



Theo

Millets

Nature's Gift, Wholesomely Delicious



About

THEO MILLETS

Theo millets was a result of a mother's realisation that her 4- year old daughter is allergic to wheat and dairy products, as a result of which all the diet options she relied upon become obsolete, inducing her to explore the world of millets, a healthy alternative.

As she delved into the world of millets, she discovered limited selections of products in the market. That's when the idea of Theo Millets emerged- a vision to create a brand catering to all age groups, providing tasty and convenient millet-based snacks, breakfast cereals, and ready-to-eat options.

What sets Theo Millets apart is their commitment towards high millet content in their products, making it a reliable choice for a healthy shift in your diet.

Happy me – Happy eating Millets –NATURE'S GIFT WHOLESOMELY DELICIOUS Theo Millets



What are MILLETS?



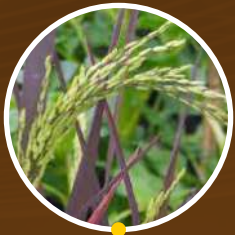
Serve as vital food
for humans and
fodder



Small, round, soft
grains with mild
flavour, minimal
allergenic potential
and excellent
digestibility.



Globally cultivated
cereal crops



Small-seeded
grasses belonging
to the Poaceae
family



(97%) of millet
production occurs
in the semi-arid
tropics of
Asia and Africa.



Why are **MILLETS?** Climate Friendly?



Nature's Gift, Wholesomely Delicious



Low Water Requirement:
requires 70% less water than paddy cultivation



Quick Growth:
grow half the time as compared to wheat.



Processing millets is energy-efficient.



Resilient crops which withstand harsh environmental conditions



Millets are ecologically, economically, and environmentally friendly sources of food and nutrition



Types of MILLETS?

LARGE MILLETS

- Foxtail millets
- Pearl Millets (bajra)
- Finger millet (ragi)
- Proso millet (common millet)

SMALL MILLETS

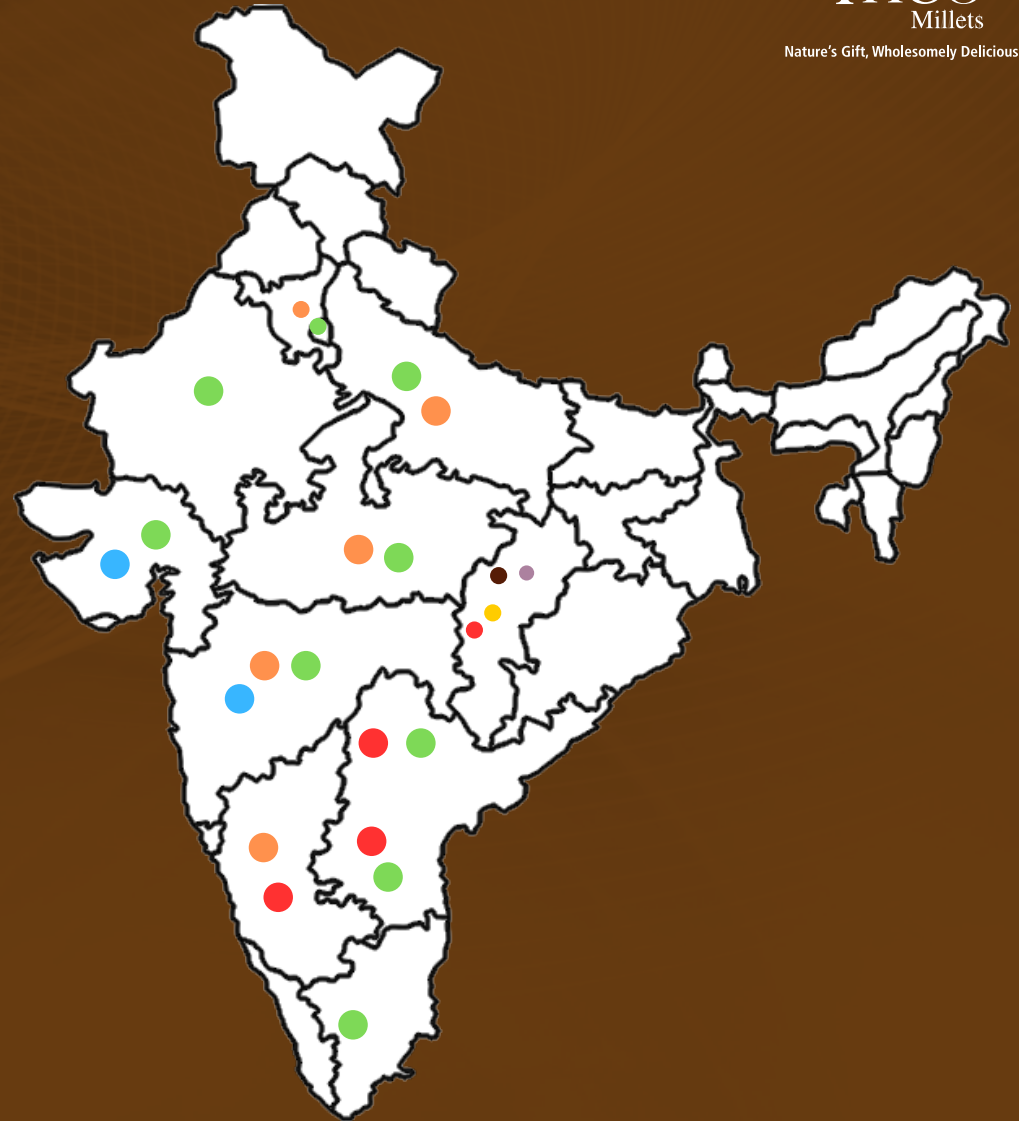
- Kodo millet
- Barnyard millet
- Little millet
- Brown top millet
- Fonio millet
- Guinea millet
- Adlay millet



