When 2023 is the International millet year, are healthcare professionals aware about millets?

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Millets are smart foods that have noteworthy nutritional and therapeutic benefits. Regular consumption of millets is beneficial as it manages postprandial glucose levels, lowers insulin resistance, positively affects HbA1c, reduces the risk of atherosclerotic changes and cardiovascular disease, lowers LDL and improves hypertension. The Government of India has taken a lead role in launching strategies for the promotion of millets to make India a global hub. Stakeholders associated with healthcare play a major role in advising millet-based diets. The present article of a questionnaire-based survey brings an analysis of knowledge, attitude and practices of healthcare professionals in our university regarding millet consumption. It is observed that a sizable number of participants (62%) could identify different types of millets; 66.4% of participants routinely consumed millet foods since childhood; 54% wish that it should be a part of therapeutic diet recommendation, but most of the participants are not completely aware of the therapeutic benefits of millets.

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