**Bajra 101: All you need to know**

Bajra, also known as pearl millet, is a nutritious grain primarily grown in Africa and India. It's a significant source of nutrition in these regions and is also cultivated and consumed globally. Bajra refers to the edible seeds of pearl millet plants, which come in various shades of white, yellow, gray, brown, and bluish-purple. The seeds can be cooked as a cereal grain or finely ground into flour for various uses. This article provides a comprehensive overview of bajra, exploring its characteristics, uses, and health benefits, making it a valuable resource for those looking to learn more about this nutritious grain.

**Nutrition Profile**

Bajra pearl millet is just one of many types of [millet](https://www.healthline.com/nutrition/what-is-millet). Most millets have impressive nutritional profiles, including bajra. Here’s the average nutritional profile of 1 cup (170 grams) of cooked millet:

* **Calories:** 201
* **Protein:** 6 grams
* **Fat:** 1.7 grams
* **Carbs:** 40 grams
* **Fiber:** 2 grams
* **Sodium:** 286 mg
* **Folate:** 8% of the Daily Value (DV)
* **Iron:** 6% of the DV
* **Magnesium:** 18% of the DV
* **Thiamine:** 15% of the DV
* **Niacin:** 14% of the DV
* **Phosphorus:** 14% of the DV
* **Zinc:** 14% of the DV
* **Riboflavin:** 11% of the DV
* **Vitamin B6:** 11% of the DV

**What Bajra’s Nutritional Profile tell us?**

Cooked millet serves as an excellent source of protein, carbohydrates, and a moderate amount of fiber. Additionally, it provides a rich supply of vitamins and minerals, making it a nutritious carbohydrate option. Millet is also gluten-free, rendering it an ideal choice for individuals with celiac disease or those adhering to a gluten-free diet. Furthermore, bajra contains a high amount of beneficial plant compounds, including antioxidants, polyphenols, and phytochemicals, which contribute significantly to overall human health.

**Potential Health Benefits of Bajra**

As a whole grain food, bajra shares similar health benefits with other grains, including the potential to prevent chronic conditions like diabetes, heart disease, and certain cancers. Beyond these general benefits, bajra may offer specific advantages, such as:

**Weight Management**

Incorporating whole grain foods like bajra, which have a low-calorie density, into your diet can be beneficial for weight loss. The calorie density of a food is calculated by its calorie content relative to its weight in grams. Foods with a low-calorie density, like bajra (1.2), can help you feel full while consuming fewer calories.

**Suitability for Diabetes Management**

Bajra is considered a suitable grain option for individuals with diabetes due to its high fiber content and lower glycemic index compared to refined grain products like white rice and white bread. The fiber in bajra, particularly cereal fibers, has been linked to improved outcomes in managing type 2 diabetes and other chronic diseases.

**Support for Healthy Hair, Skin, and Nails**

While bajra has not been specifically studied as a hair treatment, it is a rich source of nutrients essential for healthy hair, skin, and nails. Regular consumption of bajra as part of a balanced diet can help prevent deficiencies in these nutrients, promoting overall health and well-being.