

Item	Foxtail millet	Wheat (whole)	Rice (raw, milled)
Carbohydrates (g)	60.9	71.2	78.2
Protein (g)	12.3	11.8	6.8
Fat (g)	4.3	1.5	0.5
Energy (KCal)	331	346	345
Crude fibre (g)	8	1.2	0.2
Mineral matter (g)	3.3	1.5	0.6
Amylose (%)	17.5	25	12-19
Amylopectin (%)	82.5	75	88-81
Ca (mg)	31	41	10
P (mg)	290	306	160
Fe (mg)	2.8	5.3	0.7
Zn (mg)	2.4	2.7	1.4
Mg (mg)	81	138	90
Na (mg)	4.6	17.1	-
K (mg)	250	284	-
Cu (mg)	1.4	0.68	0.14

Source: Nutritive value of Indian foods, NIN, 2007

Sorghum And The Millets Their Composition And Nutritive Value

Karel Kulp



Sorghum And The Millets Their Composition And Nutritive Value:

Sorghum and the Millets Joseph H. Hulse, Evangeline M. Laing, Odette E. Pearson, 1980 Sorghum and the Millets International Development Research Centre (Canada), 1980 **Sorghum and Millets in Human Nutrition** Food and

Agriculture Organization of the United Nations, 1995-01-01 The publication is broad in scope and coverage starting with the history and nature of sorghum and millets and dealing with production utilization and consumption It provides extensive information on the nutritional value chemical composition storage and processing of these foods In addition the anti nutritional factors present in these foods and ways of reducing their health hazards are discussed The authors have described formulations of various popular foods prepared from sorghum and millets and their nutritional composition and quality and they have compiled many recipes for the preparation of foods from regions where sorghum and millets are important dietary staples Handbook of Millets - Processing, Quality, and Nutrition Status C.

Anandharamakrishnan, Ashish Rawson, C. K. Sunil, 2022-11-03 The book offers an updated perspective on the unique characteristics of millets Millets are consumed for their health nutritional benefits and in the preparation of specialty foods for target groups from pediatrics to geriatrics Recent trends suggest the importance of millet in the human diet due to their nutritional importance ability to grow in high temperatures and drought conditions and their resistance to pests and diseases This book highlights different types of millet and discusses their properties as well as nutritional and anti nutritional values In addition the book also provides information on the physiochemical properties future prospects current methodologies and agricultural practices The last few parts cover the emerging technologies in millet processing by products utilization quality standards and the current millet industry scenario The book provides a comprehensive overview of the status of millet processing quality and nutraceutical product manufacture The book is a resourceful read for students and researchers in food sciences as well as industry experts **Millet Marvels: A Sustainable Food Renaissance** Harinder Singh

Obero, Komal Chauhan, 2024-03-08 Millet is a highly nutritious food source packed with essential proteins dietary fiber vitamins minerals and bioactive compounds making it a valuable addition to one dietary regimen Additionally its gluten free properties have gained considerable attention in recent years particularly in Western countries The book is a tribute to the International Year of Millet 2023 aimed at raising awareness about the health benefits and ecological significance of these ancient grains It is a remarkable contribution to this effort offering a comprehensive overview of millets and their crucial role in promoting sustainable agriculture nutrition and food security The book delves into the world of millets providing insight into their varieties and nutritional benefits Moreover it covers the intricate process of millet processing from cleaning and sorting to dehulling milling and packaging Each stage of processing requires specialized equipment expertise and techniques to ensure the safety and quality of millets for consumption The book also addresses critical aspects related to millets drawing upon the extensive experience of its authors in elucidating the health enhancing and functional properties of millets as well

as their processing and research As such it offers practical guidance for entrepreneurs processors farmers and researchers engaged in millet production and processing providing valuable insights into the techniques used to transform raw millet grains into finished products The book meticulously edited and thoughtfully curated serves as a cornerstone in understanding the multifaceted advantages that millets offer to individuals and communities Key features of the book are Serves as a valuable resource for anyone dealing with food Addresses growing conditions nutritional profiles and health benefits of millets Covers millet processing and its impact on nutritional parameters *The Chemistry of Cereal Proteins* Radomir Lasztity, 2017-07-12 In the past decade since the first edition was published the study of cereal protein chemistry has grown and changed New separation techniques have been introduced while the application of achievements of molecular biology and genetic engineering of proteins has progressed dramatically This new edition includes these advances and updates the chemistry of cereal proteins for all specialists working in theory and practice of cereal grain production and processing

Plant Breeding and the Nutritive Value of Crop Residues International Livestock Centre for Africa, 1988-01-01

