

# 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

**D. A. V. Dendy**



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