

International Day for Biological Diversity

Theme 2023: " FROM AGREEMENT TO ACTION: BUILD BACK BIODIVERSITY."

22 MAY
INTERNATIONAL DAY FOR BIODIVERSITY
From Agreement to Action:
Build Back Biodiversity

Biodiversity is crucial for human well-being, a thriving planet, and inclusive economic prosperity. It provides us with essential resources like food, medicine, energy, clean air, and water. It also ensures our safety from natural disasters, offers recreational opportunities, and serves as a source of cultural inspiration. Biodiversity is the foundation that supports all life systems on Earth.

Power Houses of Nutrition

- Millets are nutritionally unique and possess several beneficial characteristics.
- They are rich in complex carbohydrates and dietary fiber.
- Millets contain phenolic compounds and phytochemicals with medicinal properties.
- They are natural sources of iron, zinc, calcium, and other essential nutrients.
- Millets have higher content of niacin, B6, folic acid, calcium, iron, potassium, magnesium, and zinc.
- Finger millet is the richest source of calcium, containing 300-350 mg/100 g.
- Other small millets are good sources of phosphorus and iron.
- Millets are easy to digest and contain a high amount of lecithin.
- They are excellent for strengthening the nervous system.

Why Millets ?

- ❖ Lowers the risk of Cardiovascular diseases
- ❖ Millets are high in protein Vitamin B, Iron Calcium and Phytochemicals
- ❖ Brings down the incidence of colon cancer, Constipation
- ❖ Rich in Anti oxidants and easy to digest & Anti Diabetic
- ❖ Improves metabolism
- ❖ Has low glycemic index helps in Type-II Diabetes
- ❖ Control blood sugar levels

Diversity in Millets



Barnyard Millet



Browntop Millet



Finger Millet



Foxtail Millet



Kodo Millet



Little Millet



Pearl Millet



Proso Millet



Nutritional facts

Each 100 gram (g) of cooked millet contains

- 23.7 g of carbohydrate
- 3.51 g of protein
- 1.3 g of dietary fiber
- 44 milligrams (mg) of magnesium
- 0.161 mg of copper
- 100 mg of phosphorus
- 0.272 mg of manganese

