Benefits of Millet

- In general **Millet** is considered as a smart carb with **lots of fiber** and **low in sugar** and is gluten free
- Millet varieties are naturally grown organically as it is pest resistant
- As **Millet** are relatively **low in glycemic index** it is seen that it produce lower blood sugar levels than rice or even wheat.
- All **Millet** varieties in general show **high antioxidant** activity
- Consumption of **Millet** decreases triglycerides and C-reactive protein, hence could prevent cardiovascular disease

Finger Millet (Eleusine coracana)– (Kezhvaragu/Ragi)

- Controls weight – contains an amino acid which lowers appetite
- Source of natural calcium - It is rich in calcium which helps in strengthening bones. It helps in development of bones in growing children and in maintenance of bone health in adults. So could reduce the risk of fractures
- Natural source of iron – Helps in condition of Anemia
- Diabetes - Helps in controlling the blood sugar level
- Cholesterol - contains amino acids (Lecithin and Methionine) which help in bringing down cholesterol

Foxtail millet (Setaria italic)– (Thinai)

- Blood sugar - Foxtail millet help the body in reducing the factors of diabetes and helps in boosting metabolism
- Cholesterol – Brings down triglycerides and LDL (Low density Lipoprotein)
- Removes all the acidic elements away from the body

Proso millet (Panicum miliaceum)– (Panivaragu)

- Nervous system - High amount of lecithin present in Proso Millet indirectly affects the nervous system and keeps it functioning smoothly and also strengthen the nervous system.
- High in Niacin – Proso Millet prevents Pellagra (a condition where the skin becomes scaly and rough and starts falling off) a condition caused due to the deficiency of niacin.
- Strengthens bone - Proso Millet contains high amounts of calcium which is essential for bone growth and maintenance
- Cholesterol - Proso millet elevates the levels of HDLs (High Density Lipoproteins) in the body. The presence of HDLs increases the metabolism of cholesterol and helps bring it under control
- Cancer - It is believed that Lignans present in millets decreases the risk of cancer

All the above information was gathered from various articles found in the internet

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Kodo Millet (Paspalum scrobiculatum)– (Varagu)

- Great energy source -Good for athletes
- Digestion friendly – Kodo Millet helps hydrate the colon to keep our system regular and keeps one from being constipated
- Kodo Millet is known to reduce the risks of cancer
- Kodo Millet helps in controlling Blood Sugar and Cholesterol
- Kodo Millet acts as a Prebiotic

Pearl Millet(Pennisetum glaucum)– (Kambu)

- Gallstones - regular consumption of Pearl Millet helps in preventing gallstones in women
- Asthma - considerable reduction in the occurrence of wheezing and asthma in children is seen by consuming Pearl Millet
- Pearl millets are known to increase insulin sensitivity and lower the level of triglycerides
- Pearl Millet helps control weight and diabetes
- Pearl Millet stabilizes the level of cholesterol
- Pearl Millet helps prevent cancer

Little Millet (Panicum sumatrense)– (Samai)

- Little Millet helps improve sperm count
- Little Millet controls and heals all stomach related problems
- Consumption of Little Millet gets rid of constipation
- Little Millet also helps women with irregular periods problems

Barnyard Millet (Echinochloa frumentacea)– (Kuthiraivali)

- Barnyard Millet is high in fiber and calcium.
- It helps in maintaining the body temperature
- Barnyard Millet has low glycemic index
- Barnyard Millet intake decrease triglycerides and increase of HDL

Sorghum– (Cholam)

- The 3-Deoxyanthoxyanins (3-DXA) present in Sorghums are believed to prevent proliferation of the colon cancer cells. Studies show that darker-colored Sorghums contain more amount of 3-DXA
- The magnesium present in Sorghum contributes to healthy bone tissue and regulates your body's calcium levels. It also boosts your immune system and promotes red blood development
- Sorghum promotes digestive health, and to some extend fights cardiovascular disease and controls blood sugar

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