

## **Health Benefits of Millets**

There are several health benefits of millets:

1. **Gluten-free and low glycemic** - Unlike wheat, the millets are gluten-free grains. The high fiber content and complex carbohydrates make millets the grain with the lowest glycemic potential. Modern wheat and rice increase blood sugars within 30-45 minutes of consumption. In contrast, blood sugars after millet consumption remain low and rise slowly over 2 hours. Since the insulin needs following millet consumption, stay low for a long duration, these are the ideal grain for managing diabetes and obesity.
2. **The high fiber content of the millets offers many benefits :**
  - Slow absorption of glucose from the digestive tract.
  - Less absorption of fats from digestive tract—Millets based diets reduce the level of bad cholesterol, including triglycerides.
  - Prevention of constipation.
  - Lower risk of gall stones
  - Lower risk of colon cancer.
3. **Millet is an alkaline grain** - Compared to sugar-rich wheat and rice; millets are low sugar alkaline grains much more conducive to health because the human body is naturally alkaline. The millet based diet reduces the level of inflammation and swelling in the body.
4. **Good source of minerals and vitamins** - In comparison to processed wheat and rice products, millets are good sources of several minerals such as iron, phosphates, magnesium, zinc, and calcium. Since millets do not get subjected to refining processes like wheat flour and rice, the vitamin B complex of these grains remains preserved.
5. **High Magnesium and Phosphate advantage** - Although oats get wide publicity for heart-protective properties, millets have high magnesium content that sustains heart health. Magnesium has muscle relaxing properties that help reduces the severity of asthma, lowers blood pressure, prevent muscle spasms and cramps in legs, and migraine headaches. Magnesium is the vital mineral that assists with many enzymatic reactions in the body, including the enzymes that control the body's use of glucose and insulin to make energy.

The phosphorous in millets plays a vital role in bone health. The calcium phosphate forms the mineral matrix for healthy bones. The energy used by all body cells is adenosine triphosphate or ATP, so phosphates are the building block of the energy.
6. **Lowers the risk of diabetes** - Millet grains have several unique qualities that make these an ideal grain for prevention and reversal of Type 2 diabetes :
  - **Low glycemic carbohydrates** - The carbohydrate in the millets is complex starch that breaks down slowly. That, along with high fiber content, keeps the level of the blood

glucose lower. The blood glucose after millet consumption rises gradually over 2 hours, and stay sustained at lower levels for 4-6 hours.

- **Rich in essential minerals** - Millets are a rich source of essential minerals such as magnesium, calcium, zinc, and phosphate.
  - **Alkaline grain** - Unlike sugar-rich wheat and rice grains, millets are low sugar alkaline grains that prevent swelling and inflammation in the body.
7. **Good source of antioxidants and phytonutrients** - The whole grains such as millets are rich in these cleansing elements that help in removing toxic waste from body cells. The other foods which are rich in antioxidants are colored fruits and vegetables.
  8. **Lower Cholesterol and Triglycerides** - Millets are low fat and low glycemic grains that helps reduce the levels of cholesterol and triglycerides.
  9. **No allergies** - Millets carry a low risk of allergies and digestive intolerances because unlike wheat and rice, millet crops are not genetically modified or treated with chemical fertilizers and pesticides.