

Dr Kejal Joshi, Nutrition Manager, Marico India Limited

The first expert session was delivered by Dr Kejal Joshi, Nutrition Manager, Marico India Limited, on “From Ancient Grain to Modern Nutrition: The Rise of Millets.” The session explored the nutritional, functional and sustainability potential of millets and their transition from traditional staples to modern food ingredients.

Dr Kejal discussed the nutritional benefits of millets, their bioactive components, anti-nutritional factors and the role of processing techniques such as soaking, germination, fermentation, de-branning, extrusion and roasting in improving their utilisation. She also highlighted the sustainability advantages of millet cultivation, including resilience, resource efficiency and contribution to food security. The presentation covered emerging applications of millets in breakfast cereals, snacks, beverages, plant-based foods and specialised nutrition products, while also addressing challenges related to taste, texture, processing, shelf life, consumer awareness and supply-chain standardisation.

Overall, the session highlighted the potential of millets to contribute to health, nutrition, food innovation and sustainable food systems.