Millets: The Multi-Cereal Paradigm for Food Sustainability Monika Thakur, 2024-08-28 This book delves into the specific subject area of life sciences focusing on the remarkable world of millets and their multifaceted contributions This book serves as a comprehensive guide to the diverse aspects of millets addressing their biology significance functional potential and applications The content in this book is divided into two distinct sections Section I contains the detailed introduction to the Millets their biology classification applications and various types major minor and pseudo millets and Section II contains their safety extraction industrial applications and SDG goals This book is not only an asset for professionals and experts but also a readable guide for Academicians and advanced students looking to engage with this ever expanding subject area The book is a boon for entrepreneurs in the area millets as they will get the complete comprehensive information about all the different types of millets with their biology functional potential and processing **Handbook of**

Cereal Science and Technology, Revised and Expanded Karel Kulp, 2000-03-28 This thoroughly revised second edition addresses the full spectrum of cereal grain science employing agronomic chemical and technological perspectives and providing new and expanded treatment of food enrichment techniques nutritional standards and product quality evaluation

Written by over 40 internationally respected authorities the **Millets and Millet Technology** Anil Kumar, Manoj Kumar Tripathi, Dinesh Joshi, Vishnu Kumar, 2021-06-30 Millets are small grained annual warm weather cereal The millets offer both nutritional and livelihood security of human population and fodder security of diverse livestock population in dryland region of India Millets are highly nutritious they are known as health foods especially for control of diabetes and mineral deficiencies One of the major factors for declining consumption of millets is the lack of awareness of their nutritive value and inconvenience of their preparation This book covers both chemistry and novel technology for millet processing and development It summarizes the latest information on millets their nutritional and health benefits historical perspective

utilization R D efforts present status and the importance being given by policy makers for promoting millets for sustainable agriculture and healthy society The book is compiled by various experts keeping in view syllabi of different research institutions researchers students as well requirement of the industry It will serve as instructional material for researchers in food science microbiology process engineering biochemistry biotechnology and reference material for those working in industry and R D labs

Millets-Healthy & Food Security in India Prof. P.Jayalakshmi,2023-05-01 chapters of the scholars from various places of the state to satisfy diverse needs of readers in respect of Millet s food security and nutritious health It is a compact book with authentic and updated facts information analysis and important recommendations It is hoped that this book will be useful and beneficial to students research scholars and teaching faculty I would like to extend my sincere thanks to each and every author of the chapter to publish this book in an edited book

Millets and Other Potential Crops Jyostnarani Pradhan,Jyoti Prakash Sahoo,Kailash Chandra Samal,Manasi Dash,2024-11-15 Deeply rooted in indigenous peoples culture and traditions millets also called nutricereals are ancestral crops high in nutritional value As the global agrifood systems face challenges to feed an ever growing global population resilient cereals like millets provide an affordable and nutritious option and help guarantee food security This book presents the basic principles and practices of millets and other potential crops towards climate resilience and nutritional security It discusses the role of millets in sustainable agriculture the medicinal use of foxtail millet exotic fruits in India and climate resilient fruit and vegetable crops The goal of this work is to promote the sustainable cultivation of millets also under adverse and changing climatic conditions and improving their quality highlighting their potential to provide new sustainable market opportunities for producers and consumers Print edition not for sale in South Asia India Sri Lanka Nepal Bangladesh Pakistan or Bhutan

Handbook of Cereals, Pulses, Roots, and Tubers Sneha Punia Bangar,Anil Siroha,Manoj Kumar,2021-10-10 Cereals pulses roots and tubers are major food sources worldwide and make a substantial contribution to the intake of carbohydrates protein and fiber as well as vitamin E and B The Handbook of Cereals Pulses Roots and Tubers Functionality Health Benefits and Applications provides information about commercial cereals pulses and their nutritional profile as well as health benefits and their food and non food applications Split into four sections this handbook covers all the recent research about the related crops and outlines matters needing further research in the field of agriculture sciences Both qualitative and quantitative analysis of nutrients and bio actives and their beneficial effects on human health are highlighted in this book The conclusions drawn and future perspectives proposed in each chapter will also help researchers to take more focused approaches

FEATURES Covers the full spectrum of cereals pulses roots and tubers grain production processing and their use for foods feeds fuels and industrial materials and other uses Contains the latest information from grain science professionals and food technologists alike Provides comprehensive knowledge on the nutritional and non nutritional aspects of cereals pulses and tubers Discusses the latest development in modification of native starch Provides information in enhancing shelf life and its

