



Millets

are Good for You



Health Benefits of Millets



Strengthens Bones: Millets are rich in calcium which helps in strengthening bones amongst all age groups.



Gluten Free: Millets are gluten free, making them useful for people with celiac disease or gluten allergy.



Boosts Immunity: Antioxidants, beta carotene, niacin and potassium present in millets boost our immunity against various diseases. It reduces the negative effects caused by toxins in our body.



Helps in cardiovascular health: Niacin present in millets helps in preserving heart health. The available levels of potassium helps in controlling blood pressure, hence they are heart-healthy cereals.



Promotes Digestion: Nutrients are a good source of fiber. It helps in easy digestion of food and prevents constipation. It reduces the prevalence of obesity.



Helps reduce the incidence of cancer: Phenolic acids, phytates and tannins present in millets reduce the risk of colon and breast cancer.

*Reference: Handbook of Millets on Health Benefits and Diseases,
All India Institute of Medical Sciences (AIIMS), Bhubaneswar*