

Nutrient Composition of Grains & Pseudo Grains

Proportion Contribution to the Recommended Dietary Intakes (RDI)



Per 100g dry weight	Nutrients											
	Dietary fibre (g)*	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Folate (ug)	Calcium (mg)	Iodine (ug)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Zinc (mg)	Selenium (ug)
Amaranth				n/a								
Barley (Pearl)							n/a					
Buckwheat												n/a
Bulgur			n/a									
Polenta				n/a	n/a							
Couscous			n/a				n/a					
Millet							n/a					
Maize												n/a
Rolled Oats												
Black Quinoa				n/a								
Red Quinoa				n/a								n/a
White Quinoa				n/a								
Rye												
Sorghum												
Triticale												
Semolina												
Spelt												
Whole Grain Wheat												
Refined Wheat Flour		n/a	n/a									
Wheat Bran												
White Rice			n/a				n/a					
Brown Rice												
Wild Rice							n/a					

Key

<10% RDI
10%-24% RDI
25%-49% RDI
50%-99% RDI
>100% RDI

This table compares the nutrient composition of different grains and pseudo grains

All nutrient values obtained from FSANZ Food Composition Database (Version Jan 2022)

All nutrient values are for 100g of uncooked grain

Recommended Dietary Intake targets for each nutrient are based on FSANZ-Schedule 1- RDIs and ESADDIs

*Average Adequate Intake for male and female adults

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