

Detailed Investigation and Benefit Analysis of Chosen Millets for the Case Research Invention

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Abstract: Supporting and celebrating women's rights is a year-round responsibility. But on this International Women's Day, it's especially important to honour and celebrate the strong women in our lives! This Women's Day, Mothers millets takes great pride in sharing the stories of inspiring change makers-women who have created positive societal change, women who are models of strength and integrity, and women who have paved the way for other women. Initiative take by Mothers millets India. Millets are highly nutrient and provide protein, fiber, iron, B vitamin, manganese, phosphorus, potassium and magnesium. They are highly alkaline, making it easily digestible and soothing to the stomach. It contains around 15 % of protein and is rich in fiber. in fact 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

Keywords: Millets, benefits of millets, nutrition in millets, health benefits

1. Introduction

Wheat and rice may be amongst the most popular grains, but millets such as sorghum (jowar), pearl millet (bajra), foxtail millet (kangni), finger millet (ragi), Barnyard millet, Kodo mille, Little Millet, Proso Millet are amongst the healthiest millet grains available. These come in various sizes and varieties and are used for several purposes. Jawar. Bajra. Ragi. Foxtail millet. Barnyard millet. Little millet and. Kodo millet. Millets are advised in moderate amounts because excessive consumption can lead to adverse effects as the cereals contain substances that interfere with the functioning of the thyroid gland. Millets can cause delayed digestion due to their slow digestibility as they are high in fibre Millets are cultivated in low-fertile land, tribal and rain-fed and mountainous areas. These areas include Haryana, Uttar Pradesh, Chhattisgarh, Gujarat, Rajasthan, Madhya Pradesh, Maharashtra, Andhra Pradesh, Karnataka, Tamil Nadu and Telangana.

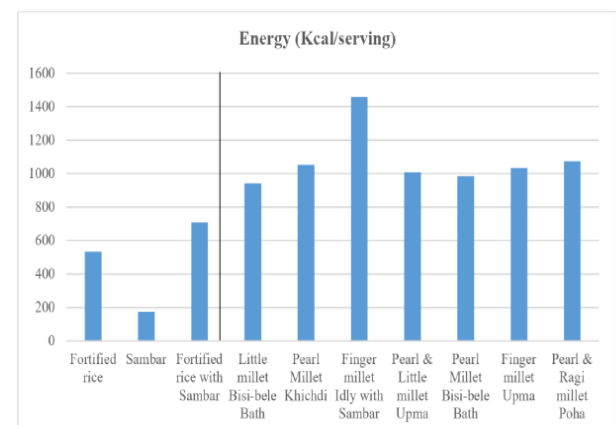
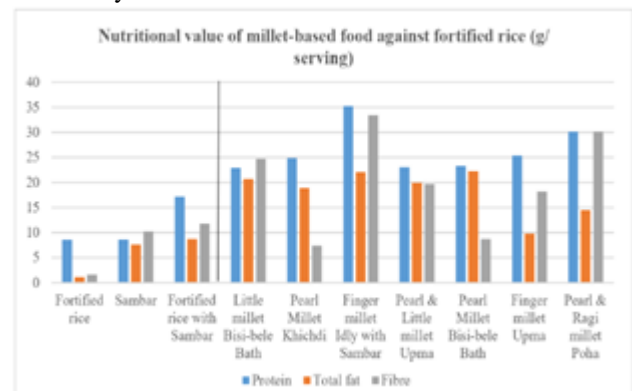
2. Historical View

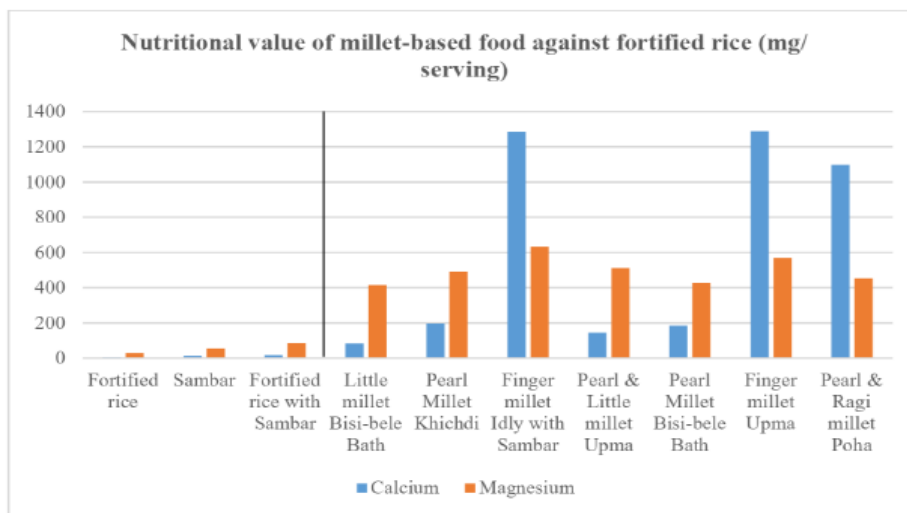
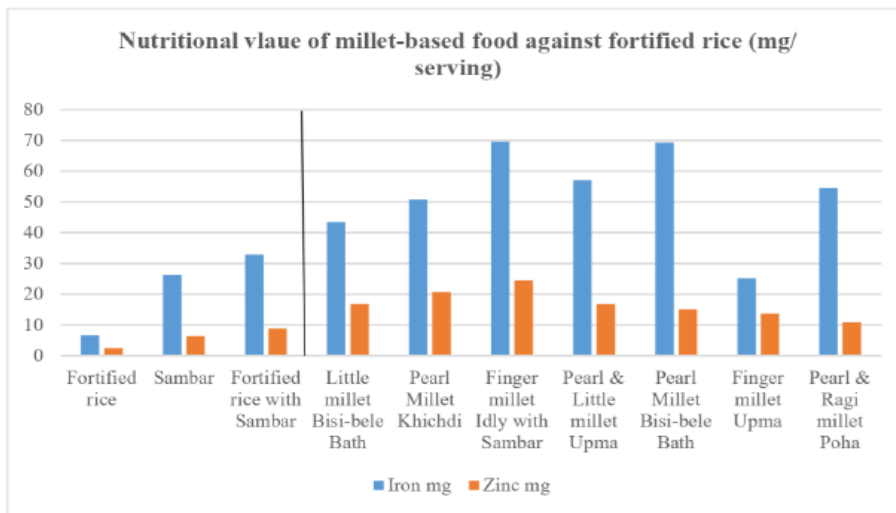
Millets were probably first cultivated in Asia more than 4, 000 years ago, and they were major grains in Europe during the Middle Ages. Today, though they are used chiefly for pasture or to produce hay in the United States and western Europe, they remain important food staples in less-developed countries worldwide. The most popular Indian millet is Pearl millet called Bajra in Hindi and the second most widely grown millet in India is foxtail millet, called Kangni or Kakum in Hindi. Other popular millets are Sorghum, called Jowar and Finger millet called Ragi or Nachni in Hindi.

