

SUPERFOOD FOR HAIRCARE

- Foxtail Millet -



Foxtail Millet
Upma Recipe



Nutrients (per 100 g)	Nutritional values
Energy	351 kcal
Protein	12.3g
Total Fat	4.3g
Carbohydrates	60.2g
Dietary Fiber	6.7g

What is Foxtail Millet?

Foxtail millets are also known as a magical millet or miracle grains and natively known as kangri and kakum. It has a sweet and nutty flavour and are eaten as instant foods. Foxtail millets are a host of an array of nutrients.

Foxtail millets are grown in :

In India, these are widely grown in Karnataka, Andhra Pradesh, Maharashtra, and Tamil Nadu

What causes Hair-fall ?

Healthy hair requires sufficient intake of protein, as most of the hair itself is made of protein. The protein found within hair cells is known as keratin, which is directly responsible for the composition of each strand of hair. Lack of protein can lead to severe hair loss.

Foxtail millet is rich in protein, which is important in the promotion of hair growth, they are loaded with Vitamin B12, which maintains a healthy heart, is good for skin and hair, and promotes smooth functioning of the nervous system. Regular millet consumption can be a key factor in wrinkle-free skin as well as healthy hair.

Benefits of Foxtail Millet

1. Foxtail millets contains amino acids that helps in slowing the appearance of wrinkles on the skin. So it provides us with healthy, youthful and wrinkle – free skin. It provides glow to the skin.
2. Foxtail millet is rich in protein, which is important in the promotion of hair growth and the maintenance of healthy hair.
3. Foxtail Millet is rich in Beta-Carotene (32ug/100g). Carotene is very beneficial for hair, eyes and nails.
4. Foxtail millets are rich source of iron, which is required for the formation of haemoglobin.
5. Foxtail Millet is rich in Vitamin B12 which is essential for maintaining a healthy heart, smooth functioning of the nervous system.

References

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