

Indian Millets and Its Value-Added Products: IYoM-2023

Prachi Patel, Amit Tomar, A. K.Mishra, S.P. Singh, R.P. Singh & H.H. Khan

ICAR-Krishi Vigyan Kendra, Gajraula, Amroha (Directorate of Extension)
Sardar Vallabhbhai Patel University of Agriculture & Technology,
Meerut-250110 (U.P.)

ARTICLE ID: 47

"Millets: Poor man's food grain"

Introduction:

Millets are a highly varied group of small-seeded grasses, widely grown around the world as cereal crops or grains for fodder and human food. Most species generally referred to as millets belong to the tribe Poaceae, but some millets also belong to various other taxa.



Millets are a powerhouse of nutrients. They have reclaimed their space in the kitchen of those more health-conscious. Millets boost your health and improve weight loss, besides being gluten-free. Speak to any fitness enthusiast, and they will vouch for the miraculous benefits of eating millets. Millets are available in a variety of types, and each has its health benefits. Walk into a supermarket at any time of the year, and you will find millets in stock. That is because of their cultivation across seasons. Consuming millets as part of your daily diet is an age-old concept. The population of central and southern India consumed millets daily until the Green Revolution made rice and wheat more accessible. However, government policies did not provide incentives for growing millets. On the contrary, it discouraged farmers from cultivating millets. Therefore, consumption of millets reduced as the produce quantum dipped. However, ditching rice or wheat bread entirely for millets is not healthy for your body—practice grain diversity in your diet for wholesome nutrition. Millets are coarse grains that are traditionally grown and consumed in the Indian subcontinent for over 5000 years. They have high

nutritional value and are rich in proteins, vitamins, minerals, and fibres. Unlike other cereals, millets require little water and ground fertility.

Table-1: Common name of Millets in Indian Languages.

 <p>Sorghum</p>	 <p>Sorghum Grain</p>	 <p>Pearl Millet</p>	 <p>Pearl Millet</p>
<p>Marathi : Jwari Oriya : Juara Punjabi : Jowar Tamil : Cholam Telugu : Jonna</p>	<p>English: Sorghum Bengali : Jowar Gujarati : Jowari, Juar Hindi : Jowari, Juar Kannada : Jola</p>	<p>English : Pearl Millet Bengali : Bajra Gujarati : Bajri Hindi : Bajra Kannada : Sajje</p>	<p>Marathi : Bajri Oriya : Bajra Punjabi : Bajra Tamil : Kambu Telugu : Sajja</p>
 <p>Finger Millet</p>	 <p>Finger Millet</p>	 <p>Foxtail Millet</p>	
<p>English : Finger Millet Bengali : Marwa Gujarati : Nagli, Bavto Hindi : Ragi, Mandika, Marwah Kannada : Ragi</p>	<p>Marathi : Nagli, Nachni Oriya : Mandia Punjabi : Mandhuka, Mandhal Tamil : Keppai, Ragi, Kelvaragu Telugu : Ragi Chodi</p>	<p>English : Foxtail Millet Bengali : Kaon Gujarati : Kang Hindi : Kakum Kannada : Navane</p>	<p>Marathi : Kang, Rala Oriya : Kanghu, Kangam, Kora Punjabi : Kangni Tamil : Tenai Telugu : Korra</p>