Proso millet (Chenna/Barri)

It contains the highest amount of proteins (12.5%). Health benefits of proso millet come from its unique properties. It has significant amounts of carbohydrate and fatty acids.

100% Natural nutrition from Nuts, Cereals & Pulses. Nutrition for babies with No artificial color, flavour & preservatives Increase the nutritional quotient by including millets in your diet





Comparative benefits

1) Finger Millet



- Excellent source of natural calcium
- Strengthen of bones in children and adults
- Regular consumption of finger millets help in reduce risk of osteoporosis
- Improves digestion, prevents obesity and promotes weight loss
- Good for brain development in growing kids

2) Pearl Millets



- It is a rich source of iron
- Improves hemoglobin level
- Rich in fibre, protein, calcium and minerals such as magnesium, zinc, folic acid, amino acids, lecithin, potassium, B complex vitamins
- Kambu is good for your heart and controls cholesterol
- Prevents diabetics, cancer and Asthma
- It detoxifies your body
- It is gluten free and promotes as good sources for kids with developmental delays
- Good for muscles

3) Kodo Millet



- High protein content
- Good for diabetics and good for weight loss
- Rich in antioxidants

4) **Foxtail Millet**



- It remove the acidic elements away from the body
- Rich in fibre content and minerals like protein, iron calcium potassium magnesium and zinc
- Enriched with vitamin B6
- It helps in regulation of healthy nervous system

5) **Proso Millet**



- It contains a potent dose of magnesium
- It has a phytochemical called phytic acid that can reduce the level of bad cholesterol in the body
- Supports the neural health system
- Reduces the risk of type 2 diabetics

6) **Little Millet**



- It is good for PCOD problems
- Helps in fight against diabetics
- Lowers the risk of developing cataract
- Samai is called as as cancer fighting millet
- Detoxifies the body
- Improve s heart health
- Repairs body tissues and creating energy

7) **Red rice hand blended**



- Red rice is loaded with fibre, iron and considered to reduce inflammation in the body
- Helps in the production of red blood cells (RBC)
- Reduces the risk of cardiovascular diseases
- Improves the skin health

8) **Bamboo rice**



- Controls joint pains and rheumatic pains
- Good for pregnant women to reduce the vitamin deficiency
- Controls sugar, cholesterol and blood pressure
- High in vitamin B and antioxidants
- Its also known as natural Viagra

9) **Roasted gram**



- It is loaded with protein and fibre
- Ideal for weight loss
- Rich source of minerals
- Boosts immunity, improves bone, muscles and heart health
- Reduces anaemia and weakness

10) **Green gram**



- Reduces chronic diseases risk
- Anti oxidants vitexin and isovitexin may prevent heart stroke
- Lower the level of LDL
- Rich source of potassium, magnesium, and fiber

11) **Moong Dal**



- Whole source of vitamins such as A, B, C and E
- Good for weight loss
- High in protein and fibre

12) Peanuts

- Fights stomach cancer
- Facilitates fertility
- Fights depression
- Blood sugar regulator
- Skin care agent
- Rich source of vitamins and minerals

India is one of the largest producers of **Pearl Millet** in the world with around 7 mio ha area under cultivation. Rajasthan is highest producing state within the country. The crop is grown for a dual purpose-as food for consumption and fodder for livestock.

3. Conclusion

They are considered most important crop in india because they have high nutrition levels in them and are very good for health. they contain proteins which help in recharging the body with energy and also iron and calcium. hope it helped. Although anyone can reap the nutritional benefits of eating millet, it's been shown to be especially beneficial for diabetes management, making it one of the better whole grains for managing blood sugar. Millet is a good choice for diabetes due to its high fiber content. Kangni, also known as foxtail millet is another amazing grain to have during winters. Rich in Vitamin B12, kangni ensures a smooth functioning of the heart and nervous system. This grain is also recommended for hair growth

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