

# HOW TO LOOSE WEIGHT NATURALLY WITH MILLETS

## Top 5 Healthiest MILLETS



**Amaranth**  
(Rajgiri)



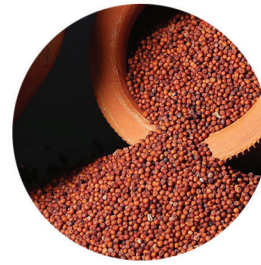
**Foxtail Millet**  
(Kangni)



**Pearl Millet**  
(Bajra)



**Sorghum**  
(Jowar)



**Finger Millet**  
(Ragi)

## Millets for Weight Loss

**Aashirvaad**  
multi-millet mix



**Nutritional content** High in fibre, protein and vitamins



**Slow release of glucose** Prevents blood sugar spikes



**Improved digestion and metabolism** Fibre promotes gut health and better weight management



**Satiety and reduced cravings** Protein and fibre keep you fuller for longer



**Low in calories** Helps create a calorie deficit for weight loss



**Vitamins and minerals** Enhance body function and overall well-being



**GastroDoxs**  
defenders of the digestive system

# HOW TO LOOSE WEIGHT NATURALLY WITH MILLETS

## Tips to reduce weight with millet

- ✓ Reduce rice consumption and incorporate millet in various dishes
- ✓ Practice portion control and be mindful of serving sizes
- ✓ Chew thoroughly, remove distractions, and differentiate between hunger and cravings
- ✓ Eating until 80% full: Listen to your body's signals and avoid overeating
- ✓ Steaming, boiling, or stir-frying instead of deep-frying
- ✓ Stay hydrated to balance the drying effect of millet
- ✓ Aim for 5 workouts per week, 30 minutes per day



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