

MILLETS NUTRI CEREALS



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NUTRITION IN MILLETS

PROTEIN:- Millets are rich sources of protein providing about 11-12% of the daily value.

FIBER:- Millets are a good sources of fiber .Providing 5 to 7% of the daily value.

VITAMINS:- Millets contain B1, B2 , B3 & B6.They also provide folate and vitamin E.

MINERALS:- Millets are rich in minerals such as iron , calcium , phosphorus , magnesium and Potassium.

ANTI OXIDANTS:- Millets contain antioxidants that help and protect against free radical damage and reduce inflammation.



Health Benefits of Millet.

Help to manage Blood Sugar levels. Studies have proved that consuming millet helps in reducing blood glucose levels by 12-15%. Compared to its contemporary grains like wheat, maize, and rice; millets have a lower Glycemic Index score of just 52.7. This means that millet is slowly absorbed into the bloodstream, preventing rapid spikes in blood sugar levels. It can bring down the blood sugar and help you reduce your blood sugar to the pre-diabetic stage from the diabetic stage.

Helps to lower cholesterol and Millets promote heart health. In a study led by the International Crops Research Institute for the Semi-Arid Tropics (ICRISAT), it was found that consuming millet reduces cholesterol by 8%. The study also showed that low-density lipoprotein cholesterol or bad cholesterol as we commonly know it, decreased by 10%.

Millets are rich in antioxidants. Millets are a **good source of antioxidants**. Antioxidants are compounds that help protect the body against damage from free radicals. These free radicals can cause oxidative stress, contribute to chronic diseases and cause premature ageing. Some of the antioxidants found in millets include polyphenols, flavonoids, and carotenoids.

Boosts energy and immunity. Being **rich in nutrients** like Vitamin B1 and minerals like iron and magnesium, millets boost our immunity and provide strength to the body to fight against diseases. It is a great source of energy to stay active throughout the day.

Millets enhance our body's metabolism, boosting the growth of good bacteria in the guts which in turn helps our body to fight food-borne diseases and common infections.

Supports bone health. Millets are **rich in minerals like calcium, iron, magnesium, manganese, zinc, copper, potassium and phosphorus, which promote strong bones.** One of the millet types, Finger millet or Ragi, contains 5-30 times more calcium than the other food grains which is very crucial for bone health.

Sustainable source of nutrition. According to the UN, **millets can help solve the global agrifood challenge** of feeding the ever-growing population as they are





Our contribution to world



Millets offer great potential to reinforce global food security owing to their nutritional value and ability to withstand environmental challenges, such as salinity. They serve as a rich source of essential amino acids and demonstrate substantial free radical quenching capabilities, indicating strong antioxidant properties. These nutritional advantages position millets as an excellent dietary choice, especially for impoverished communities residing in arid, barren, and marginal lands.