

# CENTRAL FOOD TECHNOLOGICAL RESEARCH INSTITUTE, MYSORE

## *PAUSHTIK ATTA*

(CCP – 2530)

The nutritional standards of our country especially in the case of low income groups require a careful attention. This Institute has developed a variety of nutritious/ supplementary foods obtained by blending wheat flour and soya flour and these are abundantly available in the country. Paushtik Atta is one of the products, which can be manufactured on any suitable scale.

### PROCESS

Paushtik atta consists of a blend of 89 parts of whole wheat flour, 10 parts of low fat soya flour and 1 part of common salt together with vitamin-mineral premix.

The nutritive value is well improved to permeate the daily requirement of certain minerals like iron and calcium and vitamins like thiamine, riboflavin and nicotinic acid for young boys/girls and aged/hard working people. It can be used for the preparation of chapatis and puris as same as atta.

Trials carried out at different centers in our country have shown conclusively that Paushtik atta is generally acceptable to wheat eaters. The use of blended atta in place of ordinary atta will help to give 25% more food to the people and this will in turn help to overcome the food storage.

### FLOW DIAGRAM

Wheat → Pre-cleaning/grinding → Wheat flour → Addition of low fat soya flour and salt → Vitamins and minerals premix → Mixing → Paushtik atta (fortified) → Packing

### Chemical composition of Paushtik Atta (Value per 100 g)

Moisture (g)	- 7.3	Calcium (g)	- 0.069
Protein (g)	- 13.9	Phosphorus (g)	- 0.35
Fat (g)	- 2.7	Phytin phosphorous (g)	- 0.19
Carbohydrates (g)	- 72.6	Iron (mg)	- 5.9
Ash (g)	- 2.1	Thiamin (mg)	- 0.554
Crude fibre (g)	- 1.3	Riboflavin (mg)	- 0.183
		Nicotinic acid (mg)	- 4.7
		Calorific value	> 352

### Equipment:

Cleaner, De-stoner, Impact pulveriser, Mixer, Roaster, Heat sealer etc.

### Project Economics:

#### Capital investment in Rs. '000'

Capacity	: 2 Tonnes per /day
Land & development (1000 M <sup>2</sup> )	: 100.00
Building & civil work (200 M <sup>2</sup> )	: 400.00
Plant & machinery	: 400.00
Pre-operative expenses	: 30.00
Working capital	: 94.00
Total	:1024.00