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SHORT COMMUNICATION

An Investigation into the Impact of Millets on Global Health and Sustainability

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ABSTRACT

This article explores the resurgence of millet as a potential solution to global nutrition and wellness security challenges. Millets, ancient grains with rich nutritional content and remarkable adaptability, have been overshadowed by modern agriculture. However, their nutritional profile, resilience to climate variability, and socio-economic significance make them a promising ally in combating malnutrition, food insecurity, and diet-related chronic diseases. The article discusses the nutritional composition of millets, their health benefits, and their role in sustainable agriculture. It also examines the environmental sustainability and socio-economic impacts of millet cultivation. Despite their potential, challenges such as limited consumer awareness and policy support hinder their widespread adoption. The article underscores the importance of collaborative efforts among stakeholders to promote millets in mainstream diets and food systems. Ultimately, embracing millets can pave the way towards a more resilient, equitable, and healthier future for all.

KEYWORDS

Millets; Nutrition; Wellness;
Food Security;
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Introduction

In an era characterized by growing concerns over global nutrition and wellness security, the rediscovery of ancient food crops offers a beacon of hope. Among these traditional treasures, millets stand out as a remarkable resource with the

climate-resilient food systems [10]. Furthermore, the cultivation and consumption of millets hold promise for fostering sustainable development and advancing socio-economic equity. In many regions, especially in