

# **MILLET : THE MIRACLE ANCIENT NUTRIGRAIN OF THE FUTURE**

## **Green Revolution of the 60s Vs. the Food & Lifestyle Diseases**

The green revolution of the 60s made India self-sufficient in grains ushering in bumper crops of hybrid high glycemic wheat and rice. Until then, Indians consumed ancient grains such as millets, amaranth, and sorghum regularly. Different varieties of millets had been the primary grain of the Indian population for the past 7000 years. The wheat and rice grains entered the Indian diet scene much later. The genetic modifications to increase crop yield and commercial refining of the wheat and rice products have lowered the nutritional value of modern wheat and rice.

The refining of the wheat and rice has also increased the glycemic potential of these grains. That means the blood sugar levels following their consumption rises to high levels quickly. The refining process of removing the husk and endosperm enhances the shelf life of the flours and grains but eliminates most of the healthy life-sustaining fiber from these grains. The dietary fiber is vital to health as it controls the speed of absorption of glucose from the digestive tract. The consumption of the high glycemic nutrient-deficient wheat, rice, and their commercial products remains a significant contributor to the epidemics of the modern Food and Lifestyle diseases.