O<mark>regon State</mark> Vriersity Brought to you by Oregon State University Extension Family & Community Health

# www.advancedhealth.com/healthy-bytes-initiative

cach cup mines for side dish, of 5 caps water to c

- 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
- $\bullet$  Maturally gluten free, inexpensive, widely available & easy to cook
  - lowers risk of heart attack & type 2 diabetes
- Lowers blood pressure, helps the body produce energy, repairs tissues,
- Rich in fiber, vitamins B6, niacin, riboflavin, folate, and minerals calcium, iron, copper, magnesium & potassium
  - High in polyphenol antioxidants which are protective against cancer, diabetes & heart disease
    - Excellent source of antioxidants from vitamins C, E, K & selenium

#### Potential benefits of consuming millet:

1 cup cooked millet provides:
200 Calories, 6 gm protein, 2.3 gm fiber, 1.7 gm fat, no cholesterol

# Health Benefits of Millet



seed are healthy for humans, too!

**J**elliN

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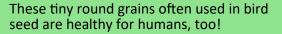
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These tiny round grains often used in bird seed are healthy for humans, too!

**JalliN** 

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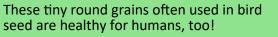
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