

Foxtail millet like other millets is a powerhouse of nutrition. Rich in Vitamin B12, these tiny seeds can offer you a daily dose of ample protein, good fat, carbs and amazing dietary fibre content. Besides copious amounts of lysine, thiamine, iron and niacin, it also offers copious amounts of calcium

The protein, fat and fibre content of the formulated products from foxtail and barnyard millet were higher than the rice products. Thus from the present study it was concluded that the foxtail millet and barnyard millet are superior in nutritive value to rice and have potential for use in traditional food products.

“Millets are advised in moderate amounts because excessive consumption can lead to adverse effects as the cereals contain substances that interfere with the functioning of the thyroid gland. Millets can cause delayed digestion due to their slow digestibility as they are high in fibre

Regular consumption of millets is beneficial for postmenopausal women suffering from signs of heart ailments, high blood pressure and high cholesterol. They help women to combat occurrence of gallstones because they are rich in fibre.

Eating Foxtail Millet in the form of sprouts helps fight diseases such as osteoporosis and could reduce risk of fracture. Weight loss: Foxtail contains Tryptophan – an amino acid which gets digested at a slower rate, thus keeping one away from consuming extra calories in their diet.

According to the ICMR-National Institute of Nutrition, Hyderabad, one should consume about 270 gm of Cereals including Nutri-Cereals(Millets). So, if you are taking millets then you can take about 1/3 rd(90-100gm of millets per day) of the recommended quantity.

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Health Benefits of Foxtail Millet:

1. Proper functioning of Heart

Foxtail Millet contains **Vitamin B1** that helps in the formation of the neurotransmitter acetylcholine. It helps to transfer the message from muscles to nerves. It helps to regulate blood pressure, thus reduces the chances of blockage in the heart. Vitamin B1 deficiency leads to improper functioning of the heart.

2. Proper functioning of the Nervous System

Foxtail Millet contains 12.3 g of **protein** per 100 gm of grains. Protein helps in the proper functioning of the nervous system.

3. Helps in Weight loss Journey

Due to lack of dietary diversity in our diet, there is an increase in obesity or overweight. We are preferring more refined-based cereals, packaged food high in salt, sugar, and fats. The problem of obesity or overweight is seen more in the urban population as compared to the rural. The presence of high **dietary fiber** in foxtail millet helps us to control our weight. It also contains **Tryptophan** that is responsible for slower digestion and prevents us from consuming the extra calories. We can say that it gives the feeling of fullness of our belly and control us from taking excess food.

4. Helps in controlling Diabetes

Foxtail Millet has a low glycemic index (GI) which means it raises the blood sugar slowly in the body as compared to wheat and rice. More research and study gives us the value of foxtail millet. One such study was conducted by M V Hospital for diabetes on 105 patients with type-2 diabetes, found out that patients who consumed Foxtail Millet dosa had low sugar levels as compared to patients who took rice-based dosa.

5. Helps in maintaining Strong Bones

Foxtail Millet contains 31 mg of Calcium per 100 gm of grains. Calcium helps us to keep our bones strong. A long-term deficiency of calcium leads to osteoporosis, dental changes, and also alterations in the brain.

6. Helps in building Strong Immunity

Today, everyone is concerned about increasing immunity. Foxtail millet is a rich source of vitamins and minerals which boost immunity in our body. Strong immunity is required to fight against diseases. So including foxtail millet in your diet will improve your immunity.

7. Helps in Brain Growth

Foxtail Millet contains 2.8 mg of iron per 100 gm and iron is essential for brain oxygenation and prevents Alzheimer's disease.

8. Good for Skin

Foxtail millet contains amino acids that trigger the formation of collagen and it helps in slowing the appearance of wrinkles on the skin. So it provides us healthy, youthful, and wrinkle-free skin.

9. Helps in good Digestion

Foxtail millet contains 6.7g of fibre which prevents us from constipation and keeps us healthy.

10. Good for Celiac Patients

Foxtail millet is gluten-free and it is the best option for celiac patients. The gluten-free trends are adopted in the USA at an 8-10% rate.

Foxtail Millet Recipes

1. MILLET KHICHDI

- Take a pressure cooker or an Instant pot inner pot and add soaked and washed lobia and millet.

- Now to this millet, add chopped veggies of your choice, I used potato, carrot, and beans here, you could use any veggies according to the season and availability.
- And add turmeric powder, red chili powder, coriander powder, salt, cloves, and cardamom. I also used chopped Indian gooseberry (amla) as they are in season. You can skip them or instead use one tomato for slight tanginess.
- Add water and pressure cook for 2-3 whistles for approximately 15 minutes. If using an Instant pot, select **pressure cook mode** and cook for **8 minutes on high pressure**. Make sure to close the VENT.
- Let the pressure release naturally or do force release after 10 minutes.
- Now make tadka with all mentioned tadka ingredients. I sometimes skip hing and add grated garlic instead.
- Add the tadka to the cooked millet mixture, mix it well, and adjust the salt. Finally, add the coriander leaves and the Gujarathi style vaghareli millet khichdi is ready to serve!

INGREDIENTS

- 1 cup millet
- ½ cup lentils or black-eyed peas any lentils like green gram, red lentil, pigeon peas
- 4 cups water
- 3 potatoes small sized
- 2 carrots
- 12 green beans

- 3 cloves optional
- 2 green cardamom
- ½ teaspoon red chili powder
- ½ teaspoon coriander seeds powder
- ¼ teaspoon turmeric powder
- salt to taste

Ingredients for making tadka for millet khichdi

- 1 tablespoon oil
- ¼ teaspoon mustard seeds
- ¼ teaspoon cumin seeds
- 2 whole red chili optional
- pinch of hing optional

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7. Add the tadka to the cooked millet mixture, mix it well and adjust the salt.
8. Add the coriander leaves and the millet khichdi is ready to serve.