

# **Nutritional Importance of Millets**

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**Abstract:** *Millets are a group of highly variable small-seeded grasses, which were widely grown around the world as cereal crops. Millets are tiny in size and round in shape, and it can be multi-colour like white, grey, yellow or red. Millets are highly nutritious. The millets are three to five times nutritionally superior to rice and wheat in terms of proteins, minerals and vitamins. Millets are rich in vitamin B, calcium, iron, potassium, magnesium, zinc, also gluten-free and has low GI (Glycemic index) thus millets are suitable for people allergies/intolerance of wheat and diabetic. Pearl millet is grown largely for its ability to produce grain under hot, dry conditions on infertile soils of low water-holding capacity, where other crops generally fail completely. The combination of poverty and severe environmental conditions makes it difficult to improve productivity in pearl millet. While yields are growing in Asia, many African producers are unable to raise yields because of the Continuing expansion into even drier and harsher agroecologies and poor adoption of “improved” technologies in these environments. A major reason for poor adoption is that some of these technologies are expensive or otherwise inappropriate for these harsh environments.*

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