

LOW GI(Glycemic Index) SOUP MIX FOR DIABETICS

INTRODUCTION

Diabetic is one of the major metabolic disorders affecting all strata of society which is characterized by altered carbohydrate, lipid and protein metabolism. Sustained hyperglycemia leads to micro and macro vascular complications which include nephropathy, retinopathy and neuropathy. Hence, maintaining optimal blood glucose levels becomes imperative to prevent long term deleterious complications associated with diabetics. The process developed by CFTRI for the development of low GI soup mix has the ability to reduce basic diabetic parameters. The soup mix can be used as a sort of a meal between meals by reconstituting with hot water and cooking for 2 minutes. It can be consumed preferentially as a soup before the meals at least twice a day.

RAW MATERIAL

Raw materials used are barley, fenugreek, Bengal gram, milk powder, banana flower, gymnema, curcumin, gum acacia, drumstick leaves, curry leaves, coriander leaves, mint leaves, and spices etc.

PLANTS AND MACHINERY

Tray drier, roaster, grinder, blender, walk in cooler, canning machine, handling vessels, trolleys, platform balance, etc.

PROJECT COST – FIXED COST – WORKING CAPITAL (in Rs.‘000) (Estimate for a model project)

a)	Land & land development (900 m ²)	900.00
b)	Building & civil construction (300 m ²)	2700.00
c)	Plant and machinery	3500.00
d)	Miscellaneous fixed assets	100.00
e)	Pre-operative expenses	650.00
	Total fixed capital	7850.00
	Working capital margin	1500.00
	Total Project cost	9350.00

Means of finance	
Promoters contribution	3462.5
Term loan	5887.5

PRODUCTION CAPACITY- (estimate)

The installed capacity 100Kg/ shift/ day and working for 300 days in a year

TECHNOLOGY/MANUFACTURING PROCESS – Availability

CFTRI has standardized the technology and general methods of processing of Low GI soup mix for diabetics. Apart from this procedure for quality control, packaging and packaging material specifications, equipment details are also provided by the institute.