

## KNOW YOUR MILLETS

### What are Millets

- A group of small-seeded grasses often called 'Mota Anaj'
- A Kharif crop

### Major Millets

- Jowar (Sorghum), Bajra (Pearl Millets), Ragi (Finger Millet).
- Small millet are Kodo, Kutki, Chenna, Sanwa

### Major Producers

Major producers include Rajasthan(highest), UP, Andhra Pradesh, Telangana, Karnataka, Tamil Nadu, Maharashtra, Gujarat and Haryana.

### Why are they called Superfoods

- Inexpensive, highly nutritious
- High in protein, minerals, fibre and low GI.
- Tackle lifestyle health problems
- Photo-insensitive, climate change resilient.
- Sustainable and low carbon-footprints.

## EASY WAYS TO EAT MILLETS

- **Chapati** – Substitute wheat flour with ragi/bajra flour.
- **Pulao/ Fried Rice** – Substitute rice with foxtail millets.
- **Pancake/ Cake** – Substitute regular flour with bajra or any any other millet flour
- **Idli** – Substitute rice with ragi flour
- **Upma** – Substitute semolina with foxtail millets.

This Information, Education & Communication (IEC)

Brochure issued in public interest by:

**Director General Medical Services (Navy) &  
NAVY Welfare and Wellness Association**

## HOW TO COOK MILLETS

- ✓ **Cooked like a grain:** Millet cooks in about 25 minutes and fluffs into a nice grain base. Use cooked millet in grain bowls, frittatas, vegetable fritters, or salads.
- ✓ **Popped like popcorn:** Millet can pop like popcorn. Place a small amount in a dry skillet and shake the pan until you see a slight change in the colour and shape. It's much smaller than popcorn, so it's a bit of a novelty to use popped millet. They can be used in place of breadcrumb coatings.
- ✓ **Cracked for Polenta/Porridge:** Millet is a great 1:1 swap for polenta. Crack millet in a blender or food processor so that most of the grains are no longer whole and a bit of flour has collected in the bottom.

## HOW TO STORE MILLETS

- ✓ Millet, either whole grain or flour, is best stored in airtight containers in a cool place.
- ✓ Whole millet can be stored up to a year in the freezer or 6 months in the pantry. Millet flour is best stored in the freezer and will last up to 6 months.
- ✓ If the stored millets have a rancid smell when you open the bag, discard and buy fresh.



### WORLD HEALTH DAY – 2023

#### **'Shree Anna (Millets): Uttam Poshan, Chiranjeev Nausena'**

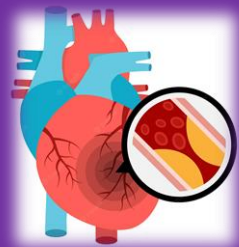
- ❖ The theme of World Health Day 2023 is 'Health for All'. Nutrition is all encompassing, as it affects health of all.
- ❖ Also, World is celebrating this year as International Year of the Millets (IYOM), following a proposal by the Government of India at United Nations.
- ❖ A healthy naval community will ensure a disease free and a robust Indian Navy, ready to take on any challenge.
- ❖ India accounts for more than 20% of the World's Millet production.

#### The common Millets grown in India are:

|                |         |
|----------------|---------|
| Amaranth       | राजगीरा |
| Barnyard       | सनवा    |
| Buckwheat      | कुट्टू  |
| Finger millet  | रागी    |
| Foxtail millet | काँगनी  |
| Kodu           | कोड़ों  |
| Little millet  | सामा    |
| Pearl millet   | बाजरा   |
| Proso millet   | चेना    |
| Sorghum        | जवार    |

## HEALTH BENEFITS OF MILLETS

**OBESITY:** Intake of high dietary fibre (present in millets) provide hunger satisfaction and increases satiety, thus decreases the incidence of obesity.



**CORONARY ARTERY DISEASE (CAD):** Regular consumption of whole millet grains (40g/day) reduces the risk of CAD and thus reduces the risk of Myocardial Infarction by 20%.

**STOMACH ULCERS AND GALL STONES:** Free radicals, are removed by the phenolic compounds present in millet grains which reduces oxidative stress.



## HEALTH BENEFITS OF MILLETS

**FOR ANEMIA CONTROL:** Finger millet is a very good source of natural iron, its consumption helps in keeping conditions of anaemia & malnutrition at bay.



**BENEFICIAL IN PREVENTING ALLERGIES:** Pearl millet especially has a low probability of causing allergic reactions, due to the hypo allergic properties

**ANTI-DIABETIC PROPERTIES:** Millets consumption lowers blood glucose response and glycosylated Haemoglobin thus, reducing glycaemic index.



## HEALTH BENEFITS OF MILLETS

**ANTI-HYPERTENSIVE:** Millets prevents oxidation of low density lipo-proteins reducing lipase activity which reduces occurrence of hypertension.



**ANTI-CANCER PROPERTIES:** Millets extracts have anti-proliferic effects on cancer cell line. Inhibit DNA damage and induce the production of phase-2 detoxifying enzymes.

**REDUCTION OF OXIDATIVE STRESS:**

Free radicals are removed by the phenolic compounds present in millets grains which reduces oxidative stress.

**ANTIOXIDANTS**

