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Assessing the awareness of nutritional benefits of millets amongst women in Bangalore

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Description Purpose

The goal of the present study is to examine the degree of knowledge amongst Indian women about millet grain and its nutritional advantages. Millet is regarded to be five times more nutritious than rice and wheat. Despite the fact that millet contributes to 10% of India's food grain basket and has an annual production of 18 million tonnes, it is not consumed in the same proportion as mainstream cereals (that is rice and wheat). As a result, the study's primary objective is to determine the level of awareness and consumption pattern of millet amongst Indian women regarding millet grains.

Design/methodology/approach

The research was carried out in the city of Bengaluru in the state of Karnataka, India. For the purpose of study, a sample of 855 female respondents was approached using a non-probability sampling technique known as convenience sampling. The data were gathered through the use of a self ...

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