

ROLE OF MILLET IN HUMAN DIET

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Abstract :

Age specific nutritional requirement healthy eating pattern helps in preventing malnutrition. Indian cropping pattern includes crops sufficient to meet human body nutritional requirement.

The present study focuses on commonly cultivated millets in Vidarbha Region with objectives to focus on nutritional availability, human consumption pattern and its benefits.

Study was conducted in Amravati City during July-2023 on 50 house wives in the age group of 35 to 50 years.

The findings concludes that :

Millet consumption in Vidarbha can be met from local cultivation millets are low energy rich in protein, carbohydrates, calcium, iron and fiber. Respondent house wives knowledge and attitude towards millet consumption was low. House wives needs to be aware on benefits of millets.

Role of Millet in Human Diet

Human Nutrition refers to the process by which the body obtained and utilizes nutrient from food to support growth, maintenance and overall health. It involves the intake of various macronutrients. Dietary guidelines to promote optimal nutrition and prevent chronic diseases. Guidelines often recommend balanced diet plan, includes variety of nutrient dense food with limiting intake of added sugars, saturated fats and sodium.

Age specific nutritional requirement, healthy eating pattern helps in preventing malnutrition by including essential nutrients in the diet.

Indian cropping pattern takes care of cultivating all such crops which are sufficient to meet human body nutrient requirement. As such cultivation of millets in Indian cropping is traditional cultivational practice which helps in growing essential nutrients for feeding human body.

As such the present study is proposed to focus on commonly cultivated millets in Vidarbha Region, with their nutrient content.

Objectives:

- 1) To enlist commonly cultivated millets in the region.
- 2) To focus on nutrient availability through millets.
- 3) To know about their inclusion in human diet.

Hypothesis:

- 1) Sizable number of millets are cultivated in the region.
- 2) House wives are unaware about their nutrient availability.

3) Inclusion of millet in human diet is rare.

Methodology : Present study is based on primary as well as secondary data.

Primary data on inclusion of millet in human diet and knowledge on nutrient content during July-23 was recorded by personal interviews. A sample of 50 house wives in Amravati City in the age of 30 to 50 yrs was included in the study. Data recorded through Google Form. Simple tabular analysis was used for data presentation.

Secondary data on millets cultivated and their nutrient content was recorded from published records. Study based on Pearl millet (Bajara), Finger millet (Ragi), Foxtail millet (Kangni), Proso millet (Barri), Kodo millet (Kodra), little millet (Kutki) and sorghum.

Review of Literature:

1) **Khadar vali (2015)**

During last 50 years has undergone gradual changes. Earlier farmers generally used to make seeds and manure by themselves. Now this has completely changed. People are not eating the crops native to our country. Explain importance of native crops for human health benefits. Small millets are low calory , high Protein, Iron and Calcium rich crops. Small millets like foxtail millet, barnyard millet and kodo consumption have many benefits.

2) **Khadar Vali (2015)**

The type of food people in the age of 25-40 should take for arthritis heast diseases diabetes or migraine various types of food items easy to cook like Vada, Bonda, Semya, Murruku even Pizza can be prepared with foxtail millets flour without cheese.

3) **Khadar Vali (2015)**

The arrangement of fiber and carbohydrates in small millets is complex therefore they release glucose in to blood in a controlled manner, pave excellent way to achieve good health. If the muscles and ligaments around bones have to join properly then they have to take brown top millets and foxtail millets as their food.

Results and Discussion:

Table 1 : Nutrient content in selected millets. (-----)

Sr. No.	Millet	Energy Cal	Protein gm.	Carbohydrates gm	Calcium		Iron mg
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1	Sorghum	340	10.4	72.6	1.2	42	8.0
2	Ragi	320	7.16	66.82	11.12	364	4.62
3	Little Millet (Kutki)	341	707	67.0	7.6	17	93
4	Foxtail Millet (Kangni)	256	12.3	60.6	8.0	30	6.3
5	Proso Millet (Barri)	202	12.5	68.9	2.2	10	5.9
6	Kodo Millet (Kodra)	290	6.2	65.6	9.0	40	2.9
7	Perl Millet (Bajra)	235	11.6	67.1	1.2	50	8.0

The above table indicates that nutritional contents of selected millets are the richest source of protein, carbohydrates, calcium and iron with low calory intake. Providing nutritional food security to human body.

Table 2 : House wives knowledge and attitude towards millet consumption.

n=50

Sr. No.	Particular	Knowledge	Attitude
1	Low Calory Diet	23 (46%)	12 (24%)
2	Rich source of minerals	19 (38%)	7 (14%)
3	Rich in protein and carbohydrates	27 (54%)	16 (32%)
4	It has many health benefits	17 (34%)	11 (22%)
5	Regular consumption helps in menstrual cycle	14 (28%)	9 (18%)

The above distribution explain that the knowledge level of Amravati City house wives about millet consumption ranges between 28% to 54%.

As regards the attitude towards consumption was negligible i.e. 14% to 32%.

Concluding need of education on regular consumption of millets as a part of diet.

The hypothesis stated for the study are accepted.

Conclusions:

- 1) Millet cultivation in Vidarbha Region is sizable to meet consumption requirement.
- 2) Millets are richest source of protein, carbohydrates and minerals.
- 3) Millets are low in energy.
- 4) Amravati City house wives knowledge about millet consumption as well as attitude towards consumption are at lower level.
- 5) House wives awareness and attitude needs to be increased.

References :

- Khadar Vali (2015) Siridhan Rythu Nestham Publication.