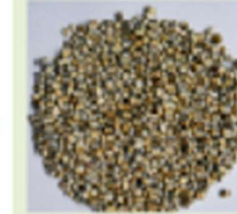


## MILLET MAGIC

- # have much more fibre, protein, vitamins and minerals than rice & wheat, and are gluten-free too  
~ ~ ~
- # have a lower glycemic index, and make you feel full for long  
~ ~ ~
- # are easy to cook, and offer a wide choice to choose from  
~ ~ ~
- # are eco-friendly, as they need one 10th of the water required to grow paddy rice and less external fertilizer



Millet Network of India  
[www.milletindia.org](http://www.milletindia.org)