

Nutritious Millet for Healthy Lifestyle

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Introduction

Millets are a group of small, round whole grains grown in India, Nigeria, and other Asian and African countries. They are regarded as an ancient grain and are utilised as food for humans, animals, and birds. The most common form of millet grown for human consumption is pearl millet. The idea of including millets in your diet on a regular basis is not new. Before the Green Revolution made rice and wheat more widely available, the populace of central and southern India regularly consumed millets. Millets are a powerhouse of nutrients. They are nutritionally valuable and offer a variety of health advantages due to their high protein, vitamin, mineral, and fibre content. Millets have immense potential, which is increasingly being recognised by the world. Iron, calcium, and phosphorus are just a few of the numerous micronutrients found in millets. Millets come in a variety of sizes and forms.

Foxtail millet, or indigenously called Kakum/Kangni. It contains blood sugar balancing healthy carbohydrates. The iron and calcium content present in it also helps strengthen immunity. In addition, foxtail millets help regulate your blood cholesterol and increase HDL cholesterol levels in your body. Ragi is a more common name for *finger millet*. It is used as a healthier cereal substitute for rice and wheat. Ragi is gluten-free and rich in protein. Ragi is supposed to aid brain development in growing children.

Bajra also known as *pearl millet* is incredibly nutrient-dense. It contains minerals such as calcium and magnesium, protein, fibre, and iron. Practice regular consumption of pearl millet to fight against type II diabetes. *Buckwheat* helps to lose weight. It makes for a healthy food option for diabetes, helps lower blood pressure, and improves cardiovascular health. Buckwheat also fights against diseases such as gallstones, childhood asthma, and breast cancer.

Little millet is also an excellent option for those looking to lose weight. You can eat it as a rice replacement. It is high in fibre and filled with numerous minerals such as potassium,



zinc, iron, and calcium. It is also packed with the health benefits of vitamin B and works as an antioxidant for your body.

Consumption of millet regularly to gain the following benefits:

- The calorie content of millets is low, and they are an excellent food product for weight loss.
- It helps them maintain their energy level throughout the day without having to eat to refuel themselves constantly.
- Millets have a low glycaemic index. Therefore, consume millets regularly to lower your risk of developing diabetes.
- Protein intake is responsible for building the body's immunity.
- Millets provide a great source of protein and can help develop and strengthen our immunity. Stronger immunity means fewer chances of you catching diseases.
- Millets contain essential fats, which provide our bodies with good fats which prevent excess fat storage as well as effectively lowers the risk of high cholesterol, strokes, and other heart complaints.
- The potassium content in millets regulates your blood pressure and optimises your circulatory system.
- The magnesium content in millets can reduce how frequently you experience migraines. It can also bring down the severity of your asthma complaints.
- Millets are a rich fibre source that benefits digestion by alleviating bloating, gas, cramping, and constipation. In addition, good digestion keeps issues like gastric/colon cancer and kidney/liver complaints away.
- Millets help your body detox because of their antioxidant properties; Quercetin, curcumin, ellagic acid, and other valuable catechins flush out toxins from your body and neutralise the enzymatic actions of your organs.

Therefore, millets are good for health. Millet production is good for the environment. It is because they are primarily rain-fed crops. Consequently, they do not put pressure on our already diminishing water resources. Additionally, these grain crops do not attract pests and can grow perfectly well without pesticides.