# **Cooked Kodo Millet Nutrition Facts**

#### Rachna Gehlot

Millets - The Trending Ancient Grains Dr. Kruti S. Dhirwani,2022-11-21 About the book: This book is a detailed guide to the different millets native to India. Millets are ancient grains that played a major role in human civilisation and were a part of our staple food until a few decades ago. However, due to globalisation and the use of other large grains (wheat, rice, and maize), millets were pushed out of our food baskets. This book hopes to simplify and propagate the reintroduction of millets into our daily diet. The history of millets, names of different millets in each Indian language, their respective nutrient value and health benefits have been discussed in detail in the book. Today, the human race is battling with 3 major problems:

1. Global warming 2. Lifestyle disorders such as diabetes, hypertension and heart diseases 3. Malnutrition in drought-prone countries and regions. Researchers have found one solution for all three problems - Millets. Who should read this book? The book is written in a simple, easy-to-comprehend format for everybody. Anyone who has a keen interest in knowing and trying different types of food can read this book to broaden their knowledge. Those who seek healthier lifestyle foods will also find the information provided in the book useful. Moreover, this book is a friendly guide for health-conscious people, nutritionists/dietitians and healthcare providers. The book also contains high-quality coloured images of all millets for a better understanding of the millets and their uses. About the author: Dr. Kruti S. Dhirwani is a consulting physician and clinical nutritionist determined to preserve health and prevent disease with clinically-proven, scientifically-tested, and ageold wisdom-verified natural resources.

The Nutritional Value of Millets in Future Eras Dr Anamika Chauhan, Dr Ali Imran, Mr Fakhar Islam, 2024-11-13 Embark on a journey into the future of nutrition with this edited book. The book explores the remarkable potential of millets as the cornerstone of tomorrow's diet and agricultural landscape. From their humble origins as coarse grains to their current status as sought-after nutri-cereals, millets have undergone a transformative journey. Discover their role as functional foods and therapeutic agents, offering a plethora of health benefits that transcend generations. Explore the innovative utilization of millets in technology and bio fortification efforts, ensuring nutritional security for future generations. Learn how millets are revolutionizing infant nutrition, combating malnutrition, and promoting overall well-being. Whether you're a health enthusiast, nutritionist, farmer, or simply intrigued by the future of food, this book offers invaluable insights into the potential of these ancient grains to shape a healthier, more sustainable future for us all.

Milletopedia Nandini Murthy,2024-04-22 This book comprehensively deals with millet-based recipes and their methods made easy for usage of millets in to our daily diet to get a balanced and healthy diet. We are sure that this publication will be a useful document for all the households and food entrepreneurs as it includes traditional and non-traditional food items that can replace regular rice and wheat recipes. Particularly in urban areas where there is considerable demand for nutrient rich and ready-to-cook foods, this publication will be valuable. Millet grains were an important staple food in many ancient cultures due to their resilience in diverse climates and their nutritional values. In the context of Mahabharata, an ancient Indian epic, millet is mentioned in various versus and passages. So millet's association with Mahabharata provides insights into ancient Indian agriculture, diet and cultural practices. Let all of us go back to roots and consider millet as Superfood and avail all health benefits and combat micronutrient malnutrition. As the saying goes "Annadhato Sukhinobhavanthu" reminds us of the positive impact of farmers on our lives and at global level creates better remuneration to the farmers, protection of resources (soil and water).

**Small Millet Grains** Sarita Srivastava,2022-06-21 This book discusses the various aspects of the health and nutritional benefits of the wonder grains, small millets. It introduces the readers to the historical use of small millet grains in the diet of humans. It further discusses the consumption and strategies to improve the global production of these nutrient-dense grains. The book outlines how the inclusion of small millet as a staple could prevent nutritional deficiency diseases, hidden hunger, and non-communicable diseases. Different chapters of the book provide information about the nutritional profile of popular small millet grains. It also includes information about the effects of processing on the dietary factors in the grains. It describes the traditional food products as well as unconventional products from small millet. It advises the readers on the best ways to consume this super-food. The book also highlights the role of small millet as a functional food. It highlights how this food can address the challenge of nutritional security.

Millets Anil Kumar Siroha, Sneh Punia, Sukhvinder Singh Purewal, Kawaljit Singh Sandhu, 2021-07-29 Millets are low cost cereal grains and widely used in the food industry and animal husbandry as an important source of food and feed. As a rich source of starch, protein, minerals, vitamins, and specific bioactive compounds that contain beneficial antioxidant properties, they have gained considerable attention as a botanical dietary supplement and various functional foods. Millets: Properties, Processing, and Health Benefits explores millet production, chemistry and nutritional aspects, processing technologies, product formulations, and more. Understanding the properties of millets provides a basis for better utilizing millet crops, in addition to further development of millets as an important industrial crop. Key Features: Provides millet taxonomy, history, nutritional aspects, and health benefits Discusses the physical and functional properties of millets Explores various millet-based products Deals with starch composition, structure, properties, and applications Touches on postharvest management of millets This book combines information on the composition, functional properties and processing along with information on

the health properties of millets. With its unique presentation on millets flour and starch, it will be suitable for those wanting to use millets in various food products, including food technologists, nutritionists, research scientists, and agriculture professionals.

