# BOTANIX

## INTERNATIONAL YEAR OF MILLETS

The India government had support to the united nation for declaring the year 2023 as the International year of millet (IYOM). India get the support of 72 countries on 5th March 2021. United nation general assembly declear 2023 as the International year of Millets.

## IMPORTANT OF MILLETS

- Most of the Millets are rain-fed farming, non-glutinous, highly nutritious, and easily digestible foods. Due to low glycaemic Index (GI) being gluten-free, it helps in slow release of glucose over a longer period of time thus reducing the risk of diabetic patients. Individuals adopting gluten-celiac disease can easily incorporate various millets in their diets.
- Although Millets are rich in phytochemicals like tannins, phytates, polyphenols and antinutrients they do contain some anti-nutritional factors which can be reduced by certain processing treatments.

## WHY MILLETS

- The crop is drought resistant; millets are easily available and easy to grow.
- Millet is high in protein, vitamin B, iron, calcium and phytochemicals.
- Contains gluten, rich in antioxidants and easy to digest.
- Reduces the risk of cardiovascular diseases.

## NUTRITIONAL VALUE OF MILLET (Per 100g)

Calories 1119 Protein 15.3gm
Fat 12.0gm Calcium 364mg
Carbs 128.7gm

## MILLET VS RICE

- Ragi contains 328 calories (per cup) as against 169 calories in millet.
- Rice is high in carbohydrates (28.4g) than millets (23.7g).
- Millet has a high calcium, content (8mg) than rice (10mg).

The government of India has approved 2018 as a national year of millets to boost production of natural rich millets and its agro-industries investors to purchase. The awareness of millet to help the farmers of millets in the country. They increase the production of crop which helps the fight against hunger. As for prime minister Narendra Modi of India wants to insert an millets remembrance in order of nutrition diet and good weight and good health.

## Types of Millets

- As a world where health and wellness have become a dispense lifestyle, nutrition-enriched food items like Millets and whole cereals are gaining popularity. Every division and nutrition is working for the sustainable development that Millets have a human health.