



Government of Assam  
Department of Agriculture

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Azadi Ka  
Amrit Mahotsav



# ASSAM MILLETS MISSION

The Big Mission  
for Small Millets

**Foxtail 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)
Finger Millets	7.3	3.6	2.7	3.9	344
<b>Foxtail Millets</b>	<b>12.3</b>	<b>8</b>	<b>3.3</b>	<b>2.8</b>	<b>31</b>
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 Foxtail Millet is good?

- Provides a host of nutrients and is considered to be one of the most digestible and non-allergic grains available.
- It is a gluten-free grain containing fibre, protein, calcium and vitamins.
- It helps in controlling blood sugar, cholesterol and diabetes and gastric problem.
- It is a nutritive food for children and pregnant women.
- Its rich in dietary fiber, copper and iron that keep one's body strong and immune.



### 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