Millets recipe book Food and Agriculture Organization of the United Nations, 2023-10-17 The United Nations General Assembly declared 2023 the International Year of Millets (IYM 2023). Millets' diversity and ability to thrive on arid lands with minimal inputs make them a valuable contribution to healthy diets and nutrition in many countries. Each millet variety contributes different essential nutrients. They are an ideal solution for countries to increase self-sufficiency and transform their food system towards increased resilience. This recipe book is a legacy of the IYM 2023 and aims to raise awareness of the diversity of millets and to promote their consumption by sharing enticing recipes embracing different regions, tastes, cuisines, cooking skills and the versatility of millets. The recipes selected for this book were collected through the Global Chefs' Challenge, which called on chefs and hobby cooks to explore cooking with millets and share photos and videos of their favouirite millets-based dish.

### Millets Nutritional Value and Processing Technology U. D. Chavan, 2016

Millets and Millet Technology Anil Kumar, Manoj Kumar Tripathi, Dinesh Joshi, Vishnu Kumar, 2021-06-30 Millets are small-grained, annual, warm weather cereal. The millets offer both nutritional and livelihood security of human population and fodder security of diverse livestock population in dryland region of India. Millets are highly nutritious, they are known as health foods especially for control of diabetes and mineral deficiencies. One of the major factors for declining consumption of millets is the lack of awareness of their nutritive value and inconvenience of their preparation. This book covers both, chemistry and novel technology for millet processing and development. It summarizes the latest information on millets, their nutritional and health benefits, historical perspective, utilization, R&D efforts, present status and the importance being given by policy makers for promoting millets for sustainable agriculture and healthy society. The book is compiled by various experts keeping in view syllabi of different research institutions, researchers, students as well requirement of the industry. It will serve as instructional material for researchers in food science, microbiology, process engineering, biochemistry, biotechnology and reference material for those working in industry and R & D labs.

The Divine Millets (Shree Anna): Health, Nutrition & Delectable Recipes Rachna Gehlot, 2024-03-07 Are you eager to embrace millets in your diet? But unsure, where to start from? Look no further! Addressing everything from selection and consumption to cooking techniques, The Divine Millets can be your go-to-guide, answering all your queries related to these nourishing grains. Delve into the diverse and enriching world of India's Top Ten Millets, unleashing the secrets of their nutritional abundance and health benefits. Discover simple yet delightful ways, to incorporate millets into your daily dining experience. With over 60 healthy, tried-and-tested recipes at your fingertips, your culinary journey is bound

to be an exciting one. Now is the time to revolutionise your approach towards food and nutrition, paving the way for a transformative journey to achieve good health and happiness. "Let food be thy medicine."

Millets Nutritional Value and Processing Technology U D Chavan, 2016 Millets: Nutritional Value and Processing Technology book contain 14 chapters, several food products photographs and health benefits. It also provides extensive information on the nutritional value, chemical composition, processing and health benefits of these foods. In addition, the anti-nutritional factors present in these foods and ways of reducing their health hazards are discussed. The author has described formulations of various popular foods prepared from sorghum and millets and their nutritional composition and quality. This book gives in-depth information about major/coarse millets and minor millets. Sorghum and millets in human nutrition is intended to provide up-to-date scientific and practical information to scientists, government officials, extension workers, university professors and others interested in these food crops.

Millets and Other Potential Crops Jyostnarani Pradhan, Jyoti Prakash Sahoo, Kailash Chandra Samal, Manasi Dash, 2024-11-15 Deeply rooted in indigenous peoples' culture and traditions, millets (also called 'nutricereals' are ancestral crops high in nutritional value. As the global agrifood systems face challenges to feed an ever-growing global population, resilient cereals like millets provide an affordable and nutritious option and help guarantee food security. This book presents the basic principles and practices of millets and other potential crops towards climate resilience and nutritional security. It discuses the role of millets in sustainable agriculture, the medicinal use of foxtail millet, exotic fruits in India, and climate-resilient fruit and vegetable crops. The goal of this work is to promote the sustainable cultivation of millets, also under adverse and changing climatic conditions and improving their quality, highlighting their potential to provide new sustainable market opportunities for producers and consumers. Print edition not for sale in South Asia (India, Sri Lanka, Nepal, Bangladesh, Pakistan or Bhutan)

