

NUTRI-CEREAL
CROP

**KODO
MILLET**

REGIONS GROWN

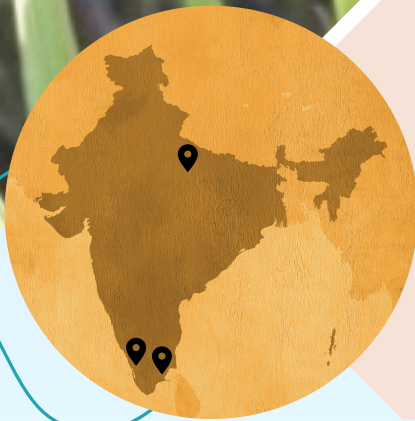
UTTAR PRADESH

KERALA

TAMIL NADU

COMMON NAMES

KODON / KODRA /
ARIKA/ ARIKELU /
VARAGU / HARAKA



KODO MILLET

- Widely distributed in damp habitats across the tropics and subtropics of the world.
- Ancient Indian medicine ayurveda classifies Kodo millet as langhana, which means bringing lightness to the body.
- Being cold in nature, it increases vata dosha but balances issues caused due to kapha and pitta doshas.



NUTRITIONAL & HEALTH BENEFITS

- It is recommended for diabetics, to beat fatigue, heal wounds faster and improves nervous system.
- With a whopping 11% protein for every 100 grams, rich source of fibre at 10 grams, 66.6 grams of carbohydrates, 353kcal, 3.6 grams of fat and presence of calcium, iron, polyphenols and various other nutrients.

