



- I. **Summary:** India is the house for the largest types of millets, with almost 44% of the annual production of the world. Millet is considered as a wonder grain due to the presence of a number of phytonutrients. These nutrients behave as anchors (prebiotics) for the beneficial organisms in our gut (probiotics). Milling of millets is a challenge due to its small size and hard seed coat. The decorticated millet losses a number of phytonutrients, even though the major constituents remain unchanged. Various types of decortication mills are developed. All our country millets are used in one or the other form of food. In the present day millets have regained their place as a nutritious grain and are now widely used alone, as fortification or supplements.

Dear students in this chapter on millets we will learn about the different millets that are grown in our country. The processing of these millets are different from the milling of wheat, rice and maize. In this chapter we will learn under the following subheadings

