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Millets: A Nutria Cereal

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INTRODUCTION

We all know that nutrient is essential for completing all the metabolic activity performing inside our body. It include carbohydrate, fat, vitamin, mineral, fiber, protein, water and micro/macro nutrient too. Millets can be one of the best food materials for our health purpose because of its nutritive value. It really helps us in curing a lot of diseases. Millets doesn't require tremendous work for its cultivation hence can easily be cultivated by the farmers too. By this article I am going to explain about the nutritive value of the millets or why millets are important for our health or why we should include millets in our daily diet.

About *Millet*—

1) Finger millet-(Ragi, Mandua, Nachni, Kapai, Nagli, Marua)
   Scientific name-*Eleusine coracana*
2) Foxtail millet-(Kauni, Kangni, Korra, Tenai, Rala, Kakun)
   Scientific name-*Setaria itallica*
3) Kodo millet-(Varagu, Haraka, Arikalu)
   Scientific name-*Paspalum scrobicullatum*
4) Little millet-(Kutki, Samai, Arikalu)
   Scientific name-*Panicum sumatrance*
5) Proso millet-(cheena, panivaragu, Variga, Buragu)
   Scientific name-*Panicum miliacerum*
6) Barnyard millet-(Sawan, Jhingora, Kudraivali, Oodalu)
   Scientific name-*Echinochloa frumentance*

About Nutrient Status In Millet-

Crop	Carbohydrate	Protein	Energy	Mineral matter	Extra character
Finger millet	65 to 70%	5 to 8%	344mg/100g	2.5 to 3.5%	Rich source of Calcium

Crop	Carbohydrate per 100 g	Protein per 100 g	Fat per 100 g	Energy per 100 g	Crude fibre per 100 g
Foxtail millet	60.9	12.3	4.3	331kcal	8

Crop	Protein per 100 g	Moisture per 100 g	Fat per 100 g	Fiber per 100 g	Calorific value per 100 g	Carbohydrate per 100 g	Mineral per 100 g
Kodo millet millet	10.6g	11.6g	4.2g	10.2g	346kcal	59.2g	4.4g

Crop	Protein per 100 g	Fat per 100 g	Carbohydrate per 100 g	Energy per 100 g
Proso millet	12.5g	1.10g	70.04g	341KJ

Crop	Moisture per 100 g	Protein per 100 g	Ash per 100 g	Fat per 100 g	Fibre per 100 g	Carbohydrate per 100 g	Energy per 100 g
Little millet	14.23g	8.9g	1.72g	2.5g	6.39g	65.5g	1449KJ

Crop	Protein per 100 g	Fat per 100 g	Carbohydrate per 100 g	Energy per 100 g
Barnyard millet	6.2g	2.20g	70.04g	341KJ

CONCLUSION

From above points we concluded that how much a millet is nutritious. We should try to include the millet in our diet with other cereal also. We should try to motivate the farmers for the cultivation of millets. Millets can also be helpful in industrial sector or processing unit for making energy drinks and also in alcohol production and malt.

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