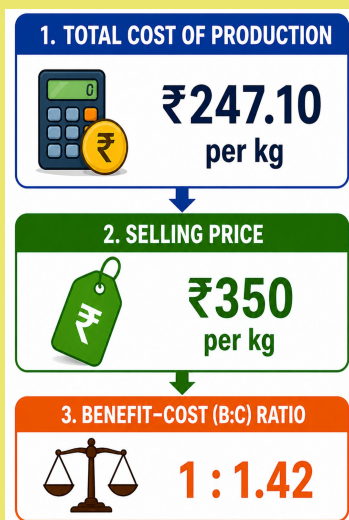


## COST BENEFIT ANALYSIS



- ❖ For every ₹1 invested, a return of ₹1.42 can be obtained.
- ❖ The B:C ratio (1:1.42) indicates good economic feasibility of the product.
- ❖ The technology is suitable for small-scale production by Self-Help Groups (SHGs) and women entrepreneurs.
- ❖ Use of locally available millets and pulses helps reduce production cost and promotes value addition.
- ❖ The product has good market potential as a healthy low Glycemic Index (GI) food for diabetic and health-conscious consumers.



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JORHAT-13

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## PRATIKAR A Low GI Multi grain flour



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## ABOUT THE PRODUCT

PRATIKAR is a nutritionally balanced multi-grain mix designed for pre-diabetics and diabetics. It is prepared from locally available low Glycemic Index (GI) ingredients such as red rice, black rice, foxtail millet, pulses, fenugreek and natural spices. The formulation provides slow-release carbohydrates, high dietary fibre and plant protein to support glycemic control and metabolic health.

## KEY FEATURES

- Low Glycemic Index food
- Rich in dietary fibre and plant protein
- Contains anthocyanins from red and black rice
- Supports blood sugar management
- 100% natural with no artificial additives

## INGREDIENTS



## Nutritional Composition

(per 100 g)

Nutrient	Amount
Moisture	13.64 g
Crude protein	14.53 g
Crude fat	3.33 g
Total minerals (Ash)	4.29 g
Crude fibre	6.31 g
Carbohydrate	57.90 g
Energy	319.69 kcal
Total dietary fibre	19.48 g
Iron	9.02 mg
Calcium	106.07 mg
Glycemic Index (GI)	33.12

## TARGET POPULATION

PRATIKAR is a nutrient-dense, low glycaemic index food designed for pre-diabetic and diabetic individuals, adults at risk of metabolic disorders, overweight or obese individuals, pregnant and lactating women, elderly people needing high-fibre easily digestible diets, and health-conscious consumers seeking preventive nutrition.

## USES & PREPARATION PRATIKAR

### ROTI (MULTIGRAIN FLATBREAD)



### PORRIDGE



### DOSA / PANCAKE

