

SORGHUM MILLETS (JOWAR)



Nutritional Value (serving 100 grams)

Energy : 329 kcal

Carbs : 72.1 grams

Fibre : 6.7 grams

Protein : 10.6 grams

Fat : 3.46 grams

Vitamins : Vitamin B1, B2, B3, B5, Folate, Vitamin E, etc

Minerals : Calcium, Phosphorous, Iron, Potassium, Magnesium, Sodium, Zinc, Selenium, etc.

Health Benefits Of The Superfood Jowar

Supports Skin Health

Sorghum's antioxidants, vitamins, and minerals support overall health, indirectly benefiting skin health

Super Energizing Food

Sorghum provides sustained energy throughout the day with its complex carbohydrates that keep you active

Good Guide for Your Guts

Rich in fibre, sorghum promotes regular bowel movements and a healthy digestive system

Packed with Gluten-Free Goodness

Sorghum is a gluten-free grain, suitable for individuals with gluten intolerance or celiac disease

A Humble Helper of the Heart

Sorghum supports heart health by regulating cholesterol levels and promoting the production of good cholesterol (HDL)

Promotes Blood Health

Sorghum contributes to blood health by providing iron and copper, essential for red blood cell production

A Big Boon for Bones

Sorghum is rich in bone-loving minerals like calcium and magnesium, ensuring strong and sturdy bones

Excellent Weight-Loss Buddy

Helps in weight loss by curbing cravings, promoting satiety, and providing high protein and fibre content



How to add Sorghum to your daily diet



Sorghum flour to make chapattis, porridge, and other recipes



Make syrup from sorghum to use as a natural sweetener



Use flaked sorghum as a morning cereal



Pop sorghum like popcorn for a spicy and healthy snacking option

Sorghum And Millets

Richard Bailey



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