

## Short Communications

# Association Of Finger Millet In Preventing Calcium Deficiency

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## INTRODUCTION

Finger millet is a staple food for the underprivileged in many Asian and African nations. The nutrient-rich components of finger millet include dietary fibers, minerals, vitamins and phytochemicals that include phenolic compounds with several potential health benefits.

### **An overview of Finger Millet**

An essential macronutrient for plants, human and animal health is calcium (Ca). It is essential for structure and signaling and its absence results in osteoporosis, low bone density and colon cancer.

One of the calcium-dense foods is Finger millet, which has three times as much Calcium as milk & is the only cereal with high calcium content and that is constant across all kinds. Therefore, Finger millet has the ability to naturally correct Calcium deficiencies. In a few studies it is proved that Regular consumption of Finger millet during and after pregnancy as well as lactation can provide significant benefits to maternal & child bone health.

### **Proposed Interventions**

To effectively communicate the goodness of finger millet in preventing calcium deficiency, we must strongly determine its association with the same. To reach that, we reviewed various articles and literature on the same, which can thus help nutritionists treat patients with calcium deficiency.

## Conclusion

We have come to an understanding that from different research and reviewed articles finger millet contains calcium three times as much as milk when processing. Therein, it is clear that it is mainly useful in preventing and treating calcium deficiency in young children, adults, pregnant and lactating women, and elderly persons.

**Keywords:** Finger millet, calcium & calcium deficiency

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