utilization in phytochemical rich product development The result of various well versed researchers across the globe sharing their knowledge and experience this handbook will be a valuable resource for students researchers and industrial practitioners who wish to enhance their knowledge and insights on cereals pulses roots and tubers Vinegars of the World Laura Solieri, Paolo Giudici, 2009-08-29 Vinegars can be considered as acidic products of special importance for the enrichment of our diet and resulting from the desired or controlled oxidation of ethanol containing liquid substrates The traditional use and integration of vinegars in numerous cultures can be traced back to ancient times In fact the cultural heritage of virtually every civilization includes one or more vinegars made by the souring action of micro organisms following alcoholic fermentation It has been documented that the Egyptians Sumerians and Babylonians had experience and technical knowledge in making vinegar from barley and any kind of fruit Vinegar was very popular both in ancient Greece and Rome where it was used in food preparations and as remedy against a great number of diseases In Asia the first records about vinegar date back to the Zhou Dynasty 1027-221 BC and probably China's ancient rice wines may have originally been derived from fruit for which malted rice was substituted later The historical and geographical success of vinegars is mainly due to the low technology required for their production and to the fact that several kinds of raw materials rich in sugars may easily be processed to give vinegar In addition vinegars are well known and accepted as safe and stable commodities that can be consumed as beverages health drinks or added to food as preservatives or as flavoring agents Millet and Pseudo Cereals Mohar Singh, Salej Sood, 2020-09-20 Millet and Pseudo Cereals is the first comprehensive resource to focus on the potential crop improvements through genetic enhancements The choice of food crop for a region is primarily determined by the conditions of climate and soil Once labelled as orphan crops millets and pseudo cereals are now known as miracle grains due to their adaptation to harsh conditions and high nutritional quality Small millets and pseudo cereals are now seen to occupy special niches through their ability to adapt to challenging conditions These crops have a comparative advantage in marginal lands where they withstand stress conditions and contribute to sustainable production They also contribute to the diversity richness and production stability of agro ecosystems Millets include sorghum pearl millet finger millet foxtail millet proso millet barnyard millet little millet and kodo millet while the other group which are not cereals but consumed as cereals and generally referred as pseudo cereals comprises of grain amaranths buckwheat and chenopods Millet and Pseudo Cereals presents current information on the genetic architecture of important economic traits and the genomic resources for gene enabled breeding This compilation contains information on the global status available germplasm resources nutritional value breeding advancements genomics applications and sustainability of agriculture through millets and pseudo cereals cultivation This book is a valuable resource for those conducting research and exploring new areas for advancing crop genetic understanding Explores the current challenges of pseudo cereal production and how that can be overcome by developing genetic and breeding resources using appropriate germplasm Provides holistic information on millets and pseudo

cereals Features global perspectives from an international contributing team of authors **Neglected and Underutilized Crops** Muhammad Farooq, Kadambot H.M. Siddique, 2022-11-29 Neglected and Underutilized Crops Future Smart Food explores future food crops with climate resilience potential Sections cover their botany nutritional significance global distribution production technology and tolerance to biotic and abiotic stresses of neglected and underutilized crops By simply changing species in a crop rotation system the cycle of some pests and diseases is disrupted and probabilities of infestations are reduced Finally the book provides case studies that highlight where the adaptation of crops to local environments especially with regard to climate change have been successful These crops can help make agricultural production systems more resilient to climate change Although a few books on neglected and underutilized crops are available this comprehensive book covers the full scope of crop husbandry nutritional significance and global distribution Contains consistent coverage of botany nutritional significance production technology and tolerance to biotic and abiotic stresses Presents case studies of success stories where adaptations in local environments have made a difference especially with climate change Addresses key opportunities for improving global food security *Cereal Grains* Sergio O. Serna-Saldivar, 2016-04-19 While cereals remain the world's largest food yield with more than 2.3 billion metric tons produced annually consumer demands are on the rise for healthier cereal products with greater nutrition Cereal Grains Properties Processing and Nutritional Attributes provides a complete exploration of the scientific principles related to domestication **Nutrient Use Efficiency: from Basics to Advances** Amitava Rakshit, Harikesh Bahadur Singh, Avijit Sen, 2014-12-26 This book addresses in detail multifaceted approaches to boosting nutrient use efficiency NUE that are modified by plant interactions with environmental variables and combine physiological microbial biotechnological and agronomic aspects Conveying an in-depth understanding of the topic will spark the development of new cultivars and strains to induce NUE coupled with best management practices that will immensely benefit agricultural systems safeguarding their soil water and air quality Written by recognized experts in the field the book is intended to provide students scientists and policymakers with essential insights into holistic approaches to NUE as well as an overview of some successful case studies In the present understanding of agriculture NUE represents a question of process optimization in response to the increasing fragility of our natural resources base and threats to food grain security across the globe Further improving nutrient use efficiency is a prerequisite to reducing production costs expanding crop acreage into non-competitive marginal lands with low nutrient resources and preventing environmental contamination The nutrients most commonly limiting plant growth are N P K S and micronutrients like Fe Zn B and Mo NUE depends on the ability to efficiently take up the nutrient from the soil but also on transport storage mobilization usage within the plant and the environment A number of approaches can help us to understand NUE as a whole One involves adopting best crop management practices that take into account root induced rhizosphere processes which play a pivotal role in controlling nutrient dynamics in the soil plant atmosphere continuum New technologies from basic tools like leaf color charts

to sophisticated sensor based systems and laser land leveling can reduce the dependency on laboratory assistance and manual labor Another approach concerns the development of crop plants through genetic manipulations that allow them to take up and assimilate nutrients more efficiently as well as identifying processes of plant responses to nutrient deficiency stress and exploring natural genetic variation Though only recently introduced the ability of microbial inoculants to induce NUE is gaining in importance as the loss immobilization release and availability of nutrients are mediated by soil microbial processes

