

Brought to you by Oregon State University Extension Family & Community Health

www.advancedhealth.com/healthy-bytes-initiative



Health Benefits of Millet

1 cup cooked millet provides:

- 200 Calories, 6 gm protein, 2.3 gm fiber, 1.7 gm fat, no cholesterol

Potential benefits of consuming millet:

- Excellent source of antioxidants from vitamins C, E, K & selenium
- High in polyphenol antioxidants which are protective against cancer, diabetes & heart disease
- Rich in fiber, vitamins B6, niacin, riboflavin, folate, and minerals calcium, iron, copper, magnesium & potassium
- Lowers blood pressure, helps the body produce energy, repairs tissues, lowers risk of heart attack & type 2 diabetes
- Naturally gluten free, inexpensive, widely available & easy to cook
- Best if toasted in dry pan for 3 minutes. Add 2 cups water for each cup millet for side dish, or 3 cups water to each cup millet for porridge. Cooks in 15 minutes

These tiny round grains often used in bird seed are healthy for humans, too!



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