

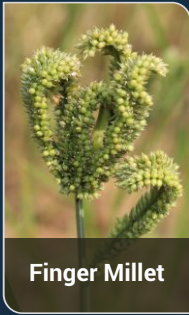


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# Take a Millet Bite For a Healthier Life



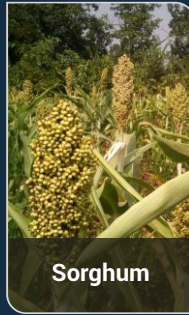
## Know Your Millets



Finger Millet



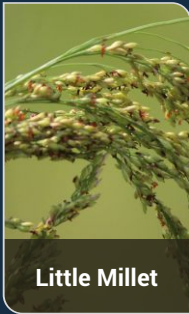
Foxtail Millet



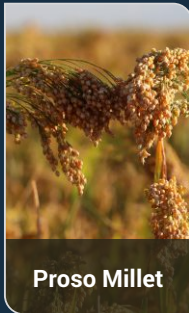
Sorghum



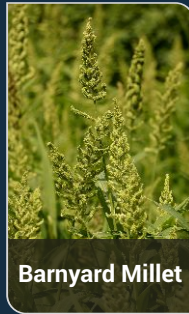
Pearl Millet



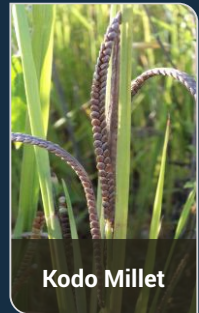
Little Millet



Proso Millet



Barnyard Millet



Kodo Millet

# Millets are good for you!



Ragi has 3X calcium than milk.



Pearl millet has 6X iron than rice.



Kodo millet has 3X more dietary fiber than wheat, rice & maize.



High in folic acid & zinc.



High in Antioxidants & Minerals.



Low glycemic index.



Helps to optimize kidney , liver and immune system health.



Lower bad cholesterol level.



Department of Agriculture and Farmers' Empowerment, Government of Odisha

For more details-[www.milletsodisha.com](http://www.milletsodisha.com) | Follow us on     Shree Anna Abhiyan