Genetic Resources, Chromosome Engineering, and Crop Improvement Ram J. Singh, Prem P. Jauhar, 2006-01-13 Summarizing landmark research Volume 2 of this essential series furnishes information on the availability of germplasm resources that breeders can exploit for producing high yielding cereal crop varieties Written by leading international experts this volume offers the most comprehensive and up to date information on employing genetic resources t

Global Perspectives on Underutilized Crops Munir Ozturk, Khalid Rehman Hakeem, Muhammad Ashraf, Muhammad Sajid Aqeel Ahmad, 2018-05-17 Increase in world population extreme weather conditions decrease in fresh water supplies and changes of dietary habits are major issues that affect global food security We are expected to face the challenges of land use by 2050 because population will reach 9 billion while agricultural productivity losses are expected due to overuse of lands How can we feed the next generations in a manner that respects our finite natural resources Managing our resources in a sustainable way have only begun for selected crops Much remains to be done to increase food yield Cropping practices capable of sustainable production need to be elaborated especially in fragile ecosystems Typical applications will include the improvement and use of genetic resources crop management and diversification diffusion of improved varieties development of cropping systems sustainable cropping systems for areas prone to environmental degradation use of agro ecological data for crop production forecasting and networks for regional coordination and data exchange The impetus behind this book is to bring attention to a cropping system that bears direct relevance to sustainable agriculture and food security Underutilized crops are found in numerous agricultural ecosystems and often survive mainly in marginal areas It is timely to review their status because in recent decades scientific and economic interests have emerged which focus on lesser known cultivated species Underutilized crops have a great potential to alleviate hunger directly through increasing food production in challenging environments where major crops are severely limited Global Perspectives on Underutilized Crops is therefore topical and highlights the unmet agricultural challenges that we face today This book is an important resource for students and researchers of crop science and agricultural policy makers

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Table of Contents Sorghum And The Millets Their Composition And Nutritive Value

1. Understanding the eBook Sorghum And The Millets Their Composition And Nutritive Value
 - The Rise of Digital Reading Sorghum And The Millets Their Composition And Nutritive Value
 - Advantages of eBooks Over Traditional Books
2. Identifying Sorghum And The Millets Their Composition And Nutritive Value
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Sorghum And The Millets Their Composition And Nutritive Value
 - User-Friendly Interface
4. Exploring eBook Recommendations from Sorghum And The Millets Their Composition And Nutritive Value
 - Personalized Recommendations
 - Sorghum And The Millets Their Composition And Nutritive Value User Reviews and Ratings
 - Sorghum And The Millets Their Composition And Nutritive Value and Bestseller Lists
5. Accessing Sorghum And The Millets Their Composition And Nutritive Value Free and Paid eBooks
 - Sorghum And The Millets Their Composition And Nutritive Value Public Domain eBooks
 - Sorghum And The Millets Their Composition And Nutritive Value eBook Subscription Services

- Sorghum And The Millets Their Composition And Nutritive Value Budget-Friendly Options
- 6. Navigating Sorghum And The Millets Their Composition And Nutritive Value eBook Formats
 - ePub, PDF, MOBI, and More
 - Sorghum And The Millets Their Composition And Nutritive Value Compatibility with Devices
 - Sorghum And The Millets Their Composition And Nutritive Value Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Sorghum And The Millets Their Composition And Nutritive Value
 - Highlighting and Note-Taking Sorghum And The Millets Their Composition And Nutritive Value
 - Interactive Elements Sorghum And The Millets Their Composition And Nutritive Value
- 8. Staying Engaged with Sorghum And The Millets Their Composition And Nutritive Value
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Sorghum And The Millets Their Composition And Nutritive Value
- 9. Balancing eBooks and Physical Books Sorghum And The Millets Their Composition And Nutritive Value
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Sorghum And The Millets Their Composition And Nutritive Value
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Sorghum And The Millets Their Composition And Nutritive Value
 - Setting Reading Goals Sorghum And The Millets Their Composition And Nutritive Value
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Sorghum And The Millets Their Composition And Nutritive Value
 - Fact-Checking eBook Content of Sorghum And The Millets Their Composition And Nutritive Value
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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