

# International Year of Millets (IYM 2023) [09.01.23]

**Theme:** Unleashing the potential of millets for the well-being of people and the environment.

**Organised by:** Department of Food & Nutrition, Raidighi College

**Participants:** Department of Food and Nutrition, semester 1 (honours) students have prepared the Wall Magazine on Millets



# International Year of Millets (IYM-2023)

## Health Benefits of Millets

- Prevents coronary artery disorders
- Reduces risk of colon cancer
- Helps in preventing celiac disease
- Good source of antioxidants
- Aids in sleep
- Helps in height loss
- Helps to decrease high blood pressure
- Controls Diabetes
- Helps in slowing down muscle degeneration
- Helps in relieving menstrual cramps

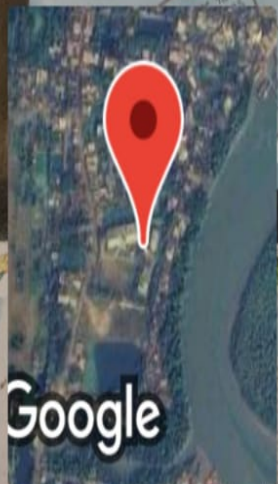


## Healthy Recipes



## Nutritional Profile

Serving size 100g		Serving size 100g	
	DV		DV
Calories	378 kcal	Riboflavin	0.8 mg
Total Carbohydrate	72.5g	Iron	3 mg
Dietary Fiber	8.5g	Magnesium	114 mg
Sugars	0g	Phosphorus	258 mg
Total Fat	4.2g	Potassium	126 mg
	8%	Manganese	3.6 mg
	29%		
	1%		
	85.4%		



Google

GPS Map Camera

Raidighi, West Bengal, India  
 XCRR+M7Q, Raidighi, West Bengal 743383, India

Lat 21.991578°

Long 88.441108°

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With Angush Reddy Remembers Bravehearts in Delhi