

A REVIEW

A review of the nutritional properties of ragi (*Eleusine coracana* L.)

■ Babita Yadav

SUMMARY

Ragi, also known as *Eleusine coracana* according to its scientific name, is a type of cereal grown annually and mostly produced in tropical areas of Asia and Africa, such as Ethiopia, Sri Lanka and India. The nutritional and physiological benefits of Ragi, as well as its application in meals with added value, are investigated in this article. Ragi, also known as Mandau, is a kind of millet that is extensively cultivated in a number of places across India and Africa. It has the same amount of protein as rice (around 6–8%) and about the same amount of fat (about 1-2%), but it has a higher concentration of minerals and micronutrients than rice and wheat. In terms of its nutritional value, it has a high concentration of calcium (344 mg per 100 g), dietary fiber (15–20%), and phenolic compounds (0.3–3%). These essential amino acids, such as isoleucine, leucine, methionine, and phenyl alanine, can only be found in very little starchy foods. It is also known to provide a number of health advantages, such as antitumorigenic, anti-diabetic, and atherosclerogenic properties, which are mostly related to the fact that it contains dietary fiber and polyphenols. Due to the fact that it is a native short millet, it is utilized in the creating variety of culinary products in its usual and malted forms. The grains of this millet are crushed into flour, which may then be used to produce a wide range of foods and snacks. These foods and snacks include various puddings, pancakes, cookies, roti, bread, noodles, and other products that are quite similar to each other. In addition to this, it may be malted and then used as a meal that is healthy for newborns. Additionally, it is regarded to be a nourishing diet for persons who have diabetes. Ragi is loaded with a wide variety of nutrients, making it an excellent food choice for improving digestion, lowering the risk of cardiovascular disease, preventing premature ageing, and lowering diabetes.

Key Words : Finger millet, Ragi, Health benefits, Nutrition, Diabetics, Health foods, Nourishing food, *Eleusine coracana* L.

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