A Study on Nutrient Components of Foxtail Millet Varieties

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ABSTRACT

Foxtail millet has attained world wide popularity in the recent years due to its nutritive value and therapeutic use. The present study was undertaken to know the nutrient and mineral composition of foxtail millet varieties grown in Andhra Pradesh. Foxtail millet varieties namely Prasad, SIA-3058, SIA-3222 and SIA-3156 were selected to analyze nutrient composition. The results of nutritive composition of four varieties of foxtail millet showed that the Moisture, energy, carbohydrate, protein, fat, calcium, iron and zinc contents ranged from 6.63 to 10.56 %, 361.80 to 385.83 kcal, 66.33 to 67.32 g/100g, 12.50 to 14.47 g/100g, 3.98 to 5.60 g/100g, 28.69 to 31.71 mg/100g, 2.89 to 3.52 mg/100g and 2.48 to 3.72 mg/100g, respectively. The present study revealed that the values for energy, protein and Zinc are higher in foxtail millet when compared to rice, wheat and quinoa. The fat content of foxtail millet was found to be less than that in quinoa, the calcium and iron content of foxtail millet was high compared to rice.

Key words: *Foxtail millet, Mineral composition, Nutrient composition*

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