***Review Article***

**Nutritive and value-addition properties of Foxtail millet: a mini-review**

**Abstract**

Millet is consumed as a staple food, particularly in developing countries, as part of the traditional diet and is gaining popularity throughout the world. Foxtail millet is an annual grass grown for human food. It is the second most widely planted millet. They are a source of valuable dietary energy, with high caloric value. The present review explores different spectra of the foxtail millet, from biochemistry, microbial and nutrition to human health promotion. Bioactive compounds such as dietary fibers, antioxidants, macro- and micronutrients, etc., are found in higher quantities in millets compared to other staple cereals. The seeds contain a unique protein composition with a high content of essential amino acids possessing health-promoting properties. Additionally, foxtail protein or its hydrolysate has demonstrated a number of bioactive effects that warrant further investigation for the treatment of human chronic illnesses. In terms of human nutrition, it has great promise for effectively creating affordable, functional and value added food items that aid in the management of malnutrition. Finally, we examine a variety of millets' products that can enhance societal nutrition through the prism of value-addition. Applications for millet products can be found in the food, pharmaceutical, bio-based, and agricultural industries. The background material together serves as the justification for this review.

**Keywords-** Millet anti-nutritive, oryzenol, arabinoxylans, hydroxyperoxides, kunun

**Introduction:**

Millets are small-seeded, minor cereals of the Poaceae family of grasses (Kheya et al., 2023). They are grown year-round in the semi-arid tropics of Asia and Africa, have a short growth season, are resistant to pests and diseases, and can withstand drought. Among these, foxtail millet is one of the small millet that dates back to 6000 B.C. in China. Foxtail millet has been grown historically amid drought conditions since the Indus Valley culture. The significance of millets is highlighted in the Vedic literature. Additionally, research suggests that in the ninth century, the Chola dynasty used foxtail millet (Diao and Jia 2017). The yellow kind of foxtail millet is regarded as the best grain in Ayurveda (Jacob et al., 2024). It ranks second in terms of total millets produced and sixth in terms of grain crops farmed worldwide. In Central Asia, the crop is mostly utilized as fodder for livestock and birds (Pawar et al., 2022). The Food and Agriculture Organization (FAO) celebrated 2023 as the ‘International Year of Millets.’ And India celebrated 2018 as ‘The Year of Millets.’ The National Nutrition Monitoring Bureau (NNMB) has reported that the consumption of millets is higher in the states of Gujarat (pearl millet), Karnataka (finger millet), and Maharashtra (sorghum), whereas it is negligible in the states of Kerala, Orissa, West Bengal, and Tamil Nadu (millet booklet by NABARD).

**Anatomical, cellular, and biochemical characteristics**

Sorghum and millets have similar basic anatomical features and structures. The pericarp (outside covering), endosperm (starchy part), and germ (oily part) are the important major structural components. Common in foxtail millet, the pericarp is only loosely connected to the endosperm. The pericarp easily breaks away in the case of utricle-type kernels, leaving the seed coat to uncover the inner endosperm (Sapna et al., 2019)5. According to Bandyopadhyay et al. (2017) and Sharma and Niranjan (2017), foxtail millet is high in fiber (60.9%), proteins (12.3%), amino acids, minerals (3.3%), vitamins (VB1, 0.59 mg/100 g; VB2, 0.11 mg/100 g; VB3, 3.20 mg/100 g; VB5, 0.82 mg/100 g), and antioxidant compounds. Foxtail millet and corn have comparable amino acid compositions; it has comparatively high levels of glutamic acid, alanine, aspartic acid, leucine, methionine, and lysine (Moharil et al., 2019)8. Table-1 and 2 summarize s the nutritive and dietary fibre content of millets in comparison to wheat and rice. The majority of the bioactive substances found in foxtail millet include carotenoids, bioactive peptides, and phenolics. In addition to these substances, oryzenol and tocopherol are chemicals that promote health. Dietary fiber, proteins and amino acids, minerals, sterols, phytic acid, and unsaturated fatty acids are other bioactive substances (John and Valerie 2022). Tryptophan-0.99, threonine-3.10, isoleucine-7.60, leucine-16.06, lysine-2.10, methionine-2.80, phenylalanine-6.70, valine-6.90, arginine-3.60, and histidine-2.10 are among the amino acids that include sulfur (Gurupavitra et al., 2013). Nutri-millets are an abundant source of essential macro- and micronutrients, such as carbohydrates, protein, dietary fiber, lipids, and phytochemicals (Gowda et al., 2022; Benhur 2016. Further estimation and understanding of the roles of millets in growth in a wider range of diets is important to develop appropriate dietary programs and improve the nutritional status of various age groups. Major micronutrients in foxtail millet reported by researchers are based on germplasm collection and diversity. They include Iron (3.69 to 7.51mg/100g), zinc (4.54 to 5.71 mg/100 g), calcium (13.13 to 39.58 mg/100 g), potassium (219.43 to 349.47 mg/100), copper (0.60 1.09 mg/100 g), and manganese (1.05 to 1.64 mg/100 g). Sathisha et al., 2020 report on genotype-specific higher zinc and iron content (26.21 and 721 ppm). Millets are treated using both conventional and cutting-edge methods to increase their bioavailability and reduce their anti-nutritional characteristics (Tanwar et al., 2025). Additionally, several researchers have effectively demonstrated the benefits of using millet as a staple to enhance nutrition for people of all ages. Swathi et al., 2016 describe a reasonably priced malted blend of different millet that enhances the nutritional status of expectant and nursing mothers. Next, Gautam et al., 2015report the use of homemade extrusion cooking to create ready-to-eat snack products that are high in micronutrients and have acceptable sensory qualities for malnourished children. As reviewed by **Anita** et al., **2022** the nutritional characteristics and processing of Indian millets are significantly influenced by the processing techniques. The results implicate germination and fermentation has a positive improvement in the overall nutritional characteristics of millets, whereas excessive dehulling, polishing, and milling resulted in a reduction on of the dietary fiber and micronutrients. A considerable variation in the content of nutrients and antinutrients was found among the milling fractions, such as nutrient composition, antinutritional factors and flour functionality (Devisetti 2014).

