



A STUDY ON MILLETS BASED ON HISTORY & POTENTIAL HEALTH BENEFITS

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ABSTRACT

Millet grains have substantial benefits as a draught resistant crop, yield good productivity in the area with water scarcity, possesses remarkable edible & nutritive values & ease of processing & food manufacturing. Most of the developing countries have started working in the field of improvement of edible potential of millet grains.

Millet oil could be a good source of linoleic acid & tocopherols. Millet is an alkaline farming grain that is gluten free. Millet are also rich source of Phyto Chemicals & Micro nutrients, Plays many roles in the body immune system. Millet have antioxidants which prevent deterioration of human health such as lowering blood pressure, risk of heart disease, Prevention of cancer & cardiovascular diseases, Diabetes etc

Key words:-Phyto chemicals, Gluten free, Kodo, Finger millet, Foxtail millet.