

Nutrient Composition of Grains & Pseudo-grains



Per 100g dry weight	Energy (kJ)	Protein (g)	Total fat (g)	Saturated Fat (g)	Monounsaturated fatty acids (g)	Polysaturated fatty acids (g)	Carbohydrate (g)	Sugars (g)	Dietary Fibre (g)	Folate (ug)	Niacin (mg)	Thiamin (mg)	Riboflavin (mg)	Iron (mg)	Magnesium (mg)	Zinc (mg)
Oats	1489	12.4	9.5	1.7	4.2	3.1	49.9	1.0	9.5	17.0	1.3	0.4	0.0	3.5	104	2.4
Brown Rice	1458	7.9	3.1	0.5	1.0	1.1	69.1	1.1	3.5	37.0	5.8	0.4	0.0	0.8	119	1.7
White Rice	1427	7.3	0.9	0.2	0.3	0.3	74.0	0.0	0.8	20.0	1.2	0.1	0.0	0.2	20	1.2
Amaranth	1527	15.2	6.4	1.6	1.4	2.9	55.6	3.8	11.1	82.0	0.0	0.1	0.0	7.0	237	2.7
Buckwheat	1385	14.0	3.2	0.6	1.2	0.9	58.0	1.4	5.0	54.0	4.4	0.6	0.0	3.0	199	2.9
Bulgur	1434	10.3	2.0	0.3	0.3	0.8	66.1	1.0	7.8	18.0	5.4	0.2	0.0	2.5	83	3.0
Couscous	1523	13.8	0.2	0.0	0.0	0.1	73.6	3.4	4.2	28.0	3.2	0.2	0.0	1.9	51	1.1
Millet	1500	11.2	3.5	0.3	0.6	2.0	67.4	0.6	3.7	85.0	5.1	0.3	0.0	5.2	104	2.7
Pearl Barley	1428	10.1	3.1	0.5	0.4	1.4	60.6	1.0	13.1	23.0	6.6	0.2	0.0	2.2	95	1.2
Quinoa	1550	12.9	6.5	0.8	1.9	3.1	58.6	4.7	12.0	184.0	0.0	0.3	0.0	3.9	188	3.3
Rye	1278	10.4	2.6	0.3	0.4	1.2	50.8	1.4	17.3	38.0	1.2	0.2	0.0	2.7	108	2.2
Semolina	1299	10.7	1.2	0.2	0.1	0.6	61.6	0.0	3.2	22.0	1.4	0.2	0.0	0.6	23	0.5
Sorghum	1461	8.0	3.6	0.4	0.9	1.3	65.8	1.2	8.6	20.0	4.1	0.4	0.0	2.3	124	1.4
Spelt	1393	12.0	3.0	0.4	0.6	1.2	59.2	1.4	8.8	75.0	7.3	0.4	0.0	2.8	122	1.9
Triticale	1361	9.6	2.4	0.3	0.3	1.1	58.3	1.8	14.4	73.0	1.7	0.4	0.0	3.6	114	2.1
Wheat	1367	11.5	2.4	0.4	0.4	1.1	58.3	1.3	11.4	47.0	4.2	0.5	0.1	3.4	120	2.0
BARLEYmax	-	15.6	6.0	-	-	-	45.0	-	25.5	-	-	-	-	-	-	-

Data sourced from Food Standards Australia New Zealand (2019). Australian Food Composition Database - Release 1. Canberra: FSANZ. Available [here](#).

This information has been prepared by Grains & Legumes Nutrition Council™ (GLNC) for educational purposes only. GLNC is the independent authority on the nutrition and health benefits of grain and legume foods.