**Microbial analysis, microbial bioprocessing,, and value addition**

A connection between the food microbiome and health advantages is established by the relationship between microbial diversity and product attributes. Lactic acid bacteria such as Streptococcus, Leuconostoc, and Lactobacillus are among the species that have been identified from millet. The fungi were Penicillium, Aspergillus, Trichoderma, Candida, and Saccharomyces, and the other bacteria were Staphylococcus, Bacillus, and Pseudomonas (Aboabaa and Osuntogun 2004). Lactic acid bacteria are the predominant microbiota in fermented millet products*. Lactobacillus paracasei* was used in Issoufu a solid-state bioprocessing of foxtail millet to create fermented foxtail millet meal with extra healthy ingredients (Amadou's 2013).The findings suggest that the product has promise for biological value addition in the food industry and is an effective antioxidant and antibacterial. Another study found that fermentation using *Pleurotus geesteranus* significantly improved the antioxidant qualities and phenolic component concentrations (Lin et al., 2024). There are presently value-added products made from foxtail millet, like soft probiotic ice cream that has a ten-day shelf life and a viable count of *Lactobacillus helveticus* bacteria (Mishraa and Sanga 2017). Foxtail millet probiotic drinks made with a combination of lactic acid bacteria (*Lactobacillus acidophilus* MTCC 10307) and probiotic yeast (*Saccharomyces boulardii*) have been reported (Fatima 2019). Firmicutes is the predominant phylum in the dough, as evidenced by the diversity and metagenomics potential of the bacterial population examined during dough fermentation. In contrast, the most prevalent bacteria were heterofermentative lactic acid bacteria, such as Companilactobacillus, Limosilactobacillus, Pediococcus, and Lactobacillus. Finally, Proteobacteria were gradually inhibited after fermentation, and Companilactobacillus crustorum was notably found abundant during dough leavening (Liu et al., 2024).

**Cellular, biochemical roles of millets—implications for human diseases**

Millets stand out from other cereals due to their high protein, dietary fiber, calcium, and polyphenol content (Kothapalli et al.,2024) . Preventing diverse diseases including diabetes, cataract development, and cardiovascular disorders is one of the health-promoting benefits. The chemicals that scavenge free radicals in cells are called antioxidants. Many foods, including grains, fruits, vegetables, spices, and herbs, are rich in antioxidants (Rahman et al., 2023). By scavenging free radicals, antioxidants improve health. Millets are a nutrient-rich food that is advised for the health and wellbeing of people of all ages, including newborns, nursing mothers, the elderly, convalescents, and the elderly (Kimeera and Sucharita 2019 ;Vijayarani et al. 2016). Millets are high in flavonoids and total phenols, according to biochemical studies. 50% ethanol extract from DFMB promotes phenolic molecules with significant antioxidant activity (Amadou et al., 2011). The findings showed that fermented foxtail millet meal can be used to produce natural antioxidants, antibacterial activity, and enzyme resistance. Processing, addition, and cooking effects show that foxtail millet has a great capacity to scavenge radicals. There is a correlation between the samples' high levels of natural antioxidants like phenolic compounds, cinnamic acid, and phytic acid antioxidant activity recommending that cooked foxtail millet be consumed by humans. In cancer biology, *in vitro* research suggests that millet phenolics may be useful in halting the development and spread of cancers (Chandrasekara 2011). The ability of foxtail millet phytochemical components to inhibit the proliferation of breast cancer cells is demonstrated by (Kuruburu 2022). Through increased ROS generation, polyphenolics induce apoptosis in human colorectal cancer cells and naked mice (Shi et al., 2015). According to the findings of the animal experiment, millet bran peptides reduce inflammation in spontaneously hypertensive rats (SHRs) in inflammatory illnesses (He et al., 2022). Moreover, protein hydrolysates, particularly those that are raw or extruded, reduce hypertension and cardiovascular disorders (Chen et al., 2017). According to studies on lifestyle disorders, the anti-diabetic impact is linked to changes in the makeup of the gut microbiota and the serum metabolomics profile (Jiang et al., 2024). Finger millet efficiently lowers postprandial blood glucose levels by inhibiting starch-digesting enzymes such as α-glucosidase and salivary and pancreatic amylases (Shobana 2010). By inhibiting hepatic gluconeogenesis, the ethanolic extract of foxtail millet produced a hypoglycemic effect in diabetic rats in comparison to anti-diabetic medicine (Qi 2019).

Including millet in the diet enhances nutrition in general and intestinal health in particular. β-glucan, arabinoxylan, and non-starchy polysaccharides provide up 15–25% of millet's dietary fiber content (Izydorczyk and Dexter 2008). Regular bowel motion is enhanced by insoluble particles like cellulose and hemicellulose. Additionally, soluble fibers, such as pectins, arabinoxylans, and beta-glucans, have the ability to form gels and have a variety of physiological consequences, including raising food viscosity and preventing the absorption of macronutrients by absorbing water (Khoury et al., 2011). Frequent intake of millet fiber has been associated with better nutritional absorption, better gastrointestinal function, and a lower risk of developing a number of digestive problems (Mauryaet al., 2023). In rats, consuming foxtail millet was reported to reduce colonic inflammation and the risk of colitis-associated colorectal cancer (CRC) caused by AOM/DSS (Zhang B, 2022). Through the immune system and the synthesis of neuroactive substances like neurotransmitters, which can affect behavior and brain function, gut microbes interact with the central nervous system. Fermentation in the colon produces butyrate, which can penetrate the blood-brain barrier and have neuroprotective effects, supporting brain health and perhaps affecting behavior and mood (Kim and Shim 2022). The therapeutic potential of dietary millet fiber interventions in illnesses like anxiety, depression, and neurodegenerative disorders is being investigated in preclinical and clinical investigations.

**Anti-nutritional factors and effects of bioprocessing**

According to Chandrasekara and Shahidi (2010), foxtail millet phytochemical compounds function as metal chelating agents, reducing agents, radical quenchers, and free radical scavengers by inhibiting the production of reactive oxygen species (ROS), hydroxyperoxides, and singlet oxygen molecules. However, due to phenol-protein interactions and metal chelation, these bioactive substances—which include polyphenols, tannins, saponins, phytates, and other substances—also known as anti-nutritional factors, impair the digestibility of proteins and starches and decrease the bioavailability of minerals (Dar and Singh, 2021). Grain biological processing increases the quantity of specific phenolic acids and flavonoids, improving the antioxidant capacity and bioactivity while also significantly lowering anti-nutritional components (Asensio-Grau et al., 2020; Balyatanda et al., 2024). Enzyme activation during grain germination speeds up the breakdown of protein, starch, and cell wall components, increasing nutritional digestibility and releasing bound polyphenols. Furthermore, because of increased hydrolytic activity, the microbial enzymes produced during fermentation have an impact on the physico-chemical profile and macromolecular arrangement (Huang and Chou, 2013). Soaking has also been shown to decrease a number of anti-nutritional elements brought on by leaching loss in steep water (Sarma and Sarma 2017). Researchers have documented a number of variable alterations following bioprocessing. Higher enzymatic activity, improved *in vitro* carbohydrate and protein digestibility, a decrease in antinutrients, and an improvement in the bioactive profile are reported by Sharma and Sharma 2022. In a different study, Nazni and Shobana Devi 2016 show notable differences in the pasting, nutritional, anti-nutritional, and functional qualities of two chosen millets in response to various processing techniques. Due to its lack of gluten, foxtail millet has poor processing qualities, which limits the creation of foxtail millet products. In addition to the previously described techniques, research has shown that microbial fermentation, extrusion, heat-moisture treatment, and superfine grinding are effective ways to enhance the processing properties of foxtail millet. Granule size variation in degrees, amorphicity, and crystal structure of millet starch granules are among the alterations reported by Tongshuai Yang et al.,2022. As for millet starch properties, the methods improved the digestibility, increased the content of resistant starch, and reduced the content of short-chain starch.

