

NSR InterGlobe Millets: Harnessing India's Ancient Grains for Global Well-being

Welcome to NSR InterGlobe, your premier gateway to the rich, diverse world of Indian millets. As a forward-thinking import and export company, we specialize in the procurement of premium millets directly from the dedicated farmers of India. Our experienced team is committed to bringing these ancient grains, known for their remarkable nutritional profiles, to tables around the world.

Why Choose NSR InterGlobe Millets?

- **Direct Farmer Procurement:** Our strong network across India's leading millet-producing states, including Andhra Pradesh, Karnataka, Tamil Nadu, and Telangana, allows us to source the highest quality millets directly from farmers. This not only ensures the freshness and quality of our products but also supports the livelihoods of local farming communities.
- **Diverse Range:** From the nutrient-rich soils of India, we bring you a variety of millets including Pearl Millet (Bajra), Sorghum (Jowar), Finger Millet (Ragi), Proso Millet, and many more. Each variety is selected for its unique taste and nutritional benefits, catering to a wide range of dietary needs and preferences.
- **Global Standards:** Our commitment to quality is evident in our adherence to international standards of food safety and hygiene, ensuring that our products meet the expectations of our global clientele.

Our Millets: A Nutritional Powerhouse

Millets, often termed as "Nutri-cereals," are not just any grains. They are a powerhouse of nutrition, offering a myriad of health benefits:

- **Rich in Nutrients:** Millets are densely packed with proteins, dietary fiber, vitamins (notably B vitamins), and minerals such as iron, magnesium, and zinc.
- **Gluten-Free:** An ideal choice for individuals with celiac disease or gluten sensitivity, millets offer a nutritious alternative to conventional grains.
- **Low Glycemic Index:** Perfect for individuals managing diabetes, millets help in controlling blood sugar levels.

- **Heart Healthy:** With their high fiber content and beneficial fats, millets support heart health and help in managing cholesterol levels.

From Indian Farms to Global Markets

NSR InterGlobe is proud to be a part of India's legacy as one of the largest producers and exporters of millets. Our operations extend beyond the borders, reaching consumers in diverse markets such as Austria, Spain, the United Kingdom, the United States, and more. Our export-oriented approach is backed by a deep understanding of international trade and logistics, ensuring that our millets are easily accessible to global consumers.

Join Us in the Millet Revolution

NSR InterGlobe is more than just a company; it's a movement towards embracing sustainable, nutritious, and versatile grains that have been cherished across India for centuries. We invite you to explore the wholesome world of millets with us, as we embark on a journey to reintroduce these ancient grains to modern plates around the globe.

Discover the richness of Indian millets with NSR InterGlobe—where tradition meets taste and nutrition.

Types: -

1) Pearl Millet (Bajra)

Pearl Millet, known as Bajra in India, is one of the oldest millet varieties, with its cultivation dating back over 4000 years. Originating in Africa, it has since spread across countries and continents, becoming a staple in many cuisines worldwide.

Bajra is a hardy crop that thrives in areas with harsh weather conditions, where other crops may fail. It's drought-resistant and can grow in soils with high salinity. This makes it an important crop for ensuring food security in many parts of the world.

Nutritionally, Bajra is a powerhouse. It's high in protein, making it an excellent source of plant-based protein. It's also rich in essential amino acids, vitamins, and minerals. Notably, it's a great source of magnesium, which is important for heart health and regulating blood pressure.

Bajra is also high in fiber, which aids in digestion and helps in maintaining a healthy weight. It's a complex carbohydrate, meaning it releases energy slowly, keeping you full for longer and preventing spikes in blood sugar levels. This makes it a good choice for people with diabetes.

In terms of cooking, Bajra is incredibly versatile. It can be ground into flour and used to make bread, porridge, and even desserts. It can also be popped like popcorn for a healthy snack.

Despite its many benefits, Bajra remains underutilized in many parts of the world. However, with increasing interest in ancient grains and sustainable agriculture, Bajra is seeing a resurgence in popularity. It's being recognized not just as a "poor man's food," but as a superfood that can contribute to a healthy diet and a sustainable food system.

In conclusion, Bajra is more than just a grain. It's a testament to human ingenuity and resilience, a crop that has nourished civilizations for centuries, and a potential solution to some of our most pressing challenges - from malnutrition to climate change. As we look to the future, Bajra and other millets will undoubtedly play a key role in shaping a sustainable and nutritious food system.

2) Sorghum (Jowar)

Sorghum, also known as Jowar, is a versatile grain that has been a staple food in many parts of the world for centuries. It's a gluten-free grain, making it an excellent choice for individuals with gluten sensitivities.

