

# Uses

ID	1,192
Crop ID	Finger Millet
Part	Grain
Use Category	Food
Notes	The grain is higher in protein, fat and minerals than rice, corn, or sorghum. When consumed as food it provides a sustaining diet, especially for people doing hard work. The grain may also be malted and a flour of the malted grain used as a nourishing food for infants and invalids. Finger millet is considered an especially wholesome food for diabetics.
Metadata ID	8,393