

# Millets: The Future Superfood and A Climate Resilient Crops

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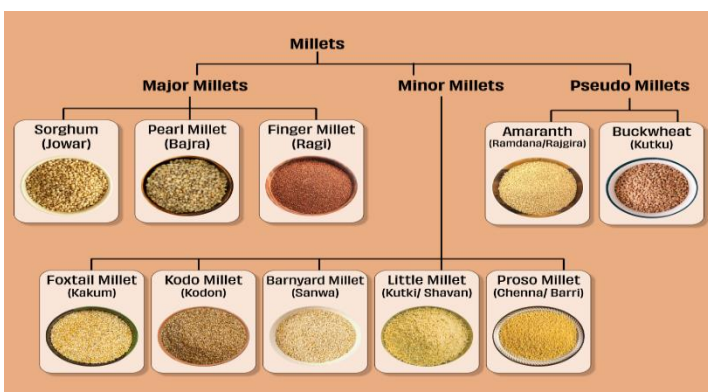
## Abstract

Millets are being referred as Nutri-cereals are important crops in the country with higher area coverage as compared to wheat and rice before green revolution period. After decades of negligence, nutri-cereals are making a strong “comeback” in the Indian cereal’s production segment.

## Introduction

Although, India ranks first in nutria-rich millet production and second in rice and pulses across the globe, it also unfortunately ranks second in child malnutrition incidences. The majority of millets are three to five times more nutritious than most cereals like rice, wheat, maize in terms of vitamin, fibre, protein and mineral and are gluten free, hence they are known as superfoods. The nutri-rich millets are the viable solution to reduce the rising incidences of malnutrition and metabolic disorders and can enhance the nutrition and food security of the country. Millets are known as one of the most important cereal grains. Millets are consumed by more than 1/3<sup>rd</sup> of the world’s population. It is the 6<sup>th</sup> cereal crop in terms of world’s agricultural production.

## Types of millets



Source: Mehrotra, 2023

Millets are Jowar (Sorghum), Sama (Little millet), Ragi (Finger millet) and Variga (Proso millets). Bajra and Sama are high in fat while ragi has the lowest fat. Millets are used as food and are widely used in rural areas. They have been cultivated for a thousand

years and are used throughout the world, in the Middle Ages the Romans and Goats were consuming porridges made of millets eaten than wheat. A majority of the world’s commercial millet crop is produced by China, India, Greece, Egypt and Africa (Kimeera and Sucharitha, 2019). Millets are unique among the cereals because of their richness in calcium, dietary fibre, polyphenols and protein (Devisetti, 2015). Millets generally contain significant amounts of essential amino acids particularly the sulphur containing amino acids i.e. methionine and cysteine. They are also higher in fat content than maize, rice and sorghum (Sagar *et al.*, 2022). In general, cereal proteins including millets are limited in lysine and tryptophan content and vary with cultivar (Lindseth, 2015)

## Conclusion

The aim of this review study is to aware the people to recognize the significance of food and to introduce the millets as a nutritious food, fulfilling the nutritional need of global population and to find a ways to consume the millets nutritionally, effectively and to reduce the problems of malnutrition and other health problems.

## References

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