Where do **MILLETS?** grow in India?

Millets grow on dry areas of temperate, subtropical and tropical regions.
Some major millet producing states in india:

- Pearl Millet
- Finger Millet
- Foxtail Millet
- Kodo Millet
- Barnyard Millet
- Little Millet
- Sorghum



Importance of MILLETS?



Nature's Gift, Wholesomely Delicious

NUTRITIONAL BENEFITS OF MILLETS

Milletts are rich in carbohydrates.

- Calories: 207
- Carbs: 41 grams
- Fibre: 2.2 grams
- Protein: 6 grams
- Fat: 1.7 grams
- Phosphorus: 25% of the Daily Value (DV)
- Magnesium: 19% of the DV
- Folate: 8% of the DV
- Iron: 6% of the DV

IMPORTANCE OF MILLETS

- Nutritional Powerhouses: offer a range of nutrients: antioxidants, minerals and protein, key vitamins and minerals.
- Rich in fibre: which aids in regulating bowel function, blood sugar levels, and lipid balance.
- Benefits health: protect cardiovascular health, prevent the onset of diabetes, help people achieve and maintain a healthy weight.
- Gluten-free, aid gut health, prevent colon cancer, manage blood sugar.



Bajra Chivda



PRODUCT USP



Improves
metabolism



Gluten-free



Vegan

INGREDIENTS

Peanuts, Curry leaves, Roasted gram, Mustard Seeds, Dry red chillies, Cold pressed Safflower oil & Pink salt, Bajra Flakes

NUTRITIONAL VALUE

Carbohydrates(G)	72.14	Protein(G)	12.72
Fat(G)	18.94	Energy in kcal	509.9

% of millet content

79% Bajra

Pack Size

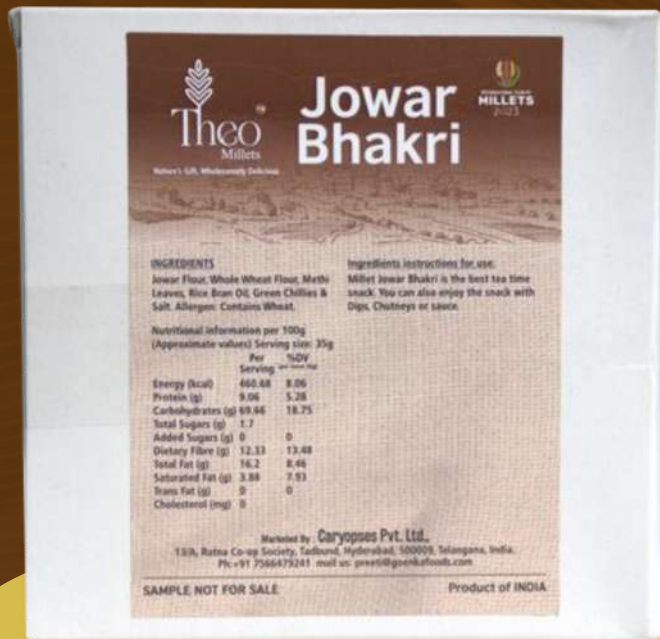
100 gms

Shelf life

9 Months



Jowar Bhakri



PRODUCT USP



Highly nutritious



Low in Fat



Satiating &
Energy-Boosting



Versatile

INGREDIENTS

Jowar flour, Wheat flour, Maida, Chiroty, Rice Bran oil, Iodized salt, green chilli paste

% of millet content

45% jowar

Pack Size

180 gms

Shelf life

12 Months



Millet Pizza Base



PRODUCT USP



Only pizza base in India made from millets



Nutritious



Rich in Fibre



Protein & micronutrients



No added Preservatives



Prebaked thin crust pizza base



Vegan

INGREDIENTS

Little Millet flour Amaranth flour, Low Gluten Whole Wheat flour Olive oil Black sesame seeds Oregano Chili flakes pink salt.

