

## Small but Mighty: Discover the power of millets

**Sukomaljot Kour\*, Monica Reshi, Anjali Langeh, Ankita Chib, Kamaldeep Kour**

<sup>1</sup>Ph.D Scholar (Division of Post Harvest Management, SKUAST- Jammu)

<sup>2</sup> Assistant Professor (Division of Post Harvest Management, SKUAST- Jammu)

<sup>3</sup> Ph.D Scholar (Division of Post Harvest Management, SKUAST- Jammu)

<sup>4</sup>Ph.D Scholar (Division of Post Harvest Management, SKUAST- Jammu)

<sup>5</sup>Ph.D Scholar (Division of Post Harvest Management, SKUAST- Jammu)

<https://doi.org/10.5281/zenodo.8392929>

### Introduction

Millets are a group of cereal grains that belong to the Poaceae family, commonly known as the grass family. They are gluten free and rich in protein, fibre and several vitamins and minerals. It's widely consumed in developing countries throughout Africa, Asia, and India, millets are a common food. Sorghum (Jowar), Pearl millet (Bajra), Finger millet (Ragi/Mandua), Foxtail millet (Kangani/Kakun), Kodo millet (Kodo) and Barnyard millet (Sawa/Sanwa/Jhangora) are just a few of the millets that are grown and eaten in India. They are rich in protein and, most importantly gluten-free. They are a rich source of phytochemicals with medicinal properties in the form of antioxidant activities, which helps lower many health diseases. While it may look like a seed, millet's nutritional profile is rich in all essential minerals.



### Importance of Millets

- 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.
- Millet is rich in dietary fiber, both soluble and insoluble. The insoluble fiber in millet is known as a “prebiotic,” which means it supports good bacteria in your digestive system.
- This type of fiber is also important for adding bulk to stools, which helps keep you regular and reduces your risk of colon cancer.
- 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.

### Why should we incorporate millets in our diet?

1. **Rich in fibre:**- Millets are high in fibre, which is one of the key factors in favour of including them in your diet. Additionally, it aids in weight loss and lowers cholesterol levels while regulating blood sugar levels. Millets are a wonderful option for anyone trying to improve their general health because they are a rich source of both soluble and insoluble fibre.
2. **Gluten free:** - Millets are naturally gluten-free, which is another chief reason you should add them in our diet. A protein called gluten, which is found in grains like wheat, barley, and others, may give some people digestive issues. Millets are a great alternative for people who are sensitive to gluten and can be used in place of wheat, barley, and other gluten containing grains in a variety of recipes.
3. **Rich in protein:** - Millets are also a great source of protein, which is essential for building and repairing tissues in the body. Millets are a great source of plant-based protein, making them a great choice for vegetarians and vegans.
4. **Good source of essential vitamins and minerals:** - Millets are also a good source of several essential vitamins and minerals, including iron, magnesium, potassium, and B vitamins. Iron is important for maintaining healthy blood cells, while magnesium and potassium are important for maintaining healthy bones, muscles, and organs. B vitamins are important for energy production and brain function. Millets are a great way to add these essential nutrients to your diet.
5. **Low glycemic index:** - Millets have a low glycemic index, which means they can help regulate blood sugar levels and reduce the risk of type 2 diabetes. A quick rise in blood sugar levels brought on by foods with a high glycemic index can result in insulin resistance and other health



problems. Millets are a great alternative to high glycemic index foods like white rice and white bread.

### How can we add millets in our daily diet:

There are many ways to incorporate millets into your diet. Here are a few ideas:

1. **Replace rice with millets:** - Millets can be used in place of rice in a variety of recipes, such as pilafs and stir-fries. They can also be used to make biryanis and other rice-based dishes.
2. **Use millet flour in baking:** - Many baked items, including bread, muffins, and cakes can be made using millet flour instead of refined wheat flour.
3. **Add millets to salads:** - Cooked millets can be added to salads for a wholesome and delicious meal.
4. **Make porridge with millets:** - Millets can be cooked and used to make porridge for breakfast. Fresh fruit and nuts can be added on top, and they can be sweetened with honey or maple syrup.

In conclusion, millet is an excellent alternative to be added in our daily which can somehow fulfill the nutritional content of the diet.

### References

- Abah, C. R., Ishiwu, C. N., Obiegbuna, J. E., & Oladejo, A. A. (2020). Nutritional composition, functional properties and food applications of millet grains. *Asian Food Science Journal*, February, 9–19. <https://doi.org/10.9734/afsj/2020/v14i230124>.
- Amadou I, Gounga ME, Le GW. Millets: Nutritional composition, some health benefits and processing-A review. *Emirates Journal of Food and Agriculture*, 2013, 501-508.
- Bhatt D, Fairros M and Mazumdar A : Millets: Nutritional composition, production a significance: A review. *The Pharma Innovation*, 2022, 1557-1582.
- Jaybhaye, R. V., Pardeshi, I. L., Vengaiah, P. C., & Srivastav, P. P. (2014). Processing and technology for millet based food products: A review nutrient composition of millets. *Journal of Ready To Eat Food*, 1(2), 32–48. [http://www.jakraya.com/journal/pdf/2-jrefArticle\\_1.pdf](http://www.jakraya.com/journal/pdf/2-jrefArticle_1.pdf).
- Sarita, E. S., & Singh, E. (2016). Potential of millets: Nutrients composition and health benefits. *Journal of Scientific and Innovative Research*, 5(2), 46–50. [www.jsirjournal.com](http://www.jsirjournal.com).

