

Healthful Millets

**Mr. Prasad R. Sonawane¹, Mr. Pranav Sandip Wadge², Ms. Laxmi Ananda Sanas³,
Mr. Suyash Narendra Patil⁴, Ms. Priyanka Rajendra Mahale⁵, Dr. Sucheta C. Bidve⁶**

Lecturer, Department of Computer Engineering¹
Student, Department of Computer Engineering^{2,3,4,5,6}
Mahavir Polytechnic, Nashik, Maharashtra, India

Abstract: *This paper e-explores the dietary significance of millets in modern-day nutritional practices. Millets, frequently omitted in mainstream diets, possess a wealth array of critical nutrients and dietary fibre, making them a useful factor for promoting optimal fitness. Through a synthesis of current research and empirical evidence, this study highlights the diverse fitness benefits associated with millet consumption, ranging from chronic disease control to weight regulation and digestive health. By shedding light on the ecological sustainability of millet cultivation and their culinary versatility, this paper underscores the potential of millets to foster both private well-being and environmental stewardship.*

In addition to academic insights, this abstract acknowledges the valuable contributions of Dr. Sucheta Bidve, whose research and expertise have provided valuable information on millets. Dr. Bidve's work has helped elucidate the nutritional value and popularity of millets, contributing to a deeper understanding of their significance in modern diets.

"Healthful Millets" is an innovative online platform that promotes millet consumption for a healthy lifestyle. It features user-uploaded and downloadable recipes, serves as an E-commerce site for millet products, offers news on millets and health, and encourages user feedback. By fostering community engagement and providing comprehensive resources, Healthful Millets aims to revolutionize millet consumption habits worldwide.

Keywords: Millets, Nutrition, Health Benefits, Ecommerce Site, Health News, Millet Product

REFERENCES

- [1]. Mr. Chetankumar Sonawane ,2016, "Dilsons Agro Products Pvt Ltd", www.dilsonsagro.com.
- [2]. Agricultural & Processed Food Products Export Development Authority (APEDA),<https://apeda.gov.in/milletportal/>
- [3]. NIN . Indian Food Composition Tables. IIMR (Ministry of Health and Family Welfare, GoI); Hyderabad, India: 2017.
- [4]. https://scholar.google.com/scholar_lookup?title=Indian+Food+Composition+Tables&publication_year=2017&
- [5]. Rathore T., Singh R., Kamble D.B., Upadhyay A., Thangalakshmi S. Review on finger millet: Processing and value addition. *Pharma Innov. J.* 2019; 8:283–291.
- [6]. The Hindu, "The millet mission",<https://www.thehindu.com/>, January 07, 2023.