

## CSIR – Central Food Technological Research Institute, Mysore -570 020, India



## Barley Instant upma, halwa and rava idli mix

- ✓ Barley is among the most ancient of the cereal crops and it is the fourth most important cereal in the world in terms of production
- ✓ Barley has numerous heath benefits:
  - Lowers blood cholesterol
  - ii. Lowering glycemic index and
  - iii. Reduce serum LDL cholesterol
- ✓ Renewed interest in barley for food uses largely centers around the effects of b-glucans on lowering blood cholesterol levels and glycemic index







## **Project Economics (an estimate)**

Capacity of Production : 2.5 tons/day

Building Area : 1200

(Approx. in Sq. Meters)

Plant and Machinery (Rs.) : 15 Lakhs

Total Project Cost : 35 Lakhs

Cost of Production per Tons: 100 Thousands