



Government of Assam  
Department of Agriculture



# ASSAM MILLETS MISSION

**The Big Mission  
for Small Millets**

**Proso 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
Foxtail Millets	12.3	8	3.3	2.8	31
<b>Proso Millets</b>	<b>12.5</b>	<b>2.2</b>	<b>1.9</b>	<b>0.8</b>	<b>14</b>
Rice	6.8	0.2	0.6	0.7	10
Wheat	11.8	1.2	1.5	5.3	41

### Why Proso Millet is good?

- It contains good amounts of protein, carbohydrate, fat, dietary fiber with richness of both micro and macronutrient, digests easily and most essentially, they are non-acid forming.
- Its antioxidants, zinc, magnesium, vitamin B6 and iron helps in healthy daily functioning.
- Its richness in fiber helps make the stomach full for long period and prevents overeating.
- It has a low glycemic index and reduces the risk of Type-2 Diabetes
- The husked grain is nutritious and can be cooked like rice and eaten.



### For more details:

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