**Nutritive value and ameliorative benefits of foxtail millet on health.**

Functional foods offer health benefits that extend beyond their nutritional value and contain supplements or other additional ingredients (Essa et al., 2022). Presently, millets are fortified with vitamins, minerals, probiotics, and fiber. The inclusion of phenolic substances, including phytosterols, lignins, polyphenols, phytocyanins, and phytoestrogens, in addition to core nutrients, endows millets these medicinal properties (Malathi et al., 2023). By acting as antioxidants, these substances guard against damage to the cell's genetic material or membranes. A healthy lipid profile is maintained by the high levels of stearic and linoleic acids found in foxtail millet (Gowda et al., 2022). Total phenolic contents (TPC) are higher in hulls, and millet grains' antioxidant qualities have been shown to decrease upon dehulling (Kumari 2016). Millet phenolics prevent protein glycation, lessen the formation of protein aggregates, and guard against oxidative DNA damage and hydroxyl radical-induced protein fragmentation (Anis and Sreerama 2020). Because of its high dietary fiber content, resistant starch, vitamins, minerals, and essential amino acids—aside from lysine and methionine—foxtail millet is more nutritious than other major grains like wheat and rice. According to Gopalan et al. (2017), foxtail millet has the following nutritional values per 100 g: protein (8.92 g), fat (2.55 g), minerals (1.72 g), fiber (6.39 g), carbs (66.19 g), and calories (331 kcal). In addition to possessing higher TPC (total phenolic content) and TFC (total flavonoid content) than other millets, finger millets also prevented glycation and collagen cross-linking. Health benefits of foxtail millet include that it can be used by people suffering from celiac disease because it doesn’t contain gluten, and it helps to reduce diabetes, weight loss, and heart disease because of the complex carbohydrates and resistant starch present in it (ojha and srivatsava 2023). Magnesium present in it helps to reduce migraine and heart attack (Volpe 2013), niacin reduces cholesterol level, and phosphorous helps with fat metabolism and tissue repair (Mario et al., 2019).

**Different value-added food products of foxtail millet**

Among the many benefits of foxtail millet are the instant ready-to-eat (RTE) convenience products, which are preferred over laborious fermentation, processing, and other time-consuming procedures (Joshi et al., 2025). Value-added products made from foxtail millet are low in calories, gluten-free, high in phenolic compounds, slow down digestion by causing satiety, and lower oxidative stress (Goudar et al., 2023. Key value-added products from foxtail millet include puffs, extruded goods, flakes, biscuits, bread, cakes, and pizza bases (Palani 2023). This value addition for foxtail millet will raise awareness among the public, which will benefit farmers and boost the general population's use of the grain. Beverages and confections are the most popular value added products (Masoodi 2024). Any liquid food that satisfies thirst and revitalizes the body and mind is called a beverage. The primary characteristic of a beverage is its high water content. They are divided into two general categories: alcoholic and non-alcoholic. Alcoholic drinks include things like wine, whiskey, brandy, cider, sake, and neera. Tea, coffee, whey beverages, and fruit beverages (e.g., RTS, squash, nectar, cordial, and syrup) are examples of non-alcoholic beverages. The 19th century saw the beginning of the confectionery arts in India. Indian confections can be divided into flour-based, Mithai, Khoa, Channa, and other types (Aggarwal et al., 2018). One of the traditional dishes made in several regions of India is laddu. A number of researchers have shown how millet flours can be used to create a wide range of goods with added value. Noodle with higher nutritional level is reported by Meherunnahar et al. (2020). Negi et al., (2021) report optimization of instant millet**-based khichdi and Paniyaram (Khan and Premam,** 2017). Finally, Subbaiyan et al., 2024 report probioticated foxtail millet laddu. Research has documented the use of millet additions for food and beverage fortification (Chetan Kumar et al. 2022).Millets that are high in bioactive antioxidant components which can be added to fruit beverages in place of sugar. FOS and sucralose can then be used to create a low-calorie, high-nutrient beverage. RTS (ready-to-serve) pomegranate beverage with foxtail addition is reported by Pushpa et al. (2023). From schoolchildren to the community, the value-added food items made from millets are practical and affordable solutions for enhancing livelihoods and nutrition security at many societal levels. Accordingly, school children who regularly ate a prepared multi-millet health mix showed a significant increase in height, weight, and hemoglobin level (Durairaj et al., 2019; Anita et al., 2022; Mazumdar et al., 2024). Value-based products differ from one nation to another also differ by geography, and eating patterns. Chinese, German, and Russian cuisines all use millet porridge as a classic dish. According to Adejuyitan et al., 2008 kunun is a traditional beverage in Nigeria. Value addition techniques applied to traditional foods can transform them into diverse and appealing products contributing to consumer acceptance, and cross regional barriers and enable nutritional and economic development and food security (Michel et al., 2024). Depending on the sociocultural mindset and raw material availability, each nation has its own native culinary products. Many traditional and indigenous food products can be found in India's complex sociolinguistic tapestry (Ananthanarayan et al., 2019). According to researchers, a wide variety of value-added products that are popular throughout India include anything from traditional daily-consumption recipes and bakery goods to beverages and sweets. Research data indicate foxtail millet as a viable additive towards this end. Sudha et al. report millet laddus, and Vidyavati et al., 2004 report millet papads. Haalbai is a traditional food (sweet cake) of Karnataka, a sweet cake generally prepared from rice. The advantage of jaggery used in haalbai, prepared from natural sugars, enables consumption for people with high sugar levels. Thus traditional foods have served as a range of ready to eat, value added products such as swets and savior, beverages and several others. Further, they have potential to maintain health, well-being and simple, cost-effective easy supplements of nutrition

