

Ministry of Defence & FSSAI Sign MoU to Promote Millets Use Among Armed Forces

MoD and FSSAI are poised to implement various initiatives that will create a positive impact on the armed forces and their families. By prioritizing nutrition and food safety, this partnership will contribute to the overall health and resilience of those serving the nation.

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Ministry of Defence & FSSAI Sign MoU to Promote Millets Use Among Armed Forces (Photo Source: Pixabay)

To enhance the consumption of millets and encourage healthy eating habits among the armed forces, the Ministry of Defence (MoD) and the [Food Safety](#) and Standards Authority of India (FSSAI) signed a Memorandum of Understanding (MoU) today.

The signing ceremony took place in the presence of Raksha Mantri Rajnath Singh and Union Health Minister, Dr Mansukh Mandaviya, who also unveiled a book titled 'Healthy Recipes for Defence' that emphasizes the benefits of incorporating millets, also known as Shree Anna, into one's diet.

Representing the MoD, Lt. Gen. Preet Mohindera Singh, Director General (Supplies and Transport), and Inoshi Sharma, Executive Director of [FSSAI](#), signed the MoU. The primary objective of this collaboration is to raise awareness among armed forces personnel about the nutritional advantages

of including millets and millet-based food products in their diets. Additionally, the agreement seeks to introduce millet-based menus in military messes, canteens, and other food establishments operated by the MoD.

This partnership will also focus on training food handlers and chefs in armed forces messes, canteens, and other food outlets to ensure compliance with the Food Safety and Standards Act 2006. By prioritizing food safety and hygiene, both the MoD and FSSAI demonstrate their unwavering commitment to the health and well-being of the armed forces, enabling them to maintain strength and resilience in their dedicated service to the nation. Furthermore, the MoU aims to inspire armed forces families and the wider community to adopt nutritious diets, make informed food choices, and uphold food safety standards.

The 'Healthy Recipes for Defence' book, developed by FSSAI, serves as a valuable resource for various canteens and food outlets operated by the MoD. Considering the challenging terrains and diverse climatic conditions encountered by defence personnel, the significance of dietary variety cannot be overstated. Millets, with their exceptional nutritional value, play a crucial role in ensuring a well-balanced and diverse diet for individuals in active service.

Millets are rich in essential nutrients, including dietary fiber, vitamins, and minerals. These nutritious grains are gluten-free and have a low glycemic index, making them ideal for individuals with dietary restrictions or those aiming for a healthier lifestyle. Moreover, millets are known to aid in managing diabetes, reducing the risk of [cardiovascular diseases](#), and promoting better digestive health.

The MoD and FSSAI's collaboration marks a significant step towards promoting the consumption of millets and fostering healthy eating practices among the armed forces. By incorporating these nutritious grains into their diets, the armed forces will not only benefit from improved health and well-being but also set an inspiring example for the entire nation.