

Nutri Cereal Crop

FINGER MILLET

- Finger millet is a cereal grass grown mostly for its grain. Finger millet is a robust, tufted, tillering annual grass.
- Finger millet is a staple food in many African and South Asian countries. It is also considered a helpful famine crop as it is easily stored for lean years.
- In India, it is sometimes used for feeding infant calves, growing animals, as well as sick and convalescing animals.



NUTRITIONAL VALUE

- Carbohydrate - 66g
- Protein - 7.16g
- Fat - 1.92g
- Fibre - 11.18g
- Calcium - 364mg
- Iron - 4.62mg
- Aluminium - 3.64mg



Common
Names

- Ragi
- Mandua
- Kilvaragu
- Moothari
- Nachni
- Bavto
- Nagli

HEALTH BENEFITS

- Aids in losing weight.
- Strengthen bone.
- Reduces cancer risk.
- Prevents diabetes.
- Natural Weight Loss Agent.
- Prevents your Skin from Ageing.



REGIONS GROWN

In India, ragi is mostly grown and consumed in Rajasthan, Karnataka, Andhra Pradesh, Tamil Nadu, Orissa, Maharashtra, Kumaon region of Uttarakhand and Goa; of which, Maharashtra, Tamil Nadu and Uttarakhand produce the bulk of ragi in the country.

