

Magical millets

Importance of Millets in India & World

Millets are



good for health

Millet is rich in dietary fiber and supports good bacteria in digestive system.



good for the planet

Millets have a low water footprint, are able to survive in the extreme climates & climate change.

Millets and its health benefit

Did you know



Millets were the first crops to be domesticated in **Asia & Africa**.

Later spread as critical food sources to the evolving civilizations and also have been **lifelines of dry regions** for food & fodder.



United Nations declares **2023** as International Year of Millets

Sponsored by more than **70 Countries** Including **India**



This is intended to

1. Elevate awareness of millets for food security & nutrition.
2. Inspire stakeholders on sustainable production of millet.



Finger millet

Enrich with multiple macronutrients & micronutrients; Vitamin B3, folate & calcium.



Pearl millet

Helps keep a check on cholesterol & diabetics



Foxtail millet

Promoting good cardiac health & maintaining good skin



Barnyard millet

Gluten-free source of insoluble & soluble fibers.



Kodo millet

Rich in fiber & iron helps control blood sugar

Millet	Iron (mg)	Calcium (g)	Protein (g)	Minerals (g)	Carbohydrate (g)	Fibre (g)
Pearl millet	8.0	0.05	11.6	2.3	67.1	1.2
Barnyard millet	2.9	0.02	6.2	4.4	65.5	10
Kodo millet	2.9	0.04	6.2	2.6	65.6	9.0
Finger millet	5.4	0.33	7.1	2.7	72.7	3.6
Foxtail millet	6.3	0.03	12.3	3.3	60.6	8

United Nations declares 2023 International Year of Millets

The UN has repeatedly acknowledged *millet's climate-resilient & nutritional benefits*.



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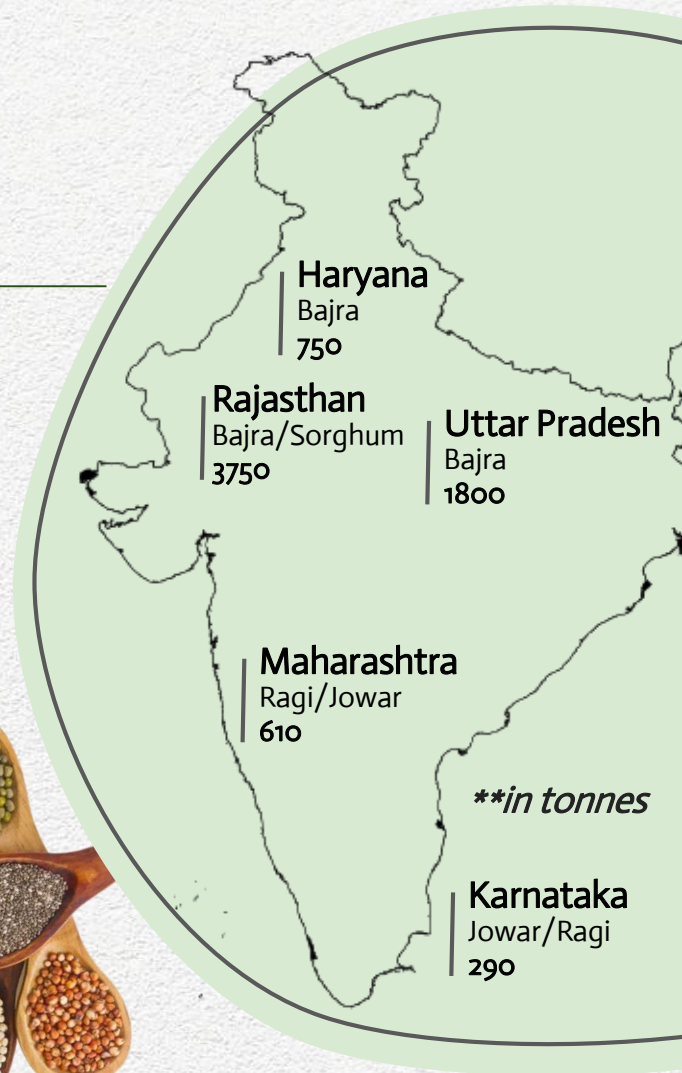
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Millets in India

States with highest production rate

Advantages of farming millets

- 70% less water use than Rice
- 40% less energy for processing
- 46°C is the maximum bearing temperature
- 18.9% less CO₂ equivalent per ha than Wheat and 5.38% less than Rice
- 33.34% less days to mature for harvest compared to wheat and rice



Different Kind of Millets



Major Millets

Bajra - pearl millet

1st drought tolerance potential of millets

3rd widely cultivated cereal in India

Jowar - sorghum

5th major cereal food crop



Minor Millets

Ragi/mandua - Finger millet

The grain has excellent malting properties.

Kangni
Italian millet

Kutki
little millet

Kodo Millets

Cheena
proso millet

Korale
brown top millet