Theo Millet's Pizza Base	Other Pizza Bases
70% Millet	No Millet
High Fiber	Low Fiber
12.02 G Protein	2.1 G Protein
Low Gluten Content	High Gluten Content
2.9 G Fat	4.6 G Fat
No Yeast/ Soda	Contains Raising Agents

% of millet content

70% little millet

Pack Size

200 gms

Shelf life

12 Months



Millet Rava Dosa Mix



PRODUCT USP



A High Energy Food



Rich in protein



Minerals & Fibres that lowers the risk of heart diseases



Vegan



Gluten Free Organic

INGREDIENTS

Little Millet, Red Rice, Jeera, Pink Salt, Curry leaves, Mustard seeds, Safflower oil

	Theo Millet's Rava Dosa	Other Rava Dosas
Millet Content	58%	0%
Protein	6.2 G	8 G
Fat	4 G	5.2 G
Fiber Content	5.7 G	5 G
Vegan	Vegan	Not Vegan
Organic	Certified Organic	Not Organic
Grain	Whole Grain Millet	Polished Grains
Gluten Content	Gluten Free	Contains Gluten

% of millet content

58% little millet

Pack Size

100 gms

Shelf life

12 Months



Millet Rava Upma Mix



PRODUCT USP



Rich In
Protein



Rich in
calcium



Antioxidants &
amino acids



Vegan



Gluten Free



Organic

INGREDIENTS

Little Millet, chana dal, urad dal, curry leaves, mustard seeds, green chilli, safflower oil

	Theo Millet's Rava Upma	Other Millet Upmas
Millet Content	92%	0%
Protein	6.2 G	8 G
Fat	4 G	5.2 G
Fiber Content	5.7 G	5 G
Vegan	Vegan	Not Vegan
Organic	Certified Organic	Not Organic
Grain	Whole Grain Millets	Polished Grains
Gluten Content	Gluten Free	Contains Gluten

% of millet content

92% little millet

Pack Size

100 gms

Shelf life

12 Months



Millet Rava Idli Mix



PRODUCT USP



Gluten Free



Rich in calcium & magnesium



Contains Complex Carbohydrates



Vegan



Organic

INGREDIENTS

Mustard, Safflower oil, Urad dal, Chana dal, Green Chili

	Theo Millet's Rava Idli	Other Rava Idlis
Millet Content	92%	0%
Protein	7.6 G	8 G
Fat	6 G	7.8 G
Fiber Content	7.5 G	4.3 G
Vegan	Vegan	Not Vegan
Organic	Certified Organic	Not Organic
Grain	Whole Grain Millets	Polished Grains
Gluten Content	Gluten Free	Contains Gluten

% of millet content

92% little millet

Pack Size

100 gms

Shelf life

12 Months



Millet Rava Pongal Mix



PRODUCT USP



Contains Higher Calcium Content



Vegan



Gluten Free

INGREDIENTS

Little Millet, Foxtail millets, Moong dal, Curry leaves.

	Theo Millet's Rava Pongal	Other Rava Idlis
Millet Content	58 %	20%
Protein	18.1 G	14.31 G
Fat	3.3 G	10.64 G
Fiber Content	13.7 G	5.86 G
Vegan	Vegan	Not Vegan
Organic	Certified Organic	Not Organic
Grain	Whole Grain	Polished Millet

% of millet content

58% foxtail millet

Pack Size

100 gms

Shelf life

12 Months



Millet Khichdi Mix



PRODUCT USP



Rich in Fibre



Vitamins & Minerals



Vegan



Gluten
Free

INGREDIENTS

Foxtail millets, Moong dal, Curry leaves, Spices, Pink salt.

