

Pearl Millet



Nutrition (per 100 grams)

Protein: 10-12g

Fiber: 1.2g

Iron: 8mg

Magnesium, Phosphorus, Zinc, B Vitamins

Benefits:

- Good for anaemia due to high iron content
- Supports heart health
- Aids in weight loss and digestion
- Rich in antioxidants that help prevent chronic diseases

Little Millet



Nutrition (per 100 grams)

Protein: 9g

Fiber: 7.6g

Iron: 9.3mg

Magnesium, B Vitamins, Phosphorus

Benefits:

- Helps to control blood sugar levels (diabetic-friendly)
- Improves digestion due to high fiber
- Aids weight management
- Good for nervous system health

Finger Millet



Nutrition (per 100 grams)

Protein: 7.3g

Fiber: 3.2g

Calcium: 344mg

Iron, Phosphorus, Amino Acids

Benefits:

- Excellent for bone health (high calcium)
- Helps manage diabetes
- Rich in antioxidants, slows down aging
- Great weaning food for babies

Sorghum



Nutrition (per 100 grams)

Protein: 11g

Fiber: 6.7g

Iron: 4.1mg

Phosphorus, Potassium, B Vitamins

Benefits:

- Gluten-free and gut-friendly
- Aids digestion and promotes heart health
- Rich in antioxidants and anti-cancer properties
- Controls blood sugar levels

Kodo Millet



Nutrition (per 100 grams)

Protein: 8.3g

Fiber: 9g

Iron: 0.5mg

B Vitamins, Calcium, Phosphorus

Benefits:

- Excellent for diabetes management
- Supports weight loss
- Helps reduce cholesterol
- Good for joint and nerve health

Barnyard Millet



Nutrition (per 100 grams)

Protein: 6g

Fiber: 10g

Iron: 15.2mg (very high)

Calcium, Phosphorus, Magnesium

Benefits:

- Highly recommended for anaemia
- Diabetic-friendly, low glycemic index
- Rich in fiber, promotes digestive health
- Good detoxifying agent

Foxtail Millet



Nutrition (per 100 grams)

Protein: 12.3g

Fiber: 8g

Iron: 2.8mg

Magnesium, B Vitamins

Benefits:

- Reduces bad cholesterol
- Helps manage diabetes
- Supports heart health
- Improves immune function

Browntop Millet



Nutrition (per 100 grams)

Protein: 8.9g

Fiber: 12.5g (highest among millets)

Iron: 4.9mg

B Vitamins, Magnesium

Benefits:

- Great for detoxification
- Supports gut health and constipation relief
- Helps in weight loss
- Beneficial for skin and hair health

Proso Millet



Nutrition (per 100 grams)

Protein: 12.5g

Fiber: 2.2g

Iron: 0.8mg

Phosphorus, Magnesium, B Vitamins

Benefits:

- Good for nervous system health
- Supports muscle strength
- Helps in reducing cholesterol
- Boosts energy levels