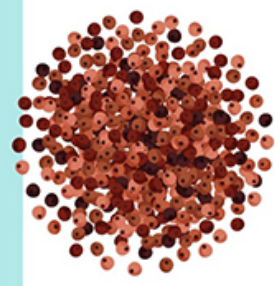


What Makes



Ragi



Beneficial For Babies



Good source of calcium

The calcium in ragi helps in maintaining healthy teeth in babies.



Good source of protein

Ragi is a great source of protein, which is essential for the baby's muscle growth.



Rich in fiber

Ragi has a high amount of fiber, which promotes smooth bowel movements in babies.



Anti-inflammatory

Ragi has anti-inflammatory properties and is essential for building babies' immunity.



Source of iron

As a source of natural iron, ragi prevent the baby from becoming anemic.



Easy to digest

Ragi is low in fat and gluten-free. So babies can digest it easily.



Source of amino acids

Ragi has the amino acid tryptophan, which increases the level of serotonin in the body and helps babies sleep better.

References

1. Coarse grains and their nutritive values; Vikaspedia
2. Nutritional properties of minor millets: neglected cereals with potentials to combat malnutrition; ResearchGate