

## Summary:

Cereals form the staple food of the human race. In India wheat, rice, maize (corn), oats, sorghum (jowar), ragi and bajra are the common cereals and millets used. Millets are hardy plants capable of growing where most other grain cereals would fail. They are mostly grown in areas with low rainfall, poor irrigation facilities and low fertility. These are well suited for “dry farming”. Maize is utilised in more diversified ways than any other cereal. Maize is used for the manufacture of corn flakes, starch, sugar, syrup, industrial alcohol and alcoholic beverages. Barley is by far the most important cereal grain for malting because of its specific physical and chemical properties. Barley is milled to make blocked barley, pearl barley, barley groats, barley flakes and barley flour. Oat is valued for its high protein content. It is an important cereal crop which can be used as oatmeal, bran, flakes in breakfast cereals. Apart from maize and sorghum, the major millet crops of India are pearl millet and finger millet. Pearl millet and finger millets are used in the preparations of chapathies, thin porridge, parched, malted; and like ragi ball, chapathi, dosa and porridge, malted forms respectively. Rye is richer in lysine than wheat. Triticale is a wheat and rye hybrid. The processes of rye milling are similar to wheat milling and the products are flour, coarse rye meal and rye flakes. Being economically feasible and high nutritious diet, millets are having outstanding nutritional composition which makes an effective food for the treatment of cancers, anaemia, diabetes, constipation, non-communicable diseases and allergies. Therefore, Millets are accepted as functional and nutraceutical food.