



Health Benefits of Millet

These tiny round grains used in bird seed are good for humans, too.

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 risk of heart attack & type 2 diabetes
- Naturally gluten free, inexpensive, widely available & easy to cook
- Tastes best if toasted in a dry pan for 3 minutes. Then cook 1 cup millet in 2 cups water for a whole grain side dish, or 1 cup millet in 3 cups water for a creamy porridge. Cooks in 15 minutes

For more Healthy Bytes Initiative information, visit:
www.advancedhealth.com/healthy-bytes-initiative

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