**Discussion**

Food quality has alarmingly declined over the past 50 years, and critical fruits, vegetables, and food crops have lost a wide range of nutritionally important minerals and nutraceutical chemicals. The use of high-yielding cultivars and crops, the chaotic global mineral nutrient applications, the transition from natural to chemical farming, and low-nutritious cultivars and crops have all been blamed for the deterioration in food nutritional quality. Lastly, the widespread declines in the nutritional value may be caused by naturally occurring or artificially increased carbon dioxide (Bhardwaj et al., 2024). Small-seeded grasses called millets are becoming more popular due to their nutritional value and health advantages. When compared to other major grains like wheat and rice, foxtail millet may be more nutritious because of its high dietary fiber content, resistant starch, vitamins, minerals, and essential amino acids—aside from lysine and methionine (Saleem et al., 2023). It also has a high stearic and linoleic acid content, which contributes to a healthy lipid profile (Nange gowda et al., 2022). It has been demonstrated that eating millets improves health outcomes and provides a balanced nutritional profile. Gluten helps patients with a variety of health conditions, including celiac disease (Jnawali et al., 2016). It has medicinal uses in lifestyle disorders like diabetes, heart disease, and weight loss due of the complex carbs and resistant starch it contains (Zong et al., 2018). Phosphorus aids in tissue regeneration and fat metabolism and magnesium content lowers the risk of heart attacks and migraines. Finally, millets are said to have antibacterial (Kamoj et al., 2025), immunomodulatory (Rajesh et al., 2024), antiplatelet aggregation (Shiviah et al., 2020), and inhibitory effects on digestive enzymes and cataract formation (Pradeep and Sreerama 2015), among other defensive qualities. Millets have the ability to support diversity and offer affordable food and nutrition security (Kumar et al., 2024). Population studies of the impact and acceptability of small-scale and short-term intervention indicate the potential of Smart Food products made from millets  in filling the nutrition gap arising from the traditional food consumption habits in the dry zones of Myanmar (Anitha S et al., 2020). Newer bioactive compounds will have to be identified with the help of physico-chemical analysis, *in vitro* and *in vivo* studies, and more additional systematic research. The investigation of various goods for society will be made possible by process applications and engineering principles used to processing and value addition. The extensive and varied applications of millet are indicated by the study results supporting various value-added products and RTS products of foxtail millets from traditional cuisines, bakeries, beverages, sweets, and confections. The spectrum exhibits diversity, increased acceptance, and use in a range of age groups and culturally heterogeneous societies. Together, these study findings demonstrate the enormous potential of millet as a human nutraceutical.