Sorghum is a complex carbohydrate that digests slowly, leading to stable blood sugar levels. This makes it a great dietary choice for people managing diabetes and those aiming to maintain a healthy weight. It's also high in protein, providing energy and aiding in cell regeneration.

Sorghum is rich in dietary fiber, which contributes to better digestive and cardiovascular health. A single serving contains a significant amount of fiber, which is close to half the recommended daily intake. A high-fiber diet can lower the risk of various health conditions, including obesity, stroke, high blood pressure, heart disease, diabetes, and digestive problems.

In addition to its nutritional benefits, Sorghum also has rich medicinal values due to its antioxidant properties. It's considered a superfood for bone strengthening, heart and liver health, weight loss, and can protect against certain types of cancer.

Sorghum is more than just a grain. It's a testament to human resilience and ingenuity, a crop that has nourished civilizations for centuries, and a potential solution to some of our most pressing challenges - from malnutrition to climate change. As we look to the future, Sorghum will undoubtedly play a key role in shaping a sustainable and nutritious food system.

3) Finger Millet (Ragi)

Finger Millet, also known as Ragi, is a highly nutritious grain that has been a dietary staple in many parts of the world for centuries. It's a gluten-free grain, making it an excellent choice for individuals with gluten sensitivities.

Ragi is a complex carbohydrate that digests slowly, leading to stable blood sugar levels. This makes it a great dietary choice for people managing diabetes and those aiming to maintain a healthy weight. It's also high in protein, providing energy and aiding in cell regeneration.

Ragi is rich in dietary fiber, which contributes to better digestive and cardiovascular health. A single serving contains a significant amount of fiber, which is close to half the recommended daily intake. A high-fiber diet can lower the risk of various health conditions, including obesity, stroke, high blood pressure, heart disease, diabetes, and digestive problems.

In addition to its nutritional benefits, Ragi also has rich medicinal values due to its antioxidant properties. It's considered a superfood for bone strengthening, heart and liver health, weight loss, and can protect against certain types of cancer.

Ragi is more than just a grain. It's a testament to human resilience and ingenuity, a crop that has nourished civilizations for centuries, and a potential solution to some of our most pressing challenges - from malnutrition to climate change. As we look to the future, Ragi will undoubtedly play a key role in shaping a sustainable and nutritious food system.

4) Variga (Proso millet/common millet)

Proso Millet is a quick-growing, drought-resistant crop that has been utilized as human food from ancient times. This millet is mainly cultivated in countries like India, China, Russia, United States, Pakistan, Afghanistan, and some Middle Eastern and European countries.

Proso millets are excellent plants with minimal water requirements and produce good amounts of grains in short duration. They can be distinguished from other millets mainly by their large, heavily branched head (seed-bearing part).

The tiny Proso millet seeds are packed with important nutrients and provide about 350 calories per 100 grams. The protein content of these millets (11.6%) is similar to that of wheat. However, the grains are significantly high in essential amino acids leucine, isoleucine, and methionine making them a high-quality protein source. They are a rich source of vitamins like Thiamine, riboflavin, niacin, pyridoxine, and Vitamin E along with minerals like phosphorus, manganese, iron, and potassium. These millets are also rich in soluble fiber and its fiber content in dehulled grains can be compared with that of oats. It also contains several bioactive compounds like polyphenols that have great nutritional importance.

In addition to being a food crop, proso millets offer significant health benefits. Its nutritional constituents make it a healthy diet for diabetes and obesity. It is also considered to have beneficial effects on heart and liver health.

5) Korra (Italian Millet/Foxtail Millet)

Korra, also known as Italian Millet or Foxtail Millet, is a versatile grain that has been a staple food in many parts of the world for centuries. It's a gluten-free grain, making it an excellent choice for individuals with gluten sensitivities.

Korra is a complex carbohydrate that digests slowly, leading to stable blood sugar levels. This makes it a great dietary choice for people managing diabetes and those aiming to maintain a healthy weight. It's also high in protein, providing energy and aiding in cell regeneration.

Korra is rich in dietary fiber, which contributes to better digestive and cardiovascular health. A single serving contains a significant amount of fiber, which is close to half the recommended daily intake. A high-fiber diet can lower the risk of various health conditions, including obesity, stroke, high blood pressure, heart disease, diabetes, and digestive problems.

In addition to its nutritional benefits, Korra also has rich medicinal values due to its antioxidant properties. It's considered a superfood for bone strengthening, heart and liver health, weight loss, and can protect against certain types of cancer.

Korra is more than just a grain. It's a testament to human resilience and ingenuity, a crop that has nourished civilizations for centuries, and a potential solution to some of our most pressing challenges - from malnutrition to climate change. As we look to the future, Korra will undoubtedly play a key role in shaping a sustainable and nutritious food system.