

Therapeutic Values of Millets in Cancer Treatment

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ABSTRACT

Millets being rich in antioxidants, minerals and dietary fiber would be effective in combating various diseases. Millets such as Kodo Millet, Foxtail Millet and Proso Millet are excellent sources of carotenoids, flavonoids and phenolic compounds which have excellent antioxidant properties and aid in cancer prevention. Consumption of millet based foods will reduce the risk factors of chronic non communicable diseases and maintain optimum health and nutrition. Therefore regular intake of such millets would greatly decrease cancer risk. Hence linking up the chain through proper identification, procurement, processing and popularizing about millets will promote awareness and increase the consumption rate of millets among the population. This would help to decrease the incidence of cancer.