**References**

1. AACC. 2000. Aproved Methods of the American Association of Cereal Chemists, 10th edition American Association of Cereal Chemist. Inc. St, Paul, Minnesota
2. Adejuyitan J.A., Adelakun,, O.E., Olaniyan S. A. and Popoola, F. I. 2008. Evaluating the quality characteristics of kunum produced from dry-milled sorghum. *African Journal of Biotechnology*, 7(13): 2244-2247.
3. Adeleke, O., Adiamo, O. Q., Fawale, O. S., & Olamiti, G. (2017). Effect of Soaking and Boiling on Anti-nutritional Factors, Oligosaccharide Contents and Protein Digestibility of Newly Developed Bambara Groundnut Cultivars. *Turkish Journal of Agriculture - Food Science and Technology*, *5*(9), 1006–1014.
4. Andrea Asensio-Grau,   Joaquim Calvo-Lerma,  Ana Heredia  Ana Andrés, 2020, “Enhancing the nutritional profile and digestibility of lentil flour by solid state fermentation with Pleurotus ostreatus” ***Food Functions*, 11**: pp 7905-7912.
5. I.Amadou, O.S. Gbadamosi, G.W. Le, 2011, Millet-based Traditional Processed Foods and Beverages—A Review, Cereals foods world, 56(3), 115-121.
6. Andrea Asenrio Grau, Joauim Calno-Lema, Ana Heredia and Ana Andrews, 2020, “Enhancing the nutritional profile and digestibility of lentil flour by solid state fermentation with Pleurotus ostreatus”, ***Food Function.*,11:** pp 7905-7912.
7. Anoma Chandrashekara and Fereidoon Shahidi, 2011, “Antiproliferative propential & DNA Scission inhibitory activity of phenolics from whole millet grain”, *Journal of Functional Foods*, 3(3): 159-170.
8. AOAC 1990. Association of Official Analytical Chemists. Official methods of analysis. 16th edition. Washington. D.C.
9. AOAC 2000. Association of Official Analytical Chemists, Official methods of analysis. 20th edition. Gaithersburg. Maryland.
10. Bhardwaj, R; Sohu, R S and Dhatt, A S, 2025. “Punjab's forgotten grains: revitalizing millets for sustainability and health”**,** Agricultural Research Journal, 62 (2):p235.
11. Bola Osuntogun and O O Aboaba. 2004. Microbiological and Physico – chemical Evaluation of Some Non – alcoholic Beverages. Pakistan Journal of Nutrition. 3 (3): 188-192.
12. Bowie Zhang, Yingchuan Xu, Congying Zhae, YYun hui Zhang, Huan LV, Xuemeng Ji, Jin Wang, Wenwen Pang, Xiaowen wang and Shuo wang, 2022, “Protective effects of bioactive peptides in foxtail millet protein hydrosylates against experimental colitis in mice”, *Food & Function*, 5(13): pp 2594-2605.
13. Chongyan Shi , Tian Qiu, Yangyang Zhang, Yuchao Ma, Xiaorui Li, Shuqi Dong, Xiangyang Yuan, [Xi’e Song](https://loop.frontiersin.org/people/2423161), 2024, “Effects of different preceding crops on soil nutrients and foxtail millet productivity and quality”, *Frontier in Plant Science*, 25.
14. D Vijayarani, A Jeevarathinam and S Marieswari, 2017. Development, standardization and evaluation of millet based food product rich in total phenols and flavonoids, International Journal of Home Science; 3(1): 24-27.
15. Devica R. Sangma and B.K. Mishra, 2017, “Studies of Sensory Evaluation and Shelf-Life of Foxtail Millet Based Softy Ice- Cream”, *International Journal of Scientific Research in Science and Technology*, 3 (8): pp 175-184.
16. Donald John Calvien Hutabarat and Valerie Aditya Bowie, 2022, Bioactive compounds in foxtail millet (*Setaria italica*) - extraction, biochemical activity, and health functional: A Review, Earth and Environmental Science: 998, 012060.
17. Disna Kumari, Terrence Madhujith and Anoma Chandrasekara, 2017, “Comparison of phenolic content and antioxidant activities of millet varieties grown in different locations in Sri Lanka”, Food Science and Nutrition, 5(3): pp 474-485.
18. G. S. Sathisha, B.K. Desai, L. N. Yogesh, R Sathyanarayana, 2020, “Influence of Zink and Iron application methods on available soil nutrient status and nutrient uptake by foxtail millet (Setaria Italica L.) Genotypes, *International Journal of Conservation Science*.
19. Giridhar Goudar, Munikumar Manne , G.J. Sathisha, Paras Sharma, Thirupathi Reddy Mokalla, Shashi Bhushan Kumar and Ouliana Ziouzenkova, 2023, Phenolic, nutritional and molecular interaction study among different millet varieties, *Food Chemistry Advances*, 2, p -100150.
20. Gopalan, C, Rama Sastri, B.V and Balasubramanian, S. C 2017. Nutritive value of Indian Foods Hyderabad, India : National Institute of Nutrition, Indian Council of Medical Research.
21. Gurulakshmi Kola1, Puli Chandra Obul Reddy, Sameena Shaik , Mallikarjuna Gunti, Ramesh Palakurthi , H.S. Talwar and Akila Chandra Sekhar, 2020, “Variability in seed mineral composition of foxtail millet (Setaria italica L.) Landraces and released cultivars”, *Current Trends in Biotechnology and Pharmacy*, 14 (3) pp 239-255.
22. L Gautam, N Chaturvedi, A Gupta.Development of micronutrients rich homemade extruded food products with the incorporation of processed foxtail millet, wheat and chickpea. *Indian journal of community health* / vol 26 / supp 02 / dec 2014
23. K., Hariprasanna. (2023). Indian Farming Foxtail millet: Nutritional importance and cultivation aspects. Indian farming 73(01):47-49;January 2023.
24. Haripriya G, Anushka V, Dhulipalla R, Marella Y, Rajendran R, Boyapati R. Comparative evaluation of the effect of pearl millet, spirulina, and probiotics as an adjunct in the management of stage‑1 and Stage‑II periodontitis – A clinical study. J Interdiscip Dentistry 2025;15:24-35.
25. Hongyu Liu, Haolu Zhou, Jie Li, Yanli Peng, Zhaoyang Shen, Xinyu Luo, Jindong Liu, Ruipu Zhang, Zhiyan Zhang, Xiaoli Gao, 2024, “Effects of nitrogen fertilizer application on the physicochemical properties of foxtail millet (Setaria italica L.) starch”, [*International Journal of Biological Macromolecules*](https://www.sciencedirect.com/journal/international-journal-of-biological-macromolecules)*,* [278(1](https://www.sciencedirect.com/journal/international-journal-of-biological-macromolecules/vol/278/part/P1)).
26. Issoufou Amadou , Guo-Wei Le & Yong-Hui Shi, 2013, “Evaluation of Antimicrobial, Antioxidant Activities,and Nutritional Values of Fermented Foxtail Millet”, *International Journal of Food Properties*, 16:1179–1190,.
27. M.S. Izydorczyk, and J.E. Dexter, 2008, “Barley β-glucans and arabinoxylans: Molecular structure, physicochemical properties, and uses in food products–a Review” [*Food Research International*](https://www.sciencedirect.com/journal/food-research-international), [41 (9](https://www.sciencedirect.com/journal/food-research-international/vol/41/issue/9)): pp 850-868.
28. Jing Chen, Wei Duan, Xin Ren, Chao Wang, Zhongli Pan, Xianmin Dios and Que Shen, 2017, “Effect of foxtail millet protein hydrolysates on lowering blood pressure in spontaneously hypertensive rats”, *European Journal of Nutrition*, 56: pp 2129-2138.
29. Jinlong Shi, Baolon sun, Wei-shi, Hao Zuo, Daming Cui, Lancheen Ni & Jian Chen., 2015, “Decreasing GSH & increasing ROS in chemosensitivity gliomess with IDH 1 mutation”, *Tumor Biology*, 36: pp 655-662.
30. Jayasree Joshi, Sivaranjani Shanmuga Kumar, Rahul Kumar Rout, Pavuluri Srinivasa Rao , 2023, Millet processing: prospects for climate-smart agriculture and transition from food security to nutritional security, Journal of Future Foods 5-5 (2025) 470–479.
31. Jinu Jacob, Veda Krishnan, Chris Antony, Masimukka Bhavyasri, C. Aruna, Kiran Mishra, Thirunavukkarasu Nepolean, Chellapilla Tara Satyavathi and Kurella B. R. S. Visarada, 2024, “The nutrition and therapeutic potential of millets: an updated narrative review”, *Frontiers in Nutrition*, pp 1-14.
32. [Jiwoon Kim](https://www.dbpia.co.kr/author/authorDetail?ancId=5151783), 2022,” In Vitro Screening Study to Identify the Potential of Millet Powder as a Prebiotic Source”, [The Microbiological Society of Korea](https://www.dbpia.co.kr/journal/iprdDetail?iprdId=IPRD00011158),  [International Meeting of the Microbiological Society of Korea](https://www.dbpia.co.kr/journal/voisDetail?voisId=VOIS00697446), pp 460 - 460 .
