

NUTRI CEREAL CROP

Foxtail Millet /Kakua

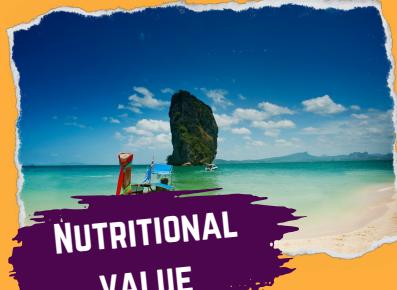


- Foxtail millet is regarded as a native of China, it is one of the world's oldest cultivated crops.
- Foxtail millet ranks second in the total world production of millets.
- It continues to have an important place in the world of agriculture providing approximately six million tons of food to millions of people.
- It will grow in altitudes from sea level to 2000 m. It cannot tolerate water logging.
- Foxtail millet is fairly tolerant of drought; it can escape some droughts



REGIONAL NAMES

- Kangni
- Kakum
- Navane
- Tenai
- Thina



NUTRITIONAL VALUE

- Carbohydrate - 60.09g
- protein - 12.30g
- Fat - 4.30g
- Fibre
- Chromium - 0.030mg
- Copper - 1.40mg



HEALTH BENEFITS

- Excellent anti-hyperglycemic activity.
- Posses hypolipidemic, low glycemic index and antioxidant properties.
- Strengthen nervous system and cardiac health.

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