

Health & Nutritional Benefits of Pearl Millet for Food & Nutritional Security

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Introduction:

Millet is a good source of protein, fiber, key vitamins, and minerals. The potential health benefits of millet include protecting cardiovascular health, preventing the onset of diabetes, helping people achieve and maintain a healthy weight, and managing inflammation in the gut. Millet is a low maintenance and drought-resistant grain. People often use it to feed livestock, but consumer interest is growing. This grain provides various health benefits and has multiple uses in cooking. People have benefited from the nutritional properties of millet for thousands of years. The Old Testament of the Bible mentions it, as do texts from ancient Greece and Rome. Millet grows extremely quickly and matures in almost half the time required for rice and wheat. This makes it the ideal crop, contributing to its rapid spread across Asia and into Europe. Millet is now the sixth most important cereal grain in the world. In the contemporary United States, millet is often used to feed pets, livestock, and birds, but it is growing in consumer popularity.

HEALTH BENEFITS OF MILLET

Organic Facts
www.organicfacts.net

	Beneficial in detoxifying body
	Lowers bad cholesterol level
	Prevents onset of 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 health
	Reduces risk of gastrointestinal conditions like gastric ulcers or colon cancer
	Eliminates problems like constipation, excess gas, bloating and cramping



Nutrients*

Carbohydrate 27%

Protein 26%

Calories 13%

Dietary Fiber 11%

Vitamins*

Thiamin 26%

Niacin 22%

Folate 20%

Vitamin B6 18%

Minerals*

Copper 35%

Phosphorus 27%

Magnesium 26%

Iron 16%

**% Daily Value per 100g. For e.g. 100g of millet provides 35% of daily requirement of copper.

This is because it is gluten free and a good source of protein, fiber, micronutrients. It also provides multiple benefits to physical and mental health, requires few inputs to grow, and is resistant to drought.

Possible health benefits of Millets:

- ✚ **Helping the digestive system:** Millet contains fiber, which contributes to digestive health and helps to regulate bowel movements. Millet also has prebiotics, which stimulate the growth of probiotics within the microbiome. This is important for gut health and the immune system in general. Millet is very helpful Trusted for people with celiac disease or gluten intolerance because it is gluten-free. People with celiac disease can eat this grain, which is nutrient-rich and high in protein and fiber, without risk of discomfort.
- ✚ **Supporting the cardiovascular system:** Millet contains magnesium, which helps to regulate heart rhythm. Consuming millet may also Trusted Source elevate levels of the protein adiponectin, which can protect cardiovascular tissues. Millet also contains vitamin B3 or niacin. This vitamin helps reduce certain factors of heart disease, such as high levels of cholesterol and triglycerides, and is effective in lowering oxidative stress.
- ✚ **Improving mood:** Millet can improve a person's mood due to the high concentration of the amino acid, tryptophan .Research Trusted Source from 2014 suggests that a diet rich in tryptophan can reduce symptoms of depression and anxiety.
- ✚ **Reducing the risk of diabetes:** A 2021 study suggests that millet can reduce the risk of developing type 2 diabetes. It also helps manage blood glucose levels in people with diabetes.
- ✚ An increase Trusted Source in adiponectin concentration may improve insulin sensitivity. Learn more about millet diets for people with diabetes.
- ✚ **Managing obesity:** Another study from 2021 investigated the effectiveness of millet consumption in managing obesity and high cholesterol. The results demonstrated that this type of diet reduced BMI and, therefore, can help reduce the degree of overweight and obesity. However, longer-term studies with larger sample sizes are required.
- ✚ **Reducing oxidative stress:** Oxidative stress may cause various chronic conditions, including neurodegenerative disorders, arthritis, and diabetes. A high-fat diet is also a



risk factor for the development of dementia because it increases oxidative stress in the brain. Doctors consider antioxidants important in reducing oxidative damage. Diets rich in antioxidants may protect against oxidative damage. Millet is a good source of antioxidants, which may help support the body's ability to resist oxidative stress, a factor in illness and aging. Consuming antioxidants could decrease the risk of chronic diseases. Research Trusted Source also concluded that the intake of millet could alleviate oxidative stress in the hippocampus and downregulate the expression of Alzheimer's disease.

Other Potential Trusted Source health benefits of millets include:

- suppressing cancer cell growth
- promoting wound healing
- maintaining bone health
- Supporting antifungal and antimicrobial activity.

Conclusion:

Millet is an ancient grain that people have enjoyed for thousands of years. Millet is also food for livestock and birds. It is becoming increasingly popular as it is fast-growing, drought-resistant, and requires low input. Millet is a good source of protein, fiber, key vitamins, and minerals. The potential health benefits of millet include protecting cardiovascular health, preventing the onset of diabetes, helping people achieve and maintain a healthy weight, and managing inflammation in the gut. Millet is an adaptable grain. There are many simple ways to prepare it, making it easy for people with celiac disease to include this gluten-free grain in their diets.