33. Jing Chen, Wei Duan, Xin Ren, Chao Wang, Zhongli Pan, Xianmin Diao, Qun Shen.Effect of foxtail millet protein hydrolysates on lowering blood pressure in spontaneously hypertensive rats Eur J Nutr.2017 Sep;56(6):2129-2138. doi: 10.1007/s00394-016-1252-7. Epub 2016 Jun 25.
34. Jiangying Shi , Shuhua Shan , Zongwei Li, Hanqing Li, Xinfeng Li, Zhuoyu Li, 2015,“Bound polyphenol from foxtail millet bran induces apoptosis in HCT-116 cell through ROS generation” [*Journal of Functional Foods*](https://www.sciencedirect.com/journal/journal-of-functional-foods), [17](https://www.sciencedirect.com/journal/journal-of-functional-foods/vol/17/suppl/C), pp 958-968.
35. Kimeera Ambati and Sucharitha K V. 2019. Millets-reviews on nutritionall profiles and health benefits. International Journal of Recent Scientific Research. 10(7I): 33943-33948.
36. Kothapalli, S., Ramalingam, S., and Nair, S. S. (2024).” Millets as nutricereals and its health benefits: an overview”. *International Journal of Community Medicine and Public Health*, 11(3), 1384–1389.
37. Keyang He, Houyuan Lu, Jianping Zhang, and Can Wang, 2022, “Holocene spatiotemporal millet agricultural patterns in northern China: a dataset of archaeobotanical macroremains” Earth System Science Data,[14(10](https://essd.copernicus.org/articles/14/issue10.html)): pp 4777–4791.
38. KVD Karthik , Benhur Dayakar Rao, Anamika Das, Enthoti Kiranmai, M. Dharini, Shreeja Reddy Mogulla and Deeksha Sharma, 2024, “personalized kodo millet rice analogue (kmra): formulation, nutritional evaluation, and optimization” Future Foods, 10: p 100389.
39. Kumar S, Kumar A, Sen H, Janeja HS, Maity S, Banerjee S, Singh P and Arun M. Channapur.2024, Small Millets: A Multifunctional Crop for Achieving Sustainable Food Security under Climate Change”. Plant Science Today, 1: pp 1-11.
40. D El Khoury, C Cuda, B L Luhovyy, G H Anderson.Beta Glucan: Health Benefits in Obesity and Metabolic Syndrome.J Nutr Metab. 2011 Dec 11;2012:851362. doi: 10.1155/2012/851362.
41. Laxmi Ananthanarayanan, Kriti Kumari Dubey, Abhijeet B. Muley and Rekha S. Singhal, 2019“Indian Traditional Foods: Preparation, Processing & Nutrition”, *Traditional foods*, pp 127-139.
42. Mahadevaswamy G Kurubara, Venugopal R Bovilia, Zonunsiami Leihang and Subbaroa V Madhunapentula, 2022, “Phytochemical-rich Fractions from Foxtail Millet (Setaria italica (L.) P. Beauv) Seeds Exhibited Antioxidant Activity and Reduced the Viability of Breast Cancer Cells in Vitro by Inducing DNA Fragmentation and Promoting Cell Cycle Arrest”, *Anti - Cancer agents in Medicinal Chemistry*, 22(13).
43. Malathi Durairaj, Gurumeenakshi Gurumurthy, Varadharaju Nachimuthu, Karthikeyan Muniappan and Subbulakshmi Balasubramanian, 2019, Dehulled small millets: The promising nutricereals for improving the nutrition of children, Maternal & Child Nutrition, 15 (S3) 1-5.
44. Maurya, Rahu; Boini, Thirupataiah; Misro, Lakshminarayana; Radhakrishnan, Thulasi; Sreedharan, Aswani Pulikunnel; Gaidhani, Dhanashree, 2023, “Comprehensive review on millets: Nutritional values, effect of food processing and dietary aspects”*Journal of Drug Research in Ayurvedic Sciences*[8(1):p S82-S98, November.](https://journals.lww.com/jdra/toc/2023/08001)
45. V. M. Malathi, [Sharma Kanika](https://www.taylorfrancis.com/search?contributorName=Sharma%20Kanika&contributorRole=author&redirectFromPDP=true&context=ubx), [Jacob Jinu](https://www.taylorfrancis.com/search?contributorName=Jacob%20Jinu&contributorRole=author&redirectFromPDP=true&context=ubx), [Ronda Venkateswarlu](https://www.taylorfrancis.com/search?contributorName=Ronda%20Venkateswarlu&contributorRole=author&redirectFromPDP=true&context=ubx), [Muricken Deepa](https://www.taylorfrancis.com/search?contributorName=Muricken%20Deepa&contributorRole=author&redirectFromPDP=true&context=ubx), [A. Rohini](https://www.taylorfrancis.com/search?contributorName=A.%20Rohini&contributorRole=author&redirectFromPDP=true&context=ubx), 2023, “Phenolic Phytochemicals from Sorghum, Millets, and Pseudocereals and Their Role in Human Health”, [Nutriomics of Millet Crops](https://www.taylorfrancis.com/books/mono/10.1201/b22809/nutriomics-millet-crops?refId=38996ebb-8069-4c97-a944-1a3c595ed344&context=ubx), pp 1-38.
46. Mangesh Pradip Moharil, Kishnananda Prahlad Ingle, Pravin Vishwanath Jadhav, Dipti Chandrabhan Gawai, Vaibhav Chandrakant Khelukar and penna suprasanna, 2019, Foxtail millet (Setaria Italica L): Potential of smaller millet for future breeding, Advances in plant breeding strategies, *Cereals*, 5: pp 133-163.
47. Meherunnahar, Tanvir Ahmed, Razia Sultana Chowdhury, Mohammed Abdus Satter Miah, Kandi Sridhar, Baskaran Stephen Inbaraj, Md. Mozammel Hoque, and Minaxi Sharma , 2023, “Development of Novel Foxtail Millet-Based Nutri-Rich Instant Noodles: Chemical and Quality Characteristics”, *Foods* 12: pp 819.
48. Millet booklet by NABARD, government of India, Mumbai.2020
49. Mogili Swathi, Kavitha Waghray, Nayanala Babu, Ramu Golla, 2016, “Development of malted millet mixes for pregnant women and lactating mothers”, *International Journal of Innovative Technology and Research,*4(6), pp 5323-5328.
50. Mazumder, S., Bhattacharya, D., Lahiri, D., Moovendhan, M., Sarkar, T., & Nag, M. (2024). Harnessing the nutritional profile and health benefits of millets: a solution to global food security problems. Critical Reviews in Food Science and Nutrition, 1–22.
51. Neha kamboj, Rahul kumar, Navin kumar, Manoj Pal and Pankaj Gautham, 2025, “Antibacterial and Antiprotease activity of fermented barnyard millet (Echinochloa frumentacea) protein hydrolysate”, *Food Chemistry:*X, 27, pp 1-8.
52. N. A. Nanje Gowda, Kaliramesh Siliveru, P. V. Vara Prasad, Yogita Bhatt, B. P. Netravati and Chennappa Gurikar, 2022, “Review Modern Processing of Indian Millets: A Perspective on Changes in Nutritional Properties”, *Foods*, 11(499): pp 2-18.
53. Nazni P and Shobana Devi R, 2016, Effect of Processing on the Characteristics Changes in Barnyard and Foxtail Millet, Journal of Food Processing & Technology, 7(3), 1-7.
54. Neha Negi, S., Pandit Srihari, D.D. Wadiar, G.K. Sharma and A.D. Semawal, 2021, “Optimization of instant foxtail millet based khichadi by using response surface methodology and evaluation of its shelf stability”, *Journal of Food Science and Technology* , 58: pp 4478-4485.
55. Ojha, Komal & Srivastav, Aascharya. (2023). Millets Boon for Celiac Subjects. 10.5281/zenodo.8310297. in Book Millets Magical Crops .https://www.kdpublications.in ISBN: 978-81-19149-12-4.
56. Pushpa Chethan Kumar, Amutha Sundararajan, Harinder Singh Oberoi and Prabakaran Karuppiah, 2022, “Quality parameters of foxtail and little millet incorporated fruit beverages”, *The Pharma Innovation Journal,* 11(3): pp 324-331.
57. P.M. Pradeep, Yadahally N. Sreerama.Impact of processing on the phenolic profiles of small millets: Evaluationof their antioxidant and enzyme inhibitory properties associatedwith hyperglycemia.*Food Chemistry* 169 (2015) 455–463
58. Rajesh Devishetti, Sreerama N Yalahally, Sila Bhattacharya, 2014, Nutrients and antinutrients in foxtail and proso millet milled fractions: Evaluation of their flour functionality, *LWT Food Science and Technology*, 59(2): pp 889-895.
59. M. Rajesh, G. Shivaraj, V. Ambethgar and C. Vanniarajan, 2024, “Breeding Barnyard Millet for Biotic Stress Resistance” , Genetic improvement of Small Millets, pp 513–528.
