

Uei u Nutri-Cereals?

Krai lane (millet) ka dei ka kyntien ba khot kyllum na ka bynta ki kynja jait jingthung ba pynmih shyieng/symbai ba rit ba ia syriem ia ki phlang, ba la khot ne jerkyrteng kum kita ki nutri cereals lane dry land cereals. Ki krai ki dei kita ki jait jingbam/jingthung kiba bun bha ia ki nutrient ba lah ban tei ia ka met, ki jait jingthung bym bitnah, ki dei ruh kita ki jait jingbam kiba bun ki ba lah ban bam khlem kano kano ka jingktah ia ka met jong ki, ki dei ruh ki jait jingbam kiba suk bha ia ka kpoh ban tylliat.



Finger Millet



Foxtail Millet



Proso Millet



Kodo Millet



Little Millet



Barnyard Millet

Ki Rukom Jait Ki Millet Ba Ju Kham Rep Bha Ha India Mynta Ki Long:



Sorghum



Pearl Millet

Balei Ngin Thung Ia U Krai?

- Lah ban thung ia u Krai baroh shi snem hynrei ia u kba lah ban thung tang ha ki aiom.
- Ki Krai ki lah ban ai shibun ki jingmyntoi na ka bynta u bried, ki jingri, ka koit ka khiah ban tei ia ka met, ka ioh ka kot bad ia ka mariang.
- Ka jingduna pyndonkam um.
- Lah ban thung wat ha ki khyndew ki bym sboh.

- Lah bn thung ha kino kino ki jinglong ka suin bneng.
- Ki biang bha na ka bynta ban leh organic farming.
- Ki jingthung kiba kham lait na ki khniang.
- Ki jingthung kiba lait na ki khniang ha ki jaka buh.
- Kam ktah ia ka jinglong ka mariang.
- U Krai u don 3-5 shah ki vitamins ban ia nujor bad u khaw ne u kew.
- U Krai u lah ban long ne mih beit wat haba don ka jingkylla ka suinbneng.

KRAI – Ba Lah Ban Thung Ha Kano2 Ka Aiom

- Mih ha ki jaka ba duna slap.
- Lah ban im ne mih ha ki jaka ba shi.
- Donkam tang khyndiat ka um.
- Lah ban im bad mih bha ha kino kino ki jaka.
- Lah ban shah lada don ka. jingtyrkhong um.

Jingiarap Jong U Krai:

- Krai ki don minerals kum ka magnesium, Iron, phosphorus bad potassium. Ka pynduna iaka BP, pynduna iaka ka Cholesterol, bad ka iarap iaka jingkoit jingkhiah jong ka met ka phad.
- Ka Food Safety bad Standards Authority Jong India ka ong ba ki Krai ki dei ruh kita ki jingbam ba long

ksai bad ba don ia kita ki phngit jingbam kiba tei ia ka met u briew.

U Krai u don:

7-12 % protein, 2-5% ka khlein, 65-75% carbohydrates, 15-20% ki jingbamksai.

Ka Rukom Thung Ne Rep:

- ❖ **Khyndew:** Lah ban thung ne rep ia u krai ha ki khyndew bapher bapher kum ka khyndew ba la wallam bad buh da ka um, dewbyrtha, dewshyiap etc., da kaba shna bha ia ki nur bad ki nala um.

- ❖ **Ka rukom pynkhreh ia ka jaka rep:**

Ngi dei ban tih jylliew ia ka khyndew da kaba puh pynkylla ia ka ha ka por slap. Ka long kaba donkam ban pyn synjor bad shaiñ bha ia ka khyndew khnang ba u krai un lah ban mih bad san kloï.



- ❖ **Ka jingpynia jngai:** Ka jingjngai jong ki lang kawei na kawei kadei ban long 22.5-30 cm bad na u wei u jingthung sha uwei pat kadei ban long 8-10 cm. Lah ban thung kumba 8-10kg u symbai ha ka shi hektar haka jing jylliew kumba 2-3 cm

- ❖ **Ka jing ai sboh:**

Ai ka eit masi kumba 5-10 ton ha ka shi hektar shi bnai shwa ban thung.

- ❖ **Ka jing thiew ñuit:**

Thiew ia ki nuit da u mohkhiew ha ki jaka ba san kloï u ñuit la sien thiew ka la biang ban the la kam ia ka jing roi jong ki ñuit.



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U NUTRI CEREAL