

## DIETARY SMALL MILLETS PROMOTE GUT HEALTH

SREERAMA KRUPANIDHI

---

*The longevity of herbivorous animals is comparatively longer than the carnivorous organisms, primarily because there is a remarkable difference in their gut microbes and gut length. Persistently, the herbivorous organisms rely on the foliage of plants as their fodder that is enriched with fiber which upon hydrolyzing in intestinal milieu yields short chain fatty acids that intangibly impart good health.*

*A few microbes reported in human intestine are Prevotella, Faecalibacterium, Roseburia, Ruminococcus, Blautia and Eubacterium. They produce short chain fatty acids such as butyrates, acetates and propionates by fermenting the dietary fiber. These by-products contribute for intestinal mucosal health, gut barrier integrity, gut immunity, systemic immunity, metabolic regulation, anti-obesity, anti-atherogenic etc. As a result, there is widespread use of pre-biotics and pro-biotics supplementary capsules.*

*Therefore, the dietary small millets (Foftail, Little, Kodo, Brown Top, Barnyard), being less moderately consumed in India due to lack of awareness particularly among the urban population, are rich in fiber and mineral nutrients that support the growth of gut microbiota, mucosal immunity and systemic health.*

---