



## HEALTH BENEFITS OF MILLET



### FOXTAIL MILLET MAY HELP CONTROL BLOOD SUGAR AND CHOLESTEROL

Foxtail millet (*Setaria italica*) is a common food in parts of India. Scientists at Sri Venkateswara University in that country studied its health benefits in diabetic rats, and concluded that the millet produced a “significant fall (70%) in blood glucose” while having no such effect in normal rats. Diabetic rats fed millet also showed significantly lower levels of triglycerides, and total/LDL/VLDLcholesterol, while exhibiting an increase in HDL cholesterol.

Pathophysiology.  
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