Millet Cookbook Jacob Smiley,2024-09-01 Millet, one of the oldest cultivated grains in human history, has been a dietary staple across various cultures for thousands of years. This small-seeded grass belongs to the Poaceae family, which includes several species, each offering unique nutritional benefits. Despite its long-standing significance, millet often remains underappreciated in modern diets, particularly in Western countries. However, recent trends toward healthier, gluten-free, and sustainable eating have sparked renewed interest in this ancient grain. Historically, millet was primarily grown in Asia and Africa, where it continues to be a vital part of the diet. In these regions, millet is more than just food; it's a cultural symbol, deeply embedded in traditions and rituals. For example, in many African communities, millet is used in ceremonies, signifying prosperity and well-being. Similarly, in India, millet is often consumed during religious festivals, believed to bring blessings and good fortune. The resurgence of millet in contemporary cuisine can be attributed to its exceptional nutritional profile and versatility. It is rich in essential nutrients, including proteins, fibers, vitamins, and minerals, making it an

excellent addition to a balanced diet. Moreover, millet's gluten-free nature makes it a valuable alternative for those with celiac disease or gluten sensitivity. This grain also plays a crucial role in promoting sustainable agriculture due to its ability to grow in harsh, arid conditions with minimal water and fertilizer, making it an environmentally friendly crop. In recent years, millet has become a popular ingredient in health-conscious communities, thanks to its low glycemic index, which helps in managing blood sugar levels. Additionally, its high fiber content aids digestion, while its rich supply of antioxidants supports overall health. As more people seek nutrient-dense, plant-based foods, millet stands out as a versatile and nutritious option that can be incorporated into a variety of meals, from breakfast bowls to hearty dinners. This eBook aims to explore the world of millet in depth, offering insights into its nutritional benefits, cooking techniques, and a variety of recipes that highlight its versatility. Whether you're new to millet or looking to expand your culinary repertoire, this guide will provide you with everything you need to know to start cooking with millet today. In the following chapters, you'll find detailed information about the different types of millet available, along with tips on how to cook them to perfection. We'll also share a collection of delicious recipes, from energizing breakfast dishes to satisfying lunches, wholesome dinners, and even milletbased snacks and desserts. You'll discover how to enhance your meals with the unique flavors and textures of millet, making it a staple in your kitchen. Moreover, this eBook will guide you on how to incorporate millet into your meal planning, ensuring that you enjoy balanced, nutritious meals every day. We'll also address common cooking challenges and provide solutions to help you get the best results when preparing millet. Finally, we'll discuss the numerous health benefits of millet and how it can support a healthy, balanced diet. By the end of this eBook, you'll not only have a deeper understanding of millet but also the confidence to use it creatively in your cooking. Millet is more than just a grain; it's a versatile, nutritious, and sustainable food that deserves a place in every kitchen. So, let's embark on this culinary journey together and explore the many possibilities that millet has to offer.

*Millet* Jonathan Doue, Encore Books, 2014-01-28 Millet is gluten free, high in protein, rich in nutrients, and a great energy source. The ancient grain is a staple grain in many countries of Asia and Africa and an alternative to rice. Millet can be cooked and served as a side dish, mixed into other foods or ground for use as flour. We have collected over 30 of the most delicious and best selling recipes from around the world. Enjoy!

Nutritional Properties of Different Millet Types and Their Selected Products Pragyani Bora,

Processing, Nutritional Quality and Value Added Products of Kodo Millet (Paspalum Scrobiculatum) B. Patil Roopa, 2021 <a href="Nutriomics of Millet Crops">Nutriomics of Millet Crops</a> Ramesh Namdeo Pudake, Amolkumar U. Solanke, Chittaranjan Kole, 2023-08-21 Millets are popularly known as "nutri-cereals" due to their high calcium, dietary fiber, polyphenol, vitamins, and protein content. Millet crops have the potential to aid in food security efforts in regions where natural and manmade causes are deteriorating land resources. Nutriomics of Millet Crops emphasizes the importance of nutriomics of millet crops in the context of universal

health, highlighting biotechnological advancements offering enrichment of the nutritional value of millets. Millet crops have the potential to be a staple crop, demonstrating an economically feasible approach to combat micronutrient malnutrition. Features: Presents comprehensive studies on health-promoting nutritional components of millets. Provides enumeration on molecular breeding strategies for improvement of millet nutraceuticals. Discusses genomics-assisted breeding for enhancement of nutritional quality in millets. Includes information related to sensory and biofortification of millet-based foods. By assessing the relevance of millets in sustainable global agro-ecosystems due to their nutritional and agronomic attributes, the United Nations celebrated 2023 as the "International Year of Millets." This book complements this effort and is useful to researchers and policy planners working across the disciplines of plant breeding and food technology. Nutriomics of Millet Crops also encourages young researchers to explore this promising field.

Millets U.D Chavan, 2018

Wheat, Millet and Other Grains Beatrice Trum Hunt, 1982-06-01

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