



## Health Benefits of Superfood Millet Based Noodles

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**DOI:** 10.31080/ASNH.2023.07.1220

**Received:** March 01, 2023

**Published:** March 16, 2023

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Millet is a group of small-seeded grasses that are widely cultivated around the world for their grains, which are used for food and animal feed. Millet has been a staple food in many parts of the world for thousands of years and is known for its high nutritional value and medicinal properties. In recent years, millet noodles have become increasingly popular as a healthier alternative to traditional wheat noodles. In this article, we will explore the health benefits of millet noodles, and why they are a great addition to a healthy diet.

### Nutritional value of millet noodles

Millet noodles are made from millet flour, which is high in protein, fiber, and essential nutrients such as vitamins B and E, iron, zinc, and magnesium. Millet is also gluten-free, which makes it an excellent choice for people with celiac disease or gluten intolerance. Millet noodles are low in calories and fat, making them an ideal food for weight management. They are also a good source of carbohydrates, which provide energy for the body.

### NUTRITIONAL CONTENT IN MILLETS

Millet	Iron (in mg)	Calcium (in mg)	Minerals (in g)	Fibre (in g)	Protein (in g)
Pearl millet	16.9	38	2.3	1.3	10.6
Finger millet	3.9	344	2.7	3.6	7.3
Foxtail millet	2.8	31	3.3	8.0	12.3
Proso millet	0.8	14	1.9	2.2	12.5
Kodo millet	0.5	27	2.6	9	8.3
Little millet	9.3	17	1.5	7.6	7.7
Barnyard millet	15.2	11	4.4	10.1	11.2

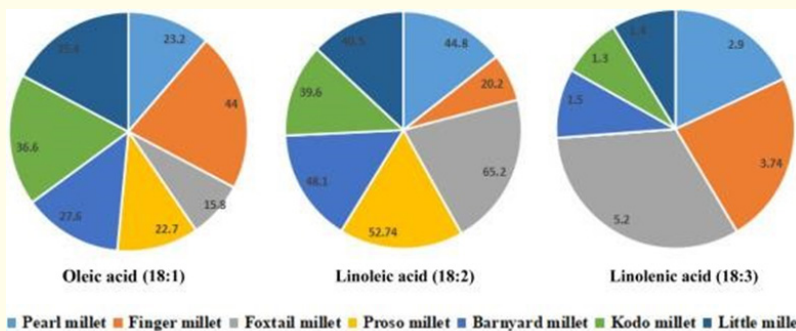
Source: Millet Network of India

**Figure 1:** Nutritional content in millets.

**Medicinal properties of millet noodles**

Millet has been used for medicinal purposes for thousands of years in traditional medicine systems such as Ayurveda and Tradi-

tional Chinese Medicine. Millet is known for its ability to strengthen the immune system, promote digestion, and regulate blood sugar levels. Millet is also rich in antioxidants, which can help to prevent chronic diseases such as cancer, heart disease, and diabetes.



**Figure 2:** Ratio of essential acids in different millets.

Millet noodles are a great way to incorporate the medicinal properties of millet into your diet.

They can help to improve digestion, boost energy levels, and support the immune system. Millet noodles are also a great option for people who are looking to manage their blood sugar levels, as they have a lower glycemic index than traditional wheat noodles.

**How to cook millet noodles**

Millet noodles can be cooked in a similar way to traditional wheat noodles. Simply bring a pot of water to a boil, add the millet noodles, and cook for 8-10 minutes, or until they are tender. Millet noodles can be served with a variety of sauces and toppings, such as stir-fried vegetables, peanut sauce, or a simple tomato sauce.



**Figure 3:** Cooked millet noodles.

**Conclusion**

Millet noodles are a delicious and healthy alternative to traditional wheat noodles. They are packed with essential nutrients and have a range of medicinal properties that can benefit the body in

many ways. Incorporating millet noodles into your diet is a great way to boost your overall health and wellbeing. So, the next time you are looking for a nutritious and tasty meal, consider trying millet noodles!