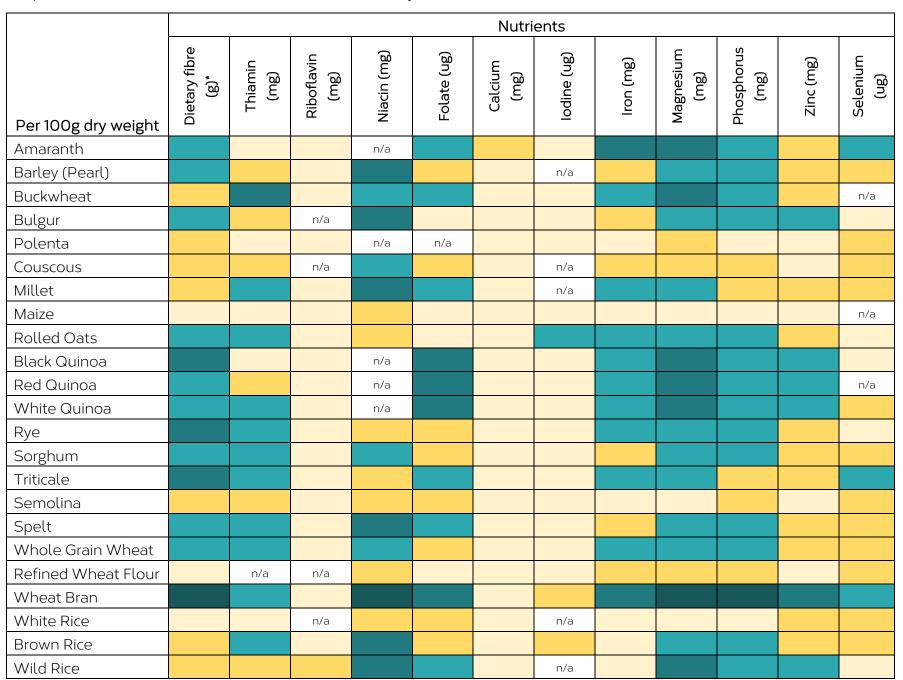
Nutrient Composition of Grains & Pseudo Grains

Proportion Contribution to the Recommended Dietary Intakes (RDI)





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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