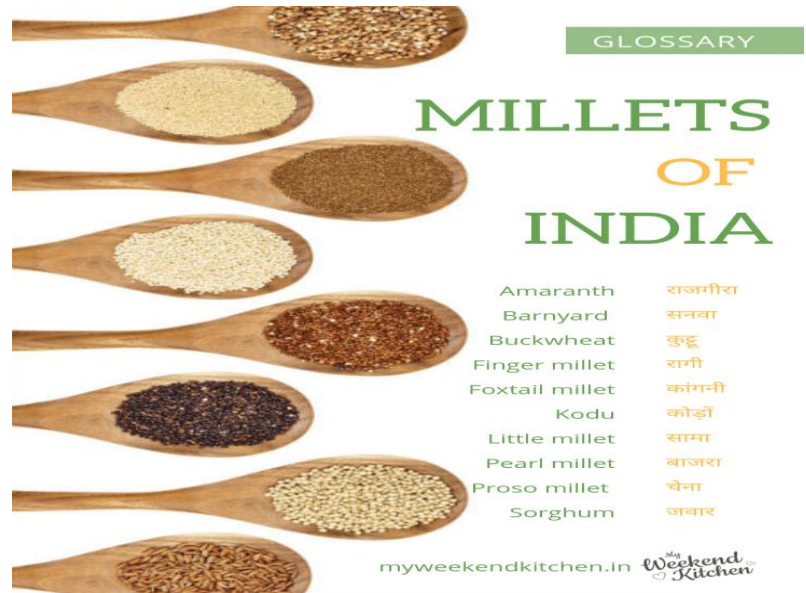


Millet Varieties

There are several types of millets available in the market. To keep a healthy balance of essential nutrients, one should consume 4-5 types of millets within a week. The common millet varieties are:

- Pearl Millet (बाजरा)
- Finger Millet (रागी)
- Proso Millet (चीना)
- Little millet (सामा)
- Foxtail Millet (कांगनी)
- Barnyard Millet (सनवा)
- Kodo Millet (कोड़ों)
- Sorghum (जवार)



Finger millets are the most abundant source of calcium and the Foxtail millet, an abundant source of fiber. Traditionally, millets have gotten the label of being a warm grain meant for the winter season. However, eating millets with ghee and buttermilk help millet to be a grain to be consumed year-round.