

Marvellous Millets

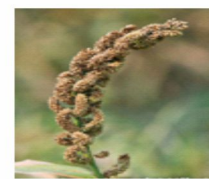
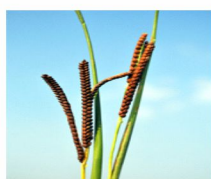
Millets: Health Benefits

Each variety of millets has its own distinct benefit. However, at an overall level, they have the following benefits:

- Millets help in lower cholesterol
- They help in prevention of breast cancer, type 2 diabetes & heart diseases
- They help control blood pressure
- They aid in treating respiratory conditions such as asthma
- They help in optimizing kidney, liver and immune system
- Millets are rich source of Anti-oxidants
- They reduce risk of gastrointestinal conditions like gastric ulcers or colon cancer
- They eliminate problems like constipation, excess gas, bloating and cramping
- Millets act as a prebiotic feeding micro flora in your inner ecosystem
- Millets are good for skin and hair health
- They help in maintaining bone and muscle health

Name of the Millet	Protein (g)	Fiber (g)	Minerals (g)	Iron (mg)	Calcium (mg)	Mean Glycemic Index
Sorghum	10	4	1.6	2.6	54	61.2
Pearl Millet	10.6	1.3	2.3	16.9	38	56.6
Finger Millet	7.3	3.6	2.7	3.9	344	61.1
Foxtail Millet	12.3	8	3.3	2.8	31	54.5
Proso Millet	12.5	2.2	1.9	0.8	14	50.2-64.7
Kodo Millet	8.3	9	2.6	0.5	27	65.4
Little Millet	7.7	7.6	1.5	9.3	17	64.2
Barnyard Millet	11.2	10.1	4.4	15.2	11	42.3
Browntop Millet	11.5	12.5	4.2	0.6	10	61.3
Amaranth	13.5	6.7	1.0	7.6	159	35
Buckwheat	12	17.8	1.1	4	110	50

Website Sources: Indian institute of Millets Research, www.researchgate.net, www.frontiersin.org, milletadvisor.com, www.iomcworld.com, tcrconnectingagriculture.com



Disclaimer: The above information is not a research article but a compilation from different sources for comparable health benefits. *The article is for informational purposes only. Please seek professional medical advice for any diagnosis, medication, or treatment.*