

# NUTRI CEREAL CROP: BARNYARD MILLET / SANWA



INDIA  
MILLET  
INITIATIVE

hpmi®  
PROSPERITY THROUGH AGRIBUSINESS



## ABOUT

- Barnyard millet is a multi-purpose crop which is cultivated for food and fodder.
- The carbohydrate content of barnyard millet is low and slowly digestible, which makes the barnyard millet a nature's gift for the modern mankind who is engaged in sedentary activities.

## NUTRITIONAL VALUE

- Carbohydrate - 65.55g
- Protein - 6.20g
- Fat - 2.20g
- Fibre
- Chromium - 0.090mg
- Copper - 0.60mg

Other Names- Jagon, Shyama, Oodalu,  
Shamul, Sama, Kuthirawaali



## HEALTH BENEFITS

- Lower blood sugar level
- Controls serum cholesterol and triglycerides.
- Beneficial for type 2 diabetes.

Address: Millet House ,Third Floor, Sector 4, Noida, 201301, NCR Delhi India  
+919711136395+ 91 120 2557411, +91 120 3113105, +91 120 3113108  
info@indianmilletinitiative.org  
<https://www.linkedin.com/in/india-millet-initiative-748912261/>  
<https://www.instagram.com/indiamilletinitiative/>