

MILLETS

Nutri-cereals, or **coarse cereals**, are **small-seeded grasses** grown as cereal crops or grains for fodder.



Major Producer
US, China, Australia, India, Argentina, Nigeria, and Sudan



Kodo millet



Sorghum millet



Pearl millet



Sanwa millet



Finger millet

- Once of the **1st domesticated crops**, consumed by **Indus Valley people**.
- Traditional food in **Asia and Africa**.
- Globally, **sorghum (jowar)** is the **biggest millet crop**.
- They are **Kharif crops** (July to October) in India.
- Grown predominantly in the **rainfed regions of the following states**



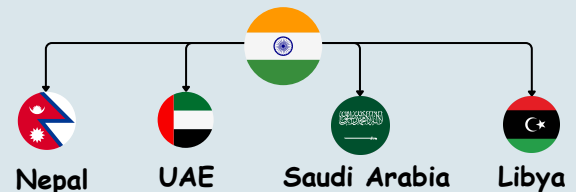
BENEFITS OF MILLETS

Ecological Benefits of Millets

- Millets are "**climate-smart**" crops, hardy and **drought-resistant** because of their -
 - **70-100 Days** (Short growing season)
 - **350-500 mm** (Lower water requirement)
 - Low carbon and water footprint
- Eco-friendly with reduced pesticide and insecticide use.
- More resilient to climate change fluctuations.

MILLETS IN INDIA

- India is the **largest producer** of millets worldwide with **> 40%** global market share.
- India exports about **1%** of its total millet production, primarily as whole grain.



LEADING PRODUCERS:

RAJASTHAN

MAHARASHTRA

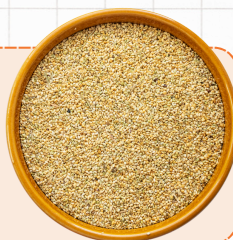
UTTAR PRADESH

KARNATAKA

MP

HEALTH BENEFITS OF MILLETS

- Low Glycemic Index
- Gluten-Free
- Nutrient-Rich
- Reduces Cholesterol



INITIATIVES TO PROMOTE MILLETS

- In 2018, the MoAFW declared millets as **Nutri-Cereals**.
- 2018 was designated the "**National Year of Millets**."
- The **Shree Anna Scheme** was introduced in 2023 to popularise millets.

CHALLENGES FACED BY MILLETS IN INDIA

- Procurement and distribution of millets under the **NFSA** are **minimal**.
- Millet **production is decreasing** due to a preference for wheat and rice.
- **Low prices**, no subsidies, and short shelf life due to enzyme activity.
- **Less than 10% of households** eat millets, viewed as "poor man's food".

