

Inclusion of Millets in the Daily Diet- A Promotional Approach

Sowmya N

Associate Professor and Head, Department of Home Science, Quaid – E – Millath Government College for Women (Autonomous), Anna Salai, Chennai - 2

Corresponding author email: malathi286@yahoo.com

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Post Graduate & Research Departments of Biochemistry, Microbiology, Biotechnology and Bioinformatics, Mohamed Sathak College of Arts & Science, Sholinganallur, Chennai-600119, India.

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ABSTRACT

Millets are “God’s own crops” and poor man’s boon. They are rich in calcium, magnesium, phosphorous, iron, antioxidants, dietary fiber and vitamins. Millets also have several health benefits including lowering of blood sugar and cholesterol and decreasing cancer risk. However millet consumption in India is very low, as revealed by national surveys on nutrition (NMB, 2009). Furthermore, increased consumption of polished white rice is significantly associated with risk of chronic diseases such as diabetes and metabolic syndrome (Mohan V, 2009). As millets are nutritionally superior to polished white rice, supplementation of the daily diet with millets would improve the health and nutritional status of the population. This can be achieved by consuming millet based products such as cookies, snacks and sweets. Millets such as foxtail millet, barnyard millet, sorghum etc can be supplemented partially in snacks and cookies. Little millet can substitute rice in the diet. Such value based additions in the daily diet would add variety and improve nutritional status.

Key words: Millets, supplementation, antioxidants.