

Sorghum :

It is packed with fiber, protein, and essential minerals, making it a healthy staple in many traditional cuisines.

Pearl millet :

Pearl millet, a hardy and nutritious grain, thrives in hot and arid climates. It is rich in protein, fiber, and essential minerals, making it a vital staple in many region.

Finger millet :

Finger millet, a resilient and nutrient-dense grain, thrives in dry and high-altitude regions. It is rich in calcium, iron, and dietary fiber, making it a healthy staple in many traditional diets.

Foxtail millet :

Foxtail millet, a hardy grain, thrives in semi-arid regions and is easily digestible. It is packed with protein, fiber, and antioxidants, promoting a healthy diet.

Barnyard millet :

Barnyard millet, a fast-growing and drought-tolerant grain, is ideal for semi-arid regions. It is rich in fiber, iron, and protein, making it a healthy gluten-free option.

Kodo millet :

Kodo millet, a resilient and nutrient-rich grain, thrives in dry regions. It is high in fiber, protein, and antioxidants, supporting digestion and overall health.

Little millet :

Little millet, a hardy and fast-growing grain, adapts well to diverse climates. It is rich in fiber, iron, and B vitamins, making it a nutritious and easily digestible food choice.

Proso millet :

Proso millet, a drought-tolerant and fast-growing grain, thrives in a variety of climates. It is rich in protein, fiber, and essential minerals, making it a nutritious addition to a balanced diet.

Browntop millet :

Browntop millet, a resilient and eco-friendly grain, thrives in arid soils with minimal water. It is rich in fiber, antioxidants, and essential nutrients, promoting good digestion and health.

Barley :

Barley, an ancient and versatile grain, thrives in a variety of climates. It is rich in fiber, vitamins, and minerals, supporting heart health and digestion.

Oats : Oats, a nutrient-rich whole grain, are widely cultivated for their health benefits. They are high in fiber, particularly beta-glucan, and provide essential vitamins and minerals for heart health and energy.

Maize :

Maize, also known as corn, is a versatile and widely grown cereal crop. It is rich in carbohydrates, fiber, and essential nutrients, serving as a staple food and animal feed globally.

Quinoa :

Quinoa, a protein-rich pseudocereal, is gluten-free and packed with all essential amino acids, fiber, and antioxidants, making it highly nutritious.

Amaranth :

Amaranth, a gluten-free pseudocereal, is rich in protein, fiber, and minerals, making it a nutritious and versatile food choice.

Sorghum : Sorghum, a drought-resistant grain, is rich in fiber, protein, and antioxidants, making it a healthy, versatile staple for various dishes.

Wild rice :

Wild rice, a nutrient-rich aquatic grain, is high in fiber, protein, and antioxidants, offering a healthy alternative to traditional rice.

