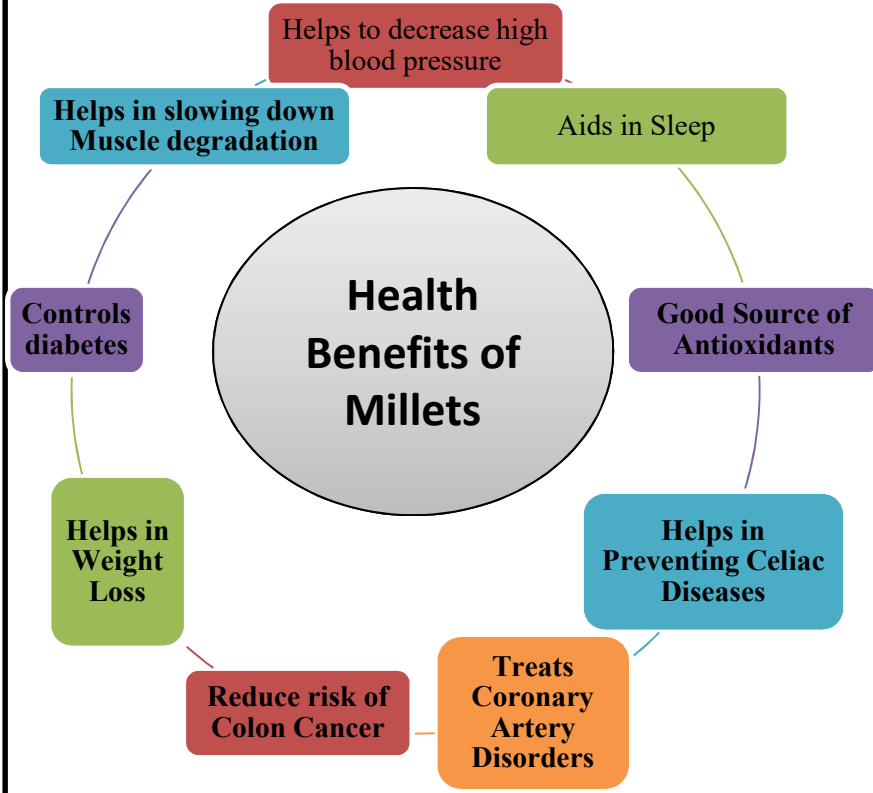


## Health Benefits of Millets

Main health benefits of millets are due to its

- Low glyceemic index
- Gluten-free proteins
- High fibre content
- Cholesterol Lowering property
- High bioactive compound content



Extension publication no.: AU/DE/266F

Dated:16/02/2023



## **NUTRI-CEREALS AND THEIR ROLE ON HUMAN HEALTH**



**Chief Patron:** Prof. Dil Mohammad Makhdoomi,  
Director Extension

**Patron:** Dr. Sajad Mohiuddin, Sr. Scientist & Head

**Contributors:** Dr. Aasima Rafiq, Dr. Uzma Bashir,  
Mrs. Saima Paul, Dr. Rayees A Wani and Dr. Ajaz A  
Ganie,


**KRISHI VIGYAN KENDRA, SRINAGAR  
SHER-E-KASHMIR UNIVERSITY OF  
AGRICULTURAL SCIENCES AND  
TECHNOLOGY, KASHMIR, SHALIMAR  
1900025**

## Introduction


- Millets are considered as Nutri-cereals.
- Millets are important cereals that contribute to the food and nutrition security of developing countries in Asia and Africa's semi-arid tropics, especially in India, Nigeria, and Niger.
- Millets are all-season crops that can be grown all year and provide several security benefits (food, feed, health, nutrition, livelihood, and the environment), making them the most cost-effective agricultural security crop
- They are grown on soils that are usually too weak for any other crop to grow.
- They have a higher tolerance for drought, low nutrient application, and least temperature variations than other cereal crops, and their short growing season makes them exceptional.
- After realizing the nutritional composition of millets and their beneficial effects on the human health, millets are popularly known as Nutri-cereals or Nutrition rich grains

### Nutri-cereals Include:


<u>Major Millet</u>	<u>Minor Millet</u>
Sorghum (jowar)	Barnyard millet(sanwa)
Pearl millet (bajra)	Little millet (sama)
Finger millet (ragi)	Kodo millet(arke)
Proso millet (chena/barr)	
Foxtail millet (korra)	




**Sorghum (Jowar)**




**Pearl Millet (Bajra)**



**Proso Millet (Ragi)**



**Finger Millet (Ragi)**



**Foxtail Millet (Korra)**

**Nutritional Profile of Millets in comparison with wheat and rice**

### FROM THE NUTRITIONAL ANGLE

The profile of various grains (in 100g)

Foodgrain	Carbohydrates (g)	Protein (g)	Fat (g)	Energy (Kcal)	Calcium (mg)	Iron (mg)
Sorghum	72.6	10.4	1.9	349	25	4.1
Bajra	67.5	11.6	5	361	42	8
Finger millet	72.0	7.3	1.3	328	344	3.9
Foxtail millet	60.9	12.3	4.3	331	31	2.8
Kodo millet	65.9	8.3	1.4	309	27	0.5
Proso millet	70.4	12.5	1.1	341	14	0.8
Barnyard millet	65.5	6.2	2.2	307	20	5
Little millet	67.0	7.7	4.7	341	17	9.3
Wheat (whole)	71.2	11.8	1.5	346	41	5.3
Rice (raw, milled)	78.2	6.8	0.5	345	10	0.7

GRAPHIC: VIPUL SHARMA/MINT Source: National Institute of Nutrition Hyderabad