

India: NABI developed coloured wheat with health benefits like blueberries

Date: 2017/9/14

There's a new twist to wheat. You now have varied choices of wheat. Biofortified coloured wheat with health benefits similar to fruits like blueberries has been developed.

The National Agri-Food Biotechnology Institute (NABI), first agri-food biotechnology institute located in Mohali, has developed this variety of wheat by routine way of plant breeding.



“It is rich in Anthocyanins- a pigment that can impart health benefits similar to fruits like blueberries. Anthocyanins can act as antioxidants that remove free radicals from the body and help in prevention of cardiovascular diseases, diabetes, inflammation, cancer, obesity and aging,” said scientist, NABI, Monika Garg.

Garg said Anthocyanin rich coloured wheat developed at NABI also has enhanced Zinc content. Zinc deficiency leads to skin problems and reduced ability to fight infections.

Garg said the coloured wheat has been developed by crossing high yielding Indian cultivators with coloured wheat procured from Japan and America.

Work on this wheat was initiated seven years back in 2010. In 2017 around 850 quintals of wheat has been cultivated at a farmers field. The average yield of the crop was 13 quintals per acre, some farmers could get as high as 17 quintals per acre in the late sown condition.

Average yield of normal white wheat at farmers field in Punjab is 20 quintal per acre. Coloured wheat was purchased at double the minimum support price of Rs 3250 per quintal. “So most of the farmers were benefited by the cultivation of coloured wheat. We wish to increase the farm income and at the same time give the benefit of its good nutritional quality to the public,” the scientist said.

NABI has signed memorandum of understanding (MoU) with BONN group of industries that will be making healthy products from the coloured wheat and is keen on signing MoU with other baking and milling companies also.

Price of coloured wheat products will be higher due to lower yield and benefit transfer to farmers, but compared to the price of milled rice, which that sells from Rs 22 per kilogram (kg) to as high as Rs 150 per kg, coloured wheat flour price would be much lower with significantly higher health benefits, Garg said.

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National Agri-Food Biotechnology Institute signs MoU with Bonn to promote coloured wheat

BY PARSHANT KRAR, ET BUREAU | SEP 14, 2017, 07.06 PM IST

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CHANDIGARH: [National Agri-Food Biotechnology Institute](#), autonomous body of Ministry of Science and Technology has signed MoU with Ludhiana based [Bonn Food Industries](#) to promote coloured [wheat](#) with antioxidant qualities beneficial for control of diabetes, cholesterol and obesity.

The cross between high yielding Indian cultivars and [colored wheat](#) procured from Japan and America is as rich in anthocyanins as blueberries and high in [zinc](#).

"Biochemical, cell lines based and mouse model studies on this wheat variety showed good antioxidant activity, anti-inflammatory activity, reduced obesity (high fat diet induced), helped in reduction of blood glucose and cholesterol levels, and formed good quality bakery products," NABI scientist, Monica Garg instrumental in developing new seed of stable said.

"NABI has signed MOU with Bonn group of industries that will be making healthy products from the colored wheat and other talks are on with other baking and milling companies," she added. It has been developed by routine way of plant breeding by crossing high yielding Indian cultivars PBW550, PBW621, HD2967 with colored wheat procured from Japan and America, she said.

Developed over a period of seven-years, the colored wheat products have been protected by filing patent. Besides this material has been registered with National Bureau of Plant genetic resources (NBPGR) and plant variety protection and farmers rights authority (PVPFRA). She said that the wheat is rich in anthocyanins- a pigment that can impart health benefits similar to fruits like blueberries.

[Anthocyanins](#) can act as antioxidants that remove free radicals from the body and help in prevention of cardiovascular diseases, diabetes, inflammation, cancer, obesity and aging. Anthocyanin rich colored wheat developed at NABI also has enhanced Zinc content - one of the most deficient micronutrients in the developing countries.



Developed over a period of seven-years, the colored wheat said to be rich in anthocyanins- a pigment that can impart health benefits similar to fruits like blueberries. (Representative Image)

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"The yield of coloured wheat compared to normal varieties would rise to 17 quintals per acre against normal 20 quintal per acre," she said. "It would earn more remuneration to farmers due to health benefits," she added. It has been developed by wheat cultivations in both the seasons. In the normal winter season, the crop was sown in the farms of NABI, Mohali, while in the summer season crop was sown at Kelong, LahualSpiti and Himachal Pradesh.

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The Statesman

Coloured wheat with health benefits like blueberries

[SNS Web](#) | New Delhi
September 12, 2017

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Coloured wheat with health benefits like blueberries



SNS Web | New Delhi
September 12, 2017 | 5:08 pm



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नाबी ने विकसित किया पौष्टिक रंगीन गेहूं

चंडीगढ़। नाबी ने शहरी गरीब जनसंख्या को ध्यान में रखते हुए पौष्टिकता (एंथोसायोनिन) से भरपूर जैविक रंगीन गेहूं विकसित किया है। काले, ब्ल्यू और पर्पल रंगों का यह गेहूं लगातार रूटीन शोध के बाद प्लांट की ब्रीडिंग के फलस्वरूप खोजा गया है। इस विशेष गेहूं में ब्ल्यूबेरीज फल के समान लाभ है और यह स्वास्थ्य के लिए काफी उत्तम साबित हुआ है। इसमें मौजूद एंथोसायोनिन एंटी आक्सीडेंट के रूप में कार्य करता है। दावा है कि यह हृदय, डायबिटीक, सूजन, कैंसर, मोटापा रोगों से बचाव और एजिंग रोकने में मददगार है। नाबी की वैज्ञानिक डॉ. मोनिका गर्ग के अनुसार नाबी और बीओएनएन (बॉब) ग्रुप ऑफ इंडस्ट्रीज के बीच एमओयू पर करार हुआ है। इसमें बॉन कंपनी रंगीन गेहूं से हेल्दी फूड प्रोडक्ट तैयार करेगी। नाबी अन्य बेकिंग और मिलिंग कंपनी से भी करार करने जा रहा है।

एनएबीआइ का बॉन उद्योग समूह से करार

चंडीगढ़ (वि): नेशनल एग्री-बायोटेक्नोलॉजी इंस्टीट्यूट (एनएबीआइ) ने बॉन उद्योग समूह के साथ करार किया है। करार के तहत एनएबीआइ की ओर से तैयार रंगीन गेहूं से स्वास्थ्य कर उत्पाद बनाए जाएंगे। रंगीन गेहूं के उत्पादों को पेटेंट दायर करने से सुरक्षा दी गई है। इसके अलावा सामग्री को नेशनल ब्यूरो ऑफ प्लांट जेनेटिक रिसोर्सेज (एनबीपीजीआर) और प्रोटेक्शन आफ प्लांट वैरायटी एंड फार्मर्स राइट अथारिटी (पीवीपीएफआरए) के पास रजिस्टर्ड किया गया है। एनएबीआइ की वैज्ञानिक डॉ. मोनिका गर्ग ने बताया कि एनएबीआइ ने जैव संपुष्ट रंगीन गेहूं (काला, नीला, बैंगनी) का विकास किया है जिसमें सफेद (5-15 पीपीएम) की तुलना में एंथोसाइनिन की मात्रा अधिक है। इसे पादप प्रजनन के नियमित तरीके से विकसित किया गया है। इसमें एंथोसाइनिन पिगमेंट अधिक मात्रा में पाया जाता है जो ब्लू बेरी जैसे फलों के समान स्वास्थ्य लाभ प्रदान कर सकता है। इससे खून में ग्लूकोज और कोलेस्टेरोल स्तरों में कमी लाने में मदद मिलेगी।