



SORGHUM (Juar)

PEARL MILLET (Bajra)



FINGER MILLET (Ragi)



FOXTAIL MILLET (Kakum)



BARNYARD MILLET (Sanwa)



KODO MILLET (Kodon)



LITTLE MILLET (Kutki)



PROSO MILLET (Chena)



HORSE GRAM (Kulthi)



GOOD FOR THE EARTH & EARTHLINGS

Did you Know?

Milletts have been mentioned in some of the oldest Yajurveda texts and its consumption was very common, pre-dating to the Indian Bronze Age (4,500BC).

Nutritional Benefits of Millets (for 100g of each millet)

	Protein (g)	Fiber (g)	Minerals (g)	Iron (mg)	Calcium (mg)
Sorghum	10	4	1.6	2.6	54
Pearl millet	10.6	1.3	2.3	16.9	38
Finger millet	7.3	3.6	2.7	3.9	344
Foxtail millet	12.3	8	3.3	2.8	31
Proso millet	12.5	2.2	1.9	0.8	14
Kodo millet	8.3	9	2.6	0.5	27
Little millet	7.7	7.6	1.5	9.3	17
Barnyard millet	11.2	10.1	4.4	15.2	11
Horse Gram	22	5	3	7	287

Source: Indian Institute of Millets Research
Ministry of Agriculture & Farmers Welfare, GOI; ICRISAT

Millet- Wonder Food

- Sustainable Food
- Resistant to climatic stress, pests, and diseases.
- Long-term option for combating climate change
- Climate-resilient agri-food system

Why Millets?

- Rich in calcium, iron, zinc, protein and fiber
- Low-glycemic index
- Nutricereals
- Allow multiple farm-revenue streams as they can be food, fodder, source of sugar production & biofuels
- Affordable
- Survive in harsh climate & less fertile soil

Health Benefits of Millets

- Millets are anti acidic, gluten free, detoxify body & Niacin (vitamin B3) in millet can help lower cholesterol
- It helps to prevent breast cancer, type 2 diabetes & heart diseases
- Effective in reducing blood pressure
- Aids in treating respiratory conditions such as asthma
- Helps to optimize kidney, liver and immune system
- Reduces risk of gastrointestinal conditions like gastric ulcers or colon cancer
- Eliminates problems like constipation, excess gas, bloating and cramping
- Millet acts as a prebiotic feeding microflora in your inner ecosystem



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