

The Wholesome Goodness of Multi-grain Atta: A Nutrient-Rich Choice for a Healthier

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"अनाजों का संगम है यह आटा, स्वस्थ है इसकी गाथा गाता।"

"Annajo ka sangam hai yah atta, Swasthya hai iski gatha gata"

Saloni Kumari

Multigrain have been a fundamental part of the human diet for tens of thousands of years. Whole grains, with their rich nutritional content, have been associated with various health benefits, including a lower risk of diabetes, heart diseases, high blood pressure, obesity, cardiovascular diseases, and cholesterol issues. Millets and cereals, in particular, stand out for providing an abundance of nutrients, phytochemicals, and antioxidants that are essential for maintaining good health. In the quest for a healthier lifestyle, the

Understanding Multigrain Atta:

Multigrain atta is a blend of various grains, each contributing its unique set of nutrients to the mix. Common grains included in multigrain atta formulations may

importance of a balanced diet cannot be overstated. One key element of a nutritious diet is the type of flour we use as the foundation for our meals. Traditional atta (whole wheat flour) has long been a staple, but in recent years, multigrain atta has gained popularity for its enhanced nutritional profile. This article explores the benefits and versatility of multigrain atta, highlighting why it is an excellent choice for those seeking a wholesome and well-rounded diet.

encompass wheat, barley, oats, millet, quinoa, and more. The combination of these grains creates a flour that not only retains the goodness of whole wheat but also adds

a diverse range of nutrients such as vitamins,

minerals, fiber, and antioxidants.

1. Nutritional Benefits:

- Multigrain atta combines various grains like wheat, millets, oats, barley, and more. Each of these grains contributes different nutrients such as vitamins, minerals, fiber, and proteins.
- Unlike refined flours, which are stripped of their nutrients during

processing, multigrain atta retains the goodness of whole grains, making it a healthier option.

- The presence of fiber in multigrain atta aids digestion, promotes gut health, and helps in maintaining a healthy weight.

2. Versatility in Recipes:

- Multigrain atta can be used in a myriad of recipes, from traditional Indian flatbreads like chapatis and rotis to Western-style bread, pancakes, muffins, and more.
- Its mild and nutty flavor enhances the taste of dishes without overpowering

other ingredients, making it suitable for both Savory and sweet recipes.

- Whether you're making Savory stuffed parathas or sweet pancakes, multigrain atta adds a wholesome flavor and texture to the dish.

3. Healthier Alternative

- Compared to refined flours, multigrain atta offers a healthier alternative due to its higher nutritional content and lower glycaemic index.
- The combination of different grains provides a balanced mix of carbohydrates, proteins, and fats,

ensuring sustained energy levels and satiety.

- Using multigrain atta in your cooking allows you to incorporate a variety of nutrients into your diet, promoting overall health and well-being.

4. Texture and Flavor

- Multigrain atta imparts a unique texture and flavor to dishes, adding depth and complexity to your culinary creations.
- Its nutty undertones complement a wide range of ingredients, enhancing the overall taste profile of the dish.

- Whether you're making soft and fluffy pancakes or crispy and flaky bread, multigrain atta lends a delightful texture and aroma to your baked goods.

5. Dietary Flexibility

- Multigrain atta caters to a wide range of dietary preferences, including vegetarian, vegan, and gluten-free diets (depending on the grain composition).
- Its versatility allows you to experiment with different recipes and adapt them to suit your dietary needs and preferences.

- Whether you're following a specific diet plan or simply looking to add more variety to your meals, multigrain atta offers flexibility and convenience in your cooking endeavors.

Dietary Benefits

1. Rich in Fiber: Multigrain atta is an excellent source of dietary fiber, promoting digestive health and aiding in weight management. The diverse grains contribute soluble and insoluble fibers, essential for maintaining a healthy digestive system.

2. Vitamins and Minerals: The inclusion of various grains in multigrain atta provides a broader spectrum of vitamins and minerals. These nutrients play crucial roles in supporting overall well-being, including immune function, bone health, and energy metabolism.

3. Protein Powerhouse: Combining different grains enhances the protein

content of multigrain atta. Proteins are essential for muscle development, tissue repair, and the overall functioning of the body.

4. Heart Health: The inclusion of heart-healthy grains such as oats and barley contributes to lowering cholesterol levels, reducing the risk of cardiovascular diseases.

5. Balanced Nutrient Profile: Multigrain atta ensures a balanced intake of essential nutrients, making it a nutritious choice for individuals of all ages.

Flow chart of the process of Multigrain Atta

This flowchart outlines the sequential steps involved in the process, starting from the collection of raw ingredients, such as flour and millets, to the development of the final product. Each step is represented by a box

with a brief description of the action or process it entails, and arrows indicate the flow of the process from one step to the next.

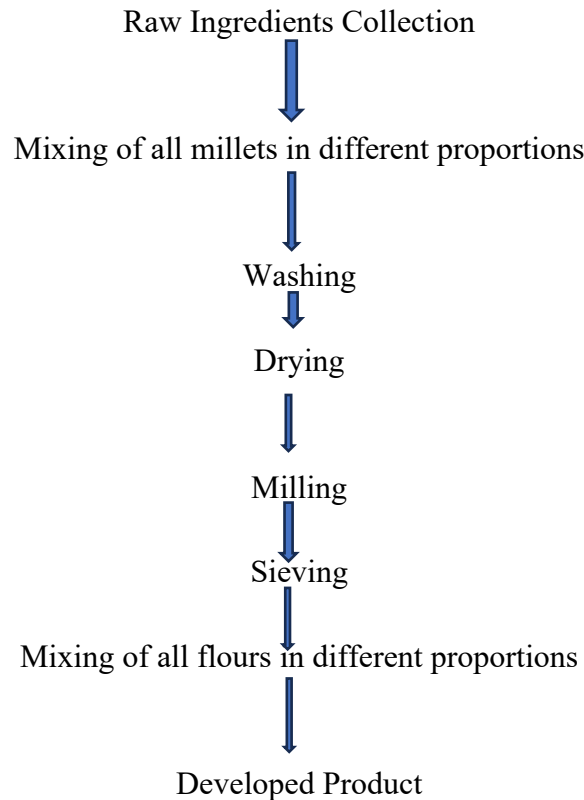


Fig:1 Flow chart of the process of Multigrain atta

Versatility in the Kitchen:

Multigrain atta's versatility extends beyond its nutritional benefits. It can be used in various recipes, including chapatis, rotis, bread, pancakes, and more. Its mild and nutty flavor enhances the taste of dishes while providing a healthier alternative to refined flours.

Tips for Incorporating Multigrain Atta into Your Diet:

1. Gradual Transition: If you are new to multigrain atta, consider gradually blending

Conclusion

Multigrain atta stands as a testament to the adage "variety is the spice of life." By embracing the diverse nutrients offered by various grains, individuals can elevate the nutritional content of their meals. Making

it with your regular atta to allow your taste buds to adjust.

2. Experiment with Recipes: Explore diverse recipes that incorporate multigrain atta, such as multigrain bread, pancakes, or even cookies.

3. Mix and Match: Experiment with different combinations of grains to find a blend that suits your taste preferences and dietary needs.

the switch to multigrain atta is a simple yet impactful step towards a healthier, more balanced lifestyle. So, why settle for one when you can have the goodness of many in every bite?