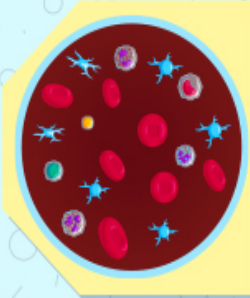


Health Benefits of **Millet** For **Babies**

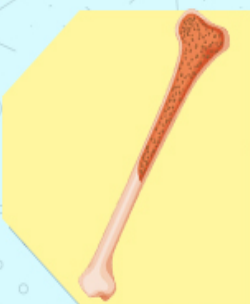
Regulates digestion and
relieves constipation



Ensures adequate iron
intake and prevents anemia



Assists in bone development
and bodily functioning



Gluten-free alternative for
wheat-based foods



Aids in weaning babies off
breast milk



Increases serotonin aiding
in sleep



References:

1. Glycemic index and significance of barnyard millet(*Echinochloa frumentacae*) in type II diabetics; Academia.edu
2. Finger millet in nutrition transition: an infant weaning food ingredient with chronic disease preventive potential; NCBI