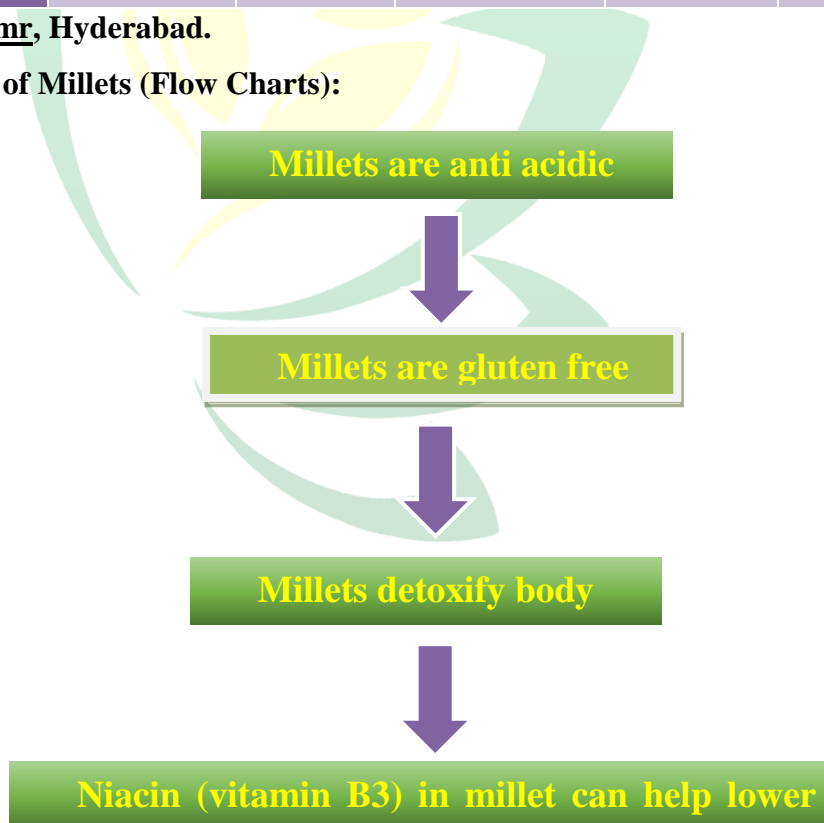
 <p>Barnyard Millet</p>	 <p>Barnyard Millet</p>	 <p>Kodo Millet</p>	 <p>Kodo Millet</p>
<p>English : Barnyard Millet Bengali : Shyama Gujarati : Hindi : Sanwa Kannada : Oodalu</p>	<p>Marathi : ... Oriya : Khira Punjabi : Swank Tamil : Kuthiraivolly Telugu : Udalu, Kodisama</p>	<p>English : Kodo Millet Bengali : Kodo Gujarati : Kodra Hindi : Kodon Kannada : Harka</p>	<p>Marathi : Kodra Oriya : Kodua Punjabi : Kodra Tamil : Varagu Telugu : Arikelu, Arika</p>
 <p>Little Millet</p>	 <p>Little Millet</p>	 <p>Proso Millet</p>	 <p>Proso Millet</p>
<p>English : Little Millet Bengali : Sama Gujarati : Gajro; Kuri Hindi : Kutki, Shavan Kannada : Same, Save</p>	<p>Marathi : Sava, Halvi, vari Oriya : Suan Punjabi : Swank Tamil : Samai Telugu : Samalu</p>	<p>English : Proso Millet Bengali : Cheena Gujarati : Cheno Hindi : Chena; Barri Kannada : Baragu</p>	<p>Marathi : Vari Oriya : China Bachari bagmu Punjabi : Cheena Tamil : Pani varagu Telugu : Variga</p>

Table-2: Nutritional Benefits of Millets (for 100g of each millet).

Millet crops	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
Teff	13	8	0.85	7.6	180
Fonio	11	11.3	5.31	84.8	18
Brown top millet	11.5	12.5	4.2	0.65	0.01

Source: [www.iimr](http://www.iimr.org), Hyderabad.

Health Benefits of Millets (Flow Charts):



Prevents breast cancer

Helps to prevent type 2 diabetes

Effective in reducing blood pressure

Helps to protect against heart diseases

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

Summary & Conclusion:

Millets flew under the radar with the presence of more popular cereals, like rice and wheat. It was only recently that health and fitness enthusiasts from across the world understood its potential. The health benefits that the humble food grain offers are truly unique. Unlike wheat and rice, millet cultivation is incredibly sustainable. This food grain benefits our bodies by strengthening our immunity, keeping diseases in check, and aiding weight loss. In addition, millets take longer to break down in the body and keep us satiated for longer. Millets have been an integral part of our diet for centuries. In addition to a plethora of health benefits, millets are also good for the environment with low water & input requirement. With the aim to create awareness and increase production & consumption of millets, United Nations, at the behest of the Government of India, declared 2023 the International Year Millets. To commemorate this, MyGov is hosting various interactive activities around Millets. There are many ways to include millets in your diet. You can use this food grain as a cereal substitute, make porridge, infuse it into cupcakes – the uses of millets in cuisine is endless. So, include this superfood into your everyday diet and notice the positive changes it brings to your life.