

Production of Multigrain Atta using Super Food Grains- Atta (Flour) with Nine Super Whole Grains- Specialty Flour Mix (Natural Anti-Aging Flour for Boosting Metabolism, Energy & Power useful for Diabetes, Blood-Pressure, Arthritis, Heart-Patients)

Description:

With the changing lifestyles and food habits, many people are becoming prone to diabetes. The super food grain atta is an intervention for the prevention and management of diabetes. This atta is also good for elderly people as the product would help to meet the nutrient requirements effectively.

It is rich in Energy Value, Dietary Fiber, Protein, Minerals and Vitamins utilizing 9 Super food grains (Quinoa, amaranth, chia, teff, spelt, buckwheat, finger millet, kodo millet and sorghum). It can be best option for the people suffering from diabetes, blood-pressure, arthritis, heart-failure, intestinal disorders, cancer, obesity, celiac, pre-mature hair graying & hair loss, skin problems, sexual weakness and general weakness.

Wheat has suffered a reputation loss due to various reasons like popularity of low carb lifestyle, rise in gluten intolerance amongst people etc. Modern day wheat is not as healthy as compared to what our ancestors ate, that's how people got attracted to multigrain flour like we see in breads.

As those with diabetes know, limiting carbohydrates, especially grains, is an important dietary step in maintaining healthy blood sugar levels. However, when one decide to enjoy a grain dish, there are a few options that will not only keep on path to recovery, but also provide with an array of nutrients and health benefits.

Overall, consuming carbohydrates that have been processed/refined (stripped of all their vitamins, minerals, fibers and other nutrients) to make white varieties of rice, pasta, bread, bagels, crackers and cookies can cause extreme ups and downs in blood sugar levels, overwork the liver and pancreas, and rob the body of existing vitamins and minerals such as calcium and magnesium from its storage banks in order to break down and digest the food properly.

Low glycemic, complex, whole grains such as buckwheat, amaranth, millet, quinoa and sorghum are ideal choices for those with a stable inner physiology.

Super food grain atta is rich in protein, minerals, soluble fibers & vitamins and further enriched by adding bio-active substances. It is gluten free, has complete protein with highest digestibility, rich in all essential amino-acids, which generally not found in most of common food grains. It is tasty, delicious, nutritive, healthy, digestive, energetic and most powerful for making chapatti and value-added super foods. It is excellent for heart and lowering blood pressure. Prevent conversion of carbohydrate into glucose energy and obesity. It helps in reducing blood glucose level.

For more details download PDF file.

Keywords: Diabetic Atta (Flour), Atta for Diabetic, Atta for Heart Patient, Diabetic Care Atta, Sugar Free Atta (Diabetic Flour), Multi Grain Diabetic Atta, Sugar Release Control Atta, Health Care Products, 9 Great Grains Atta(Flour), Low Carb Gluten Free Flour, Ultra Low Carb Flour, Sugar Release Control Atta, Sugar Free Atta, Anti Diabetic Atta, Method to Prepare Diabetes Flour, Diabetic Friendly Multigrain Atta, Diabetic Free Atta, Diet & Diabetic Atta, Diabetic Atta (Multi Grain Flour), How to Make M

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