60. Rajan Sharma and Savita Sharma, 2022**, “**Anti-nutrient & bioactive profile, in vitro nutrient digestibility, techno-functionality, molecular and structural interactions of foxtail millet (Setaria italica L.) as influenced by biological processing techniques”, *Food Chemistry*, pp 368.
61. Romani Mario,Hofer Dina Carina,Katsyuba Elena,Auwerx JohanNiacin: an old lipid drug in a new NAD+ dress.Journal of Lipid Research.Volume 60, Issue 4, April 2019, Pages 741-746.
62. Ronak Tanwar, Anil Panghal, Anju Kumari, Navnidhi Chikara, 2025,” Nutritional, Phytochemical and Functional Potential of Pearl Millet: A Review” Chemistry and biodiversity 22(7):pp 1-5.
63. Rajan Sharma,Savita SharmaAnti-nutrient & bioactive profile, in vitro nutrient digestibility, techno-functionality, molecular and structural interactions of foxtail millet (Setaria italica L.) as influenced by biological processing techniques.*Food Chemistry* Volume 368, 30 January 2022, 130815.
64. Rong He, Mengting Liu, Zhipeng zou, Minjije Wang, zhigao Wang, Xingrong Ju, and Gungfei Hoa., 2022, “Anti - inflammatory activity of peptides derived from millet bbran in vitro and in vivo”, *Foods & Function,* 4.
65. Rubhavathi Subbaiyan, Ayyappadarsan Ganesam, Venkatramanan Varadarajan, Philip Robinson, Jeyachandran & Harini Tangavel, 2023, “Formulation and Validation of Probiotical foxtail millet laddu as a source of antioxidant for biological system using response surface methodology”, Brazillian Journal of Microbiology, 55: pp 647-661.
66. Rajan Sharma, Savita Sharma, B.N. Dar and Baljit Singh, 2021, “Review Millets as potential nutri-cereals: a review of nutrient composition, phytochemical profile and techno-functionality”, *International Journal of Food Science and Technology*, 56, 3703–3718.
67. Rahman S, Mohammed S, Dubey PK, Kumar S. 2023. A Comprehensive Review on the Effect of Germination on the Physiochemical Properties of Wheat, Millet, and Legumes. *J Food Chem Nanotechnol* 9(S1): S323-S334.
68. S.Gurupavithra , A.Jayachitra AND K.Dilna, 2013, “Study on biochemical and nutritive value of popped foxtail millet”, *International Journal of Pharma and Bio Sciences*, 4(2): 549 – 558.
69. Saikat Datta Mazumdar, Victor Afari-Sefa, Aravazhi Selvaraj, Priyanka Durgalla, Anitha Seetha, Tamilselvi Nedumaran, Divya Nancy, Harshvardhan Mane, Suchiradipta Bhattacharjee, Nedumaran Swamikannu, Anitha Raman, Roopa Banerjee, Jyosthnaa Padmanabhan and Disha Bose, 2024, “Effectiveness of Millet-Pulse-Groundnut Based Formulations in Improving the Growth of Pre-School Tribal Children in Telangana State, India”, pp 1-17.
70. Sapna Birania, Priyanka Rohilla, Ravi Kumar and Nitin Kumar, 2020. Post harvest processing of millets: A review on value added products, International Journal of Chemical Studies; 8(1): 1824-1829.
71. Seerat Saleem, Khalid M. Alghamdi, Naveed Ul Mushtaq, Inayatullah Tahir, Ahmad Bahieldin, Bernard Henrissat, Mohammad K. Alghamdi, Reiaz Ul Rehman and Khalid Rehman Hakeem, 2023, “Computational and experimental analysis of foxtail millet under salt stress and selenium supplementation” Environmental Science and Pollution Research,30: pp 112695–112709.
72. Sapna Birania, Priyanka Rohilla, Ravi Kumar and Nitin Kumar, 2020. Post harvest processing of millets: A review on value added products, International Journal of Chemical Studies; 8(1): 1824-1829.
73. Seetha Anitha, David Ian Givens, Kowsalya Subramaniam, Shweta Upadhyay, Joanna Kane-Potaka, Yakima D. Vogtschmidt , Rosemary Botha, Takuji W. Tsusaka, Swamikannu Nedumaran ,Hemalatha Rajkumar, Ananthan Rajendran, Devraj J. Parasannanavar, Mani Vetriventhan and Raj Kumar Bhandari, 2022, “Can Feeding a Millet-Based Diet Improve the Growth of Children? A Systematic Review and Meta-Analysis”, *Nutrients*, 14: pp 225-230.
74. Shenmugan Shobhana, Mysore R. Harsha, Kalpana platel, Krishnapura Srrinivasan and Nagappa. G. Malleshi, 2010, “Amelioration of hyperglycaemia and its associated complications by finger millet (Eleusine Coracano L.) seed coat matter in streptozotocin-induced diabetes rats”, *British Journal of Nutrition*, 104 (12): pp 1757-1795.
75. Sinthia Afsana Kheya Shishir Kanti Talukder, Prantika Datta, Sabina Yeasmin, Md. Harun Rashid, Ahmed Khairul Hasan , Md. Parvez Anwar, A.K.M. Aminul Islam and A.K.M. Mominul Islam, 2023,”Millets: The future crops for the tropics - Status, challenges and future prospects”, Heliyon, 2: pp 1-16.
76. Safreena Kabeer, [Nagamaniammai Govindarajan](https://link.springer.com/article/10.1007/s13197-023-05806-z%22%20%5Cl%20%22auth-Nagamaniammai-Govindarajan-Aff1), [Preetha Radhakrishnan](https://link.springer.com/article/10.1007/s13197-023-05806-z%22%20%5Cl%20%22auth-Preetha-Radhakrishnan-Aff1), [Musthafa M. Essa](https://link.springer.com/article/10.1007/s13197-023-05806-z%22%20%5Cl%20%22auth-Musthafa_M_-Essa-Aff3-Aff4) and [M. Walid Qoronfleh](https://link.springer.com/article/10.1007/s13197-023-05806-z#auth-M__Walid-Qoronfleh-Aff5), 2023, “Effect of drying technique on physiochemical and nutritional properties of *Eleusine coracana* (finger millet) porridge powder”,*Journal of Food Science and Technology*, 60: pp 3024-3034.
77. Shivaiah, A., Srinivsa, C., Hanumegowda, S. M., Kengaiah, J., Nandish, S. K. M., Ramachandraiah, C. and Sannaningaiah, D. (2022). Pennisetum glaucum Protein Extract Protects RBC, Liver, Kidney, Small Intestine from Oxidative Damage and Exhibits Anticoagulant, Antiplatelet Activity. Journal of the American Nutrition Association, 42(3), 211–223.
78. Sidra Khan and Varsha Peram, 2017, “Enrichment of Traditional Paniyaram Incorporated with Foxtail Millet, *International Journal of Science and Research*”, 7 (11): pp 931-936.
79. Suhan Bheemaiah Balyatanda, N. A. Nanje Gowda, Jeyamkondan Subbiah, Snehasis Chakraborty, P. V. Vara Prasad and Kaliramesh Siliveru, 2024, “Physiochemical, Bio, Thermal, and Non-Thermal Processing of Major and Minor Millets: A Comprehensive Review on Antinutritional and Antioxidant Properties”,*Foods,*  *13*(22) : pp 3684.
80. Swaminathan Chitraputhirapillai, Nivethadevi Palani, Sangeetha Kaliyanna. Kannan Pandian and Kamalasundari Somasundaram, 2025, “Functional Foods and Nutraceuticals: Chemistry, Health Benefits and the Way Forward”, Bakery, Confectionery and Beverages as Functional Foods : pp 249–275.
81. Suhan Beeraiah Balyatanda, N. A. Nanegowda, Jeyam Kondan Subbaiah, Snehasis Chakravarthy, P. V. Varaprasad and Kaliramesh Siliveu, 2024, “Physiochemical, Bio, Thermal, and Non-Thermal Processing of Major and Minor Millets: A Comprehensive Review on Antinutritional and Antioxidant Properties”, Foods 13(22): pp 3684.
82. Seerat Saleem,Naveed Ul Mushtaq,Wasifa Hafiz Shah,Aadil Rasool,Khalid Rehman Hakeem,Chandra Shekhar Seth,Inayatullah Tahir,Reiaz Ul Rehman.Millets as smart future food with essential phytonutrients for promoting health.Journal of Food Composition and Analysis.Volume 124, December 2023, 105669
83. Tirthankar Bandopadyaya, Vandana aiswal and Manoj Prasad, 2017, “Nutrition potential of Foxtail millet in comparison to other millets and major cereals, The foxtail millet genome, pp 123-135.
84. Tongshuai Yang a , Sen Ma a , Jingke Liu b, Binghua Sun a , Xiaoxi Wang a, 2022, “Influences of four processing methods on main nutritional components of foxtail millet: A review” *Grain & Oil Science and Technology* [, 5 (3](https://www.sciencedirect.com/journal/grain-and-oil-science-and-technology/vol/5/issue/3)): pp 156-165.
85. Yuah Fu, Liwen Wang, Gurchuan Jiang, LiLi Ran, Liyan Wang and Xeujjun Liu, 2020, “Anti-Diabetic activity of polysaccharides from Auricularia cornea Var.L, *Foods* 11(10) : pp 1464.
86. Xianmin Diao, and [Guanqing Jia](https://link.springer.com/chapter/10.1007/978-3-319-45105-3_6#auth-Guanqing-Jia), 2016, “Foxtail Millet Breeding in China”, *Genetics and Genomics of Setaria*, pp 93-113.