	Theo Millet's Millet Khichdi	Other Millet Khichdis
Millet Content	65%	20%
Protein	15.7 G	11 G
Fat	3.4 G	9 G
Fiber Content	13.6 G	5 G
Vegan	Vegan	Not Vegan
Organic	Certified Organic	Not Organic
Grain	Whole Grain	Polished Millet

% of millet content

65% foxtail millet

Pack Size

100 gms

Shelf life

12 Months



Millet Lavash

PRODUCT USP



Baked



No Oil, Sugar Or
Preservatives



Highly
Nutritious



Vegan

INGREDIENTS

Little Millet, Amaranth and Tapioca Flour



	Theo's Millet Lavash	Other Lavash
Millet Content	72%	0%
Protein	10.81 G	7.31 G
Fat	2.89 G	15.92 G
Fiber Content	10.76 G	Not Available
Vegan	Gluten Free	Contains Gluten
Organic	No Oil	Contains Oil
Grain	No Added Sugar	Contains Sugar

% of millet content

72% millet



Little Millet Instant Noodles

PRODUCT USP



Nutritional
Value



Low Glycemic
Index



Vegan

INGREDIENTS

Little Millet Flour, Wheat Flour, Salt, Edible Calcium,
Cluster Bean Powder

Pack Size

180 gms

Shelf life

6 Months

Also Available: **Jowar Millet Noodles**

Pack Size

175 g

Shelf life

6 Months

Little Millet Hakka Noodles



LITTLE MILLET Noodles
Net Wt: 175 g
Best Before: 06/12/2024
BEST BEFORE 6 MONTHS



Little Millet Pasta

PRODUCT USP



Nutrient
Rich



Versatile &
delicious



Vegan

INGREDIENTS

Little Millet Flour, Wheat Flour, Salt, Clove, Coriander, Ginger, Cinnamon, Cumin, Onion Powder, Garlic Powder, Tomato Powder.

Pack Size

180 gms

Shelf life

6 Months

Also Available: **Jowar Millet Pasta**





Gluten Free Mix Flour

PRODUCT USP



Gluten
Free



100%
Organic



Highly
Nutritious



Vegan

INGREDIENTS

Quinoa, Barnyard, Amaranth, Kodo Millet

Pack Size

1 KG

Shelf life

9 Months



Millet Berry Muesli



PRODUCT USP



Healthy muesli with essence of berries



Good Quality & Fresh



Contains millets



Contains Nuts & Real Fruit (36%)



No Refined Sugar

INGREDIENTS

MUESLI- Ragi Flakes, Jowar flakes, Quinoa flakes, Almond slice, Sunflower seeds, Pumpkin seeds, Jaggery powder, Date syrup, Safflower oil, Blueberry, Cranberry, Black currant (dried)

Pack Size
300 gms

Shelf life
9 Months



Bajra Bhakri

PRODUCT USP



Highly nutritious



Non-Oily



Vegan

INGREDIENTS

Bajra flour, Wheat flour, Maida, Chiroty, Rice Bran oil, Iodized salt, green chilli paste, Turmeric powder, Methi leaves

NUTRITIONAL VALUE

Carbohydrates(G)	72.14	Protein(G)	12.72
Fat(G)	18.94	Energy in kcal	509.9

% of millet content
45% Bajra

Pack Size
180 gms

Shelf life
9 Months



Millet Bisi Bele Bath Mix

PRODUCT USP



Highly
Nutritious



Gluten
free



Aids in Weight
Management



Helps controlling
Blood Sugar Control
& Digestive Health



Vegan

INGREDIENTS

Kodo Millet, Toor Dal, Coriander, Tamarind Powder, Red Chilli,
Black gram dal, Bengal gram dal, poppy seeds and spices

% of millet content

67% kodo millet

Pack Size

100 gms

Shelf life

12 Months



Jeera Bhakri

PRODUCT USP



Baked



Low Caloric
Count



aids in digestion &
hormones regulation



Vegan

INGREDIENTS

Whole wheat, Cumin Seed Powder, Semolina, Salt, Spices & Condiments, Rice Bran Oil

Pack Size

180 gms

Shelf life

6 Months



Little Millet Sevai

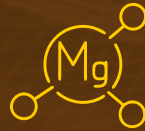
PRODUCT USP



Non-sticky and helps
in better digestion



Low Glycemic
Index Food



Rich in
Magnesium



Vegan

INGREDIENTS

Little Millet Flour, Wheat Flour, Salt.

HOW TO COOK

To make stevia stir-fry, cook the noodles in hot water with salt & let it cook till al dente. Drain the excess water and use a fork to separate it. In a wok sauté veggie, seasoning and other toppings in oil and toss in the cooked stevia.

Pack Size

180 gms

Shelf life

6 Months



Gluten Free Premium Mix

PRODUCT USP



Highly
Nutritious



Gluten
Free



Vegan

INGREDIENTS

MUESLI- Ragi Flakes, Jowar flakes, Quinoa flakes, Almond slice, Sunflower seeds, Pumpkin seeds, Jaggery powder, Date syrup, Safflower oil, Blueberry, Cranberry, Black currant (dried)

Pack Size

300 gms

Shelf life

9 Months





Nature's Gift,
Wholesomely Delicious

*Millet is a crop of tomorrow, uses less resources to grow,
& is resistant to harsh climatic conditions*

— CONTACT US —

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