

## *Brief account of millets*

Generally, millets are small-grained, annual, warm-weather cereals belonging to the grass family (Poaceae ). They are highly tolerant of drought and other extreme weather conditions and have a similar nutrient content to other major cereals.

Millets are widely grown around the world. These are grains used for fodder and human food..The most widely grown millet is pearl millet, which is an important crop in India and parts of Africa.

Millet grains are discovered in pots used for storing grains and seeds discovered at archaeological sites in present day China, India, Europe and different parts of Africa.

Millet grains have short cultivation times. Hence, Millets become. staple grains of nomadic communities..

When compared to other cereal grains, millets do not need much nutrients from the soil, are rain fed, and are not susceptible to pests either in the field or during storage.

### Different Types of Millets

Finger Millet (Ragi)



Foxtail Millet (Setaria italica: Navaney in Kannada) ...

Sorghum Millet (Jowar) ...

Pearl Millet (Bajra , Sajje in. Kannada.

Pennisetumglaucum: )

Buckwheat Millet (Kuttu) ...

Amaranth Millet (Chola)

Little Millet (Moraiyo/Sama in. Kannada. )

Barnyard Millet

Nutritional importance of millets

Millets are high in nutrition and dietary fibre. They serve as good source of protein, micronutrients, antioxidants, and phytochemicals.

The millets contain 7-12% protein, 2-5% fat, 65-75% carbohydrates and 15-20% dietary fibre. The essential amino acid profile of the millet protein is better than various cereals such as maize.

It may have numerous health benefits, such as helping lower your blood sugar and cholesterol levels. Plus, it's gluten-free, making it an excellent choice for people who have celiac disease or follow a gluten-free diet

Millet has gained popularity in the West because it's



gluten-free and boasts high protein, fiber, and antioxidant contents

Millet may help control blood sugar levels

Millet is considered an ideal grain for people with diabetes.



Millet may help to lower cholesterol

Millet is also sold as a flour.





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