Finger millet is a cereal grass grown mostly for its grain. Finger millet is a robust, tufted, tillering annual grass. Finger millet is a staple food in many African and South Asian countries. It is also considered a helpful famine crop as it is easily stored for lean years. In India, it is sometimes used for feeding infant calves, growing animals, as well as sick and convalescing animals.

Nutritional Value
- Carbohydrate - 66g
- Protein - 7.16g
- Fat - 1.92g
- Fibre - 11.18g
- Calcium - 364mg
- Iron - 4.62mg
- Aluminium - 3.64mg

Health Benefits
- Aids in losing weight.
- Strengthen bone.
- Reduces cancer risk.
- Prevents diabetes.
- Natural Weight Loss Agent.
- Prevents your Skin from Ageing.

Regions Grown
In India, ragi is mostly grown and consumed in Rajasthan, Karnataka, Andhra Pradesh, Tamil Nadu, Orissa, Maharashtra, Kumaon region of Uttarakhand and Goa; of which, Maharashtra, Tamil Nadu and Uttarakhand produce the bulk of ragi in the country.