



# Grains of Prosperity: An In-Depth Look at Wheat in India - From Global Impact to Local Policy

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## World Wheat Supply and Demand (MMT)

Item	2021/2022	2022/2023	2023/2024
Beginning Stocks	284	272	270
Production	780	790	783
Supply Total	1064	1062	1053
Ending Stock	272	270	258
Export/Imports	203	220	207
Food & Seed	631	637	636
Feed & Residual	161	155	159
Use (Total)	792	792	795

# India Wheat PSD

Attribute	2021/2022	2022/2023	2023/2024	Unit Description
Area Harvested	31,125	30,459	31,401	(1000 HA)
Beginning Stocks	27,800	19,500	9,500	(1000 MT)
Production	1,09,586	1,04,000	1,10,554	(1000 MT)
Imports	29	53	100	(1000 MT)
TY Imports	30	72	100	(1000 MT)
TY Imp. from U.S.	0	0	0	(1000 MT)
Total Supply	1,37,415	1,23,553	1,20,154	(1000 MT)
Exports	8,033	5,377	500	(1000 MT)
TY Exports	10,567	1,626	1,000	(1000 MT)
Feed Dom. Consumption	7,000	6,500	5,500	(1000 MT)
FSI Consumption	1,02,882	1,02,176	1,03,154	(1000 MT)
Domestic Consumption	1,09,882	1,08,676	1,08,654	(1000 MT)
Ending Stocks	19,500	9,500	11,000	(1000 MT)
Total Distribution	1,37,415	1,23,553	1,20,154	(1000 MT)
Yield	3.52	3.41	3.52	(MT/HA)

# Wheat: Government Update

## Wheat reserves in central pool:

- December 1: 192 lakh tonnes compared to 190 lakh tonnes from the previous year
- December 15, 2023: Around 180 lakh tonnes available

## Current status on issuing wheat:

- FCI to issue wheat from the last two crops; rate undecided
- Government comfortable with stock, may release 17-18 lakh tonnes in Jan-Feb under OMSS for bulk consumers

## New crop outlook and plans:

- Favorable prospects for new wheat crop; higher total acreage observed
- Procurement of new wheat crop to commence from April 2024

# Wheat: A Pillar of Nutrition in the Indian Diet

Global Hunger Index  
107 out of 121 in year 2022  
94 out of 121 in year 2020  
Child wasting is 19.3 %

60 % population  
(Malnourished in case of all  
macronutrients). Little less  
than half of our children

- **Nutritional Status in India:** With a significant portion of the population facing malnutrition, India grapples with high levels of child malnourishment.
- **Wheat's Nutritional Value:** As a staple, wheat is crucial for its contribution to caloric, protein, and dietary fiber intake on a global scale.
- **Wheat Products:** Emphasizes the benefits of wheat-based foods like composite breads, noodles, and pasta, advocating for their role

**Wheat is a staple crop.**

Globally wheat provides 20 % of calories and protein, 20 % of dietary fiber.  
Phytonutrients – Bioactive compounds (phenols and terpenoids) Antioxidant



# Wheat: Myths

## Wheat –Plant Food

**Sustainable Nutrition:**  
(Composite breads, noodles  
and pasta)

- Dietary Sensitivities and Allergies:** Addresses the prevalence of gluten intolerance, wheat allergies, and celiac disease in India, outlining symptoms and distribution.
- Myths around Gluten-Free Diets:** Challenges misconceptions about gluten-free diets for weight loss and stresses the importance of dietary fiber.

**Celiac disease (CeD) affects 1% of people in the northern part of India, it is believed to be uncommon in the southern and northeastern parts because of significant differences in dietary pattern and ethnicity.**

**Even though everyone in India is consuming dairy, only 18% is actually digesting the lactose completely. 60 % are lactose intolerant –various levels of intolerance**



# Gluten Free Diet (GFD) and Weight Loss

**Myth - People cut out a lot of processed foods and refined carbohydrates that contain gluten.**

- **This can be done without following GFD**
- **Any weight loss diet focus is on the same –add whole grains,**
- **fruits and vegetables,**
- **control portion size,**
- **incorporate exercise.**

**Importance of fiber is well known –GFD creates fiber deficiency for such population.**

Wheat –Plant Food

**Sustainable Nutrition:**  
(Composite breads, noodles  
and pasta)

# Need to Promote Wheat for sustainable food and feed

Strategies for Promotion Suggests using digital platforms to advocate for the health benefits of wheat and to disseminate nutrition-related information.

•WPPS started I♥️Wheat campaign in 2023. We request all to to be part of this.



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