Table-1.Nutritional content of Various millets in comparison to wheat and rice/gm (Ref: IFCT book 2017, Jacob et.al., 2017)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Nutrient | Foxtail millet | Finger Millet | Pearl Millet | Little Millet | Rice | Wheat |
| Carbohydrate (g/100g) | 60.09 | 66.82±0.73 | 61.78±0.85 | 65.55±1.29 | 78.24±1.07 | 64.72±1.74. |
| Crude Protein (g/100g) | 12.30 | 7.16±0.63 | 10.96±0.26 | 10.13±0.45 | 7.94±0.58 | 10.59±0.60 |
| Crude fat(g/100g) | 4.30 | 1.92±0.14 | 5.43±0.64 | 3.89±0.35 | 0.52±0.05 | 1.47±0.05 |
| Crude fiber(g/100g) | 8.00 | 11.187±1.14 | 11.49±0.62 | 7.72±0.92 | 2.81±0.42 | 11.23±0.77 |
| Ash(g/100g) |  2.3 | 2.04±0.34 | 1.37±0.17 | 1.34±0.16 | 0.56±0.08 | 1.42±0.19 |
| Energy (K.J/100g) | 1383.58 | 1342±10 | 1456±18 | 1449±19 | 1491±15 | 1347±23 |
| Calcium(mg/100g) | 31 | 364±58 | 27.35±2.16 | 16.06±1.54 | 7.49±1.26 | 39.36±5.65 |
| Iron(mg/100g) | 2.8 | 4.62±0.36 | 6.42±1.04 | 1.26±0.44 | 0.65±0.11 | 3.97±0.78 |

Table-2.Dietary Fiber composition of eight different types of millets (Ref: IFCT book 2017, Jacob et.al., 2017)

|  |  |  |
| --- | --- | --- |
| Millet variety | Fiber content (g/100g) | Fiber type and composition (approximate g/100g) |
|  |  | InSoluble DF\* | Soluble DF\* |
| Sorghum | 10.22±0.49 | 8.49±0.40 | 1.73±0.40 |
| Pearl Millet | 11.49±0.62 | 9.14±0.58 | 2.34±0.42 |
| Finger Millet | 11.187±1.14 | 9.51±0.65 | 1.67±0.55 |
| Foxtail Millet | 8.00 | - | - |
| Kodo Millet | 6.39±0.60 | 4.29±0.82 | 2.11±0.34 |
| Little Millet | 7.72±0.92 | 5.45±0.48 | 2.27±0.52 |
| Barnyard Millet  | 6.00 | - | - |