

Milllets

Forgotten Foods for the Future

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A kind of cereal called millet is a member of the Poaceae family of grasses. Particularly in Asia and Africa, this little spherical whole grain is farmed in India and Nigeria. Food made from millet may be prepared for a simple digestion, just as brown rice and quinoa. Millets come in a variety of varieties. However, the most popular kinds include Sorghum millet, Finger millet, Foxtail millet, Pearl millet, Proso millet,

and little millet. Millets have a low glycemic index, are gluten-free, rich in protein and antioxidants, and can help control or prevent diabetes because of these factors. The high nutritional content of millet makes it one of the morning cereals that you absolutely must have in your diet, according to several dieticians and medical professionals.

Types of Millets

- Sorghum Millet (Jowar)
- Proso Millet (Chena / Barri)
- Pearl Millet (Bajra)
- Foxtail Millet (Kakum / Kangni)
- Finger Millet (Ragi)
- Browntop Millet (Korle)
- Barnyard Millet (Sanwa)
- Little Millet (Moraiyo)
- Buckwheat Millet (Kuttu)
- Amaranth Millet (Rajgira)
- Kodo Millet



1. Sorghum Millet (Jowar)

In India, it is usually referred to as Jowar. Maharashtra and Karnataka are the two states in India that produce the most sorghum. Sorghum of some kinds is used to make ethanol.

2. Proso Millet (Chena / Barri)

This grain, which is also known as broom corn millet, is mostly found in the arid parts of Asia, Australia, Africa, Europe, and North America. This crop doesn't require a lot of water to grow.

3. Pearl Millet (Bajra)

This crop is known as bajra in India and is mostly farmed in the states of Gujarat, Rajasthan, Maharashtra, Uttar Pradesh, and Haryana.

4. Foxtail Millet (Kakum / Kangni)

Italian millet and foxtail millet are often farmed in semiarid climates. In India, this variety of millet has a relatively brief growth season.

5. Finger Millet (Ragi)

In India, finger millet is referred to as ragi. Ragi millet is well-known for its nutritional advantages. Ragi flakes are mostly used in infant feeds, and it is one of the high-grown millets in India.

6. Browntop Millet (Korle)

Most of this variety of millets is cultivated in Andhra Pradesh and Karnataka. This millet is distinct because it can thrive in less rich soil.

7. Barnyard Millet (Sanwa)

One of the millets planted in India is this one, which is grown in several areas of Andhra Pradesh and Uttarakhand. Its unique quality is that it can thrive on poor soils.

8. Little Millet (Moraiyo)

This millet may be readily cultivated in both wet and dry conditions. Typically,

this variety of millet may be found in India's Eastern Ghats.

9. Buckwheat Millet (Kuttu)

One of the most well-liked types of millet is buckwheat, which is also referred to as kuttu in India and is usually eaten during the Navratra fasting period. It decreases blood pressure and is suitable for diabetics. If you want to reduce weight and improve your cardiovascular health, you should incorporate it into your diet. Buckwheat also protects against breast cancer, children's asthma, and gallstones.

10. Amaranth Millet (Rajgira)

Amaranth, often referred to as Rajgira, is an amazing food source of fibre and protein. It is great for a diet that is well-rounded. Additionally, this millet helps stop greying and hair loss. Additionally, amaranth lowers cholesterol and the risk of cardiovascular disease. It is packed with vitamins, minerals, and calcium.

11. Kodo Millet

Kodo millet is a kind of digestible millet that has a higher lecithin content. It aids in strengthening the nervous system. Kodo is particularly high in niacin, folic acid, and other B vitamins as well as other vitamins and minerals. Calcium, iron, potassium, magnesium, and zinc are among the minerals present. Because it is a gluten-free millet, it is great for folks who are sensitive to it. It can be used by postmenopausal women to address cardiovascular issues like high cholesterol and blood pressure when used regularly.

Benefits of Millets for Health

1. Improves Digestive Health

Millets cereal includes fibre that is similar to rolled oats, thus eating it can help regulate bowel movements. Additionally, it includes prebiotics, which promote probiotic development in the microbiome. This helps to strengthen immunity and digestive health.

2. Excellent for Gluten Intolerant Individuals

Millets are a gluten-free cereal, therefore anyone who cannot handle gluten in their meal can eat them with confidence. Because of this, millets are found in several varieties of gluten-free oats.

3. Promotes Heart Health

Millet provides magnesium, one of the elements that helps the cardiovascular system. The protein adiponectin, which eventually aids in protecting cardiovascular tissues, will increase when a person consumes millet.

4. Improves Mood

One advantage of millet is that it contains large amounts of tryptophan, an amino acid that aids in elevating mood. Millets must be a regular part of the diet of those with anxiety or depression.

5. Manages Weight

Those who have struggled with obesity or being overweight might think about incorporating millet into their diet.

