

## 2023 – International Year of Millets

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### Introduction:

Millets, the Nutri-cereals are the first cereal grains to be domesticated and it is the staple food of the people of semi-arid tropics of Asia and Africa. The tiny grain is gluten free and is rich in good quality protein, minerals, Phyto-chemicals and vitamins. Millets are rich in unavailable carbohydrates and dietary fiber thereby it reduces the activity of digestive enzymes leading to incomplete hydrolysis of sugars and lowers the Glycemic index. Millets are highly recommended for diabetic patients and it also helps in the alleviation of many diseases. Despite these benefits, Millets remain underutilized. Hence 2023 will be celebrated as ‘International Year of Millets’ to increase its production, Value addition and to make it as a major component of the Planet.



**Sorghum**



**Pearl Millet**



**Finger Millet**



**Foxtail Millet**



**Barnyard Millet**



**Proso Millet**



**Millets:**

S.No.	Common Name	Scientific Name	Economic Part
1.	Sorghum	<i>Sorghum bicolor</i>	Grain
2.	Pearl millet	<i>Pennisetum glaucum</i>	Grain
3.	Finger millet	<i>Eleusine coracana</i>	Grain
4.	Foxtail millet	<i>Setaria italica</i>	Grain
5.	Barnyard millet	<i>Echinochloa frumentosa</i>	Grain
6.	Proso millet	<i>Panicum milliaceum</i>	Grain
7.	Little millet	<i>Panicum sumatrense</i>	Grain
8.	Kodo millet	<i>Paspalum scrobiculatum</i>	Grain

**Why Millets?**

- Requires much less water
- Highly suited for rainfed cultivation
- Requires minimal input
- Can fit into multiple cropping system
- Powerhouses of nutrition
- Climate smart - withstand adverse soil & climate
- Mostly shorter in duration
- Suitable for contingency plan
- Widely grown in Asian & African countries

**Nutritional Composition:****Sorghum:**

Carbohydrate	70%
Protein	10-12%
Fat	3%

Carbohydrate	67%
Protein	11.6%.
Fat	5%
Minerals	2.7%

<b>Pearl Millet:</b>	Moisture	12.4%
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**Finger Millet:**

Carbohydrate	76.32%
Protein	9.2%
Fat	1.29%
Minerals	2.24%
Ash	3.90
Calcium	0.33

**Foxtail Millet:**

Carbohydrate	60.6%
Protein	12.3%
Fat	4.7%
Ash	3.2%

**Barnyard Millet:**

Carbohydrate	65.5%
Protein	6.2%
Ash	4.4%
Crude fiber	9.8%

**Proso Millet:**

Carbohydrate	68.9%
Protein	12.5%
Fat	1.1%
Crude fiber	2.2%
Ash	3.4%

**Kodo Millet:**

Carbohydrate	65.6%
Protein	8.3%
Fat	1.4%
Ash	2.9%

#### Little Millet:

Carbohydrate	67%
Protein	7.7%
Fat	4.7%
Crude fiber	7.6%

#### Health Benefits:

- Beneficial in detoxifying body
- Lowers bad cholesterol level
- Helps to prevent type 2 diabetes
- Prevents onset of breast cancer
- 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 health
- Reduces risk of gastro intestinal conditions like gastric ulcers or colon cancer
- Eliminates problems like constipation, excess gas, bloating and cramping.

#### Conclusion:

From the above facts, it is well known that millets are highly nutritious. People must aware of these millets and should be recommended in our daily diet to lead a healthy and successful life.