

MILLETS: A SUPERFOOD FOR HUMAN

मिलेट खाओ रोग भगाओ!!

Millet is a cereal grain that belongs to the *Poaceae* family, commonly known as the grass family. It is one of the oldest cultivated grains in the world and has been grown throughout Africa and Southeast Asia for thousands of years. Millet can be used to make bread, beer, cereal, and other dishes. Even today, millet is a staple food around the world because of its health benefits like gluten-free and boasts high protein, fiber, and antioxidant contents.

Major millets include:

Pearl (बाजरा)
Foxtail (कंगनी)
Proso (चना)
Finger (रागी)

Minor millets include:

Kodo (कोड़ो)
Barnyard (सनवा)
Little (कुटकी)
Guinea
Browntop
Fonio
Adlay



Pearl millet is the most widely produced variety intended for human consumption.

Nutritional Value

One cup (174 grams) of cooked millet packs:

Calories: 207

Carbohydrates: 41 grams

Fiber: 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

Amino acids

Calcium: 13% DV/100 gram

Niacin, Beta-carotene, potassium, zinc, iron and calcium and vitamin B3

Why Should Include Millet In Daily Diet?

Control Blood Sugar & Type 2 Diabetes

Aids in sleep

Helps In Weight Loss

Helps in slowing down muscle degradation

Treats Coronary Arteries Disorder

Good source of antioxidant, & vitamins

Helps To Decrease High Blood Pressure

Improve Digestive Health



Few renovated popular dishes

