

# NUTRI CEREAL CROP: BARNYARD MILLET / SANWA



## ABOUT

- Barnyard millet is a multi-purpose crop which is cultivated for food and fodder.
- The carbohydrate content of barnyard millet is low and slowly digestible, which makes the barnyard millet a nature's gift for the modern mankind who is engaged in sedentary activities.

## NUTRITIONAL VALUE

- Carbohydrate - 65.55g
- Protein - 6.20g
- Fat - 2.20g
- Fibre
- Chromium - 0.090mg
- Copper - 0.60mg

Other Names- Jagon, Shyama, Oodalu, Shamul, Sama, Kuthirawaali



## HEALTH BENEFITS

- Lower blood sugar level
- Controls serum cholesterol and triglycerides.
- Beneficial for type 2 diabetes.

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