

## ROLE OF MILLETS AND ITS IMPORTANCE IN NEW MELLINIUM

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### ABSTRACT

Millet is a generic term applied to any of various small seeded cereals and forage and frequently used in some countries as a general designation for sorghum, wheat or other native cereals. Millet is often considered to be a **“poor man’s cereal”**. Millets will continue to be major food crops in several countries, especially in Africa and India. These grains will be used for traditional as well as novel foods. However, there is a need to look into the possibilities of alternative uses. Value addition to food has assumed critical importance in the last decade due to socio – economic and industrial factors. Millets are amazing in their nutrient content. Each of the millets is three to five times nutritionally superior to the widely promoted rice and wheat in terms of protein, minerals and vitamins.