



Government of Assam  
Department of Agriculture



# ASSAM MILLETS MISSION

**The Big Mission  
for Small Millets**

**Finger Millet**



The Assam Millets Mission has been initiated from year 2022 – 2029 for a period of 7 years on the principle of enhancing the Local Production and Local Consumption of Millets.

**Focus Crop: Finger Millets (maruadhan), Foxtail Millet (kaun) and Proso Millets (cheena bajra).**

## Nutrient Contents of Various Millets in comparison to Rice and Wheat

Crop	Protein (g)	Fibre (g)	Minerals (g)	Iron (mg)	Calcium(mg)
<b>Finger Millets</b>	<b>7.3</b>	<b>3.6</b>	<b>2.7</b>	<b>3.9</b>	<b>344</b>
Foxtail Millets	12.3	8	3.3	2.8	31
Proso Millets	12.5	2.2	1.9	0.8	14
Rice	6.8	0.2	0.6	0.7	10
Wheat	11.8	1.2	1.5	5.3	41

### Why Finger Millet is good?

- It contains high amounts of calcium, phosphorous, iron, and protein with well-balanced composition of essential amino acids along with Vitamin A and Vitamin B.
- Its high amount of calcium and iron strengthens bones and reduces the risk of Anemia.
- Its high fiber content checks constipation, high blood cholesterol and intestinal cancer.
- Its high content of protein makes it important in preventing malnutrition.
- It is an ideal food for diabetics with proven ability to control blood glucose levels.



### For more details:

State Project Management Unit, Assam Millets Mission,  
Directorate of Agriculture, Khanapara, Ghy-22  
Email: amm.spmu@gmail.com | Toll free no: +91 18001020338