



# Mighty Millets

Millets, popularly known as Nutri-cereals, are traditional small seeded grains which have been part of Indian households for years, providing multiple benefits.

## Types of Millets

**Major Millets:** Sorghum (Jowar), Pearl millet (Bajra) and Finger millet (ragi).



Jowar



Bajra



Ragi

**Minor Millets:** Foxtail (kakan/kangani), Proso (cheena), Kodo, Barnyard (Sanwa/sawa), Little (Kutki).

**Pseudo Millets:** Buck-wheat (Kuttu), Amaranth (Chaulai); Nutritionally same as millets.

## Goodness of Millets

- Rich in fibre-Good for digestive health.
- Gluten free- Suitable for those with gluten intolerance.
- Low Glycaemic index- Good for diabetics.
- Rich in vitamins and minerals like B vitamins, Calcium, Magnesium & Iron.
- Source of protein.



Carbon Neutral Crop  
Climate resistant  
Water Efficient  
Minimal need of fertilisers  
Short Duration crop



## Tips to add Millets in your Diet

- Use millet flours to make chapati, dosa and idli.
- Millet khichdi/porridge/Pongal can be enjoyed as a healthy breakfast or lunch.
- Millet based biscuits, poha, puffs, cutlets, pasta are good snack & light meal options.
- Millets like Jowar can also be used to make salads.
- Add millets to make sweets like puddings, payasam, cakes etc
- Millet based health drinks are also good way to add to your daily nutrition.



## Millet Goodness in ITC Products!



## Did you know!!

India is the largest producer of Millets.

U.N. has adopted the resolution sponsored by India, declaring 2023 as International Year of Millets.

