

2012 Nutrient Composition of Grains & Pseudo Grains

Per 100g dry weight	Energy (kJ)	Protein (g)	Fat (g)	Saturated Fat (g)	Monounsaturated fat (g)	Polyunsaturated fat (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Soluble fibre (g) ^g	Insoluble fibre (g) ^g	Sodium (mg)	Folate (ug)	Niacin (mg)	Thiamin (mg)	Riboflavin (mg)	Iron (mg)	Magnesium (mg)	Zinc (mg)
Oats ^a	1572	11.0	8.7	1.6	3.5	3.1	58.1	0.0	8.9	4.9	4.0	7	18	1.1	0.5	0.1	3.7	131	1.9
Brown Rice ^a	1537	7.2	2.4	0.4	0.8	0.8	76.5	0.7	3.5	0.1	3.4	5	44	4.5	0.3	0.0	1.2	119	2.1
White Rice ^a	1469	6.3	0.5	0.0	0.0	0.0	78.8	0.2	2.3	0.1	2.2	5	10	2.0	0.1	0.0	0.7	34	1.1
Millet ^a	1489	11.1	4.2	0.7 ^c	0.8 ^c	2.1 ^c	63.3	0.4	8.5	-	-	5	85	4.7	0.4	0.3	3.0	114	1.7
Wheat ^b	1278	13.4	1.4	0.2	0.2	0.6	60.1	0.96	12.0	1.6	10.5	4	51	1.9	0.3	0.1	11.0	110	5.6
Maize ^b	1289	6.9	3.4	0.4	0.7	1.4	62.8	2.3	10.1	1.1	9.0	3	26	3.5	0.2	0.1	6.0	133	3.1
Barley ^b	1186	9.2	1.7	0.3	0.2	0.7	58.1	3.26	11.4	5.5	5.2	18	50	5.2	0.2	0.1	9.9	122	3.2
Rye ^b	1096	11.0	2.1	0.3	0.3	1.0	50.0	1.2	10.1	3.3	6.8	4	74	1.2	0.4	0.1	1.5	113	2.0
Triticale ^c	1404	13.1	2.1	0.4	0.2	0.9	72.3*	-	-	-	-	1	73	1.4	0.4	0.1	2.6	130	3.5
BARLEYmax ^d	-	19.4	7.8	-	-	-	-	5.0	25.0 ^e	-	-	-	-	-	-	-	-	-	-
Greenwheat freekeh ^f	-	<12.6	-	-	-	-	>55.5**	-	<16.5	-	-	6	-	-	0.4	0.2	4.5	110	1.7
Quinoa ^b	1317	13.2	6.1	0.7	1.6	3.3	52.2	0.0	7.0	-	-	5	184	1.5	0.3	0.3	4.5	197	3.1
Amaranth ^c	1551	13.6	7.0	1.5	1.7	2.8	58.5**	1.7	6.7	-	-	5	82	0.9	0.1	0.2	7.6	248	2.9
Buckwheat ^c	1434	13.3	3.4	0.7	1.0	1.0	61.5**	-	10.0	-	-	4	30	7.0	0.1	0.4	2.2	231	2.4

*Total carbohydrate by difference. Calculated as the difference between 100 and the weight in grams of [protein + fat + water + ash + alcohol] per 100g.

**Available carbohydrate estimated by difference. Calculated as the difference between 100 and the weight in grams of [protein + fat + water + ash + alcohol + dietary fibre] per 100g.

a. FSANZ. Nuttab 2010 Online Searchable Database, accessed 10/08/12 www.foodstandards.gov.au

b. New Zealand Food Composition Database. New Zealand FOODfiles 2010 Version 02 accessed 10/08/12 www.foodcomposition.co.nz/foodfiles

c. USDA. National Nutrient Database for Standard Reference, Release 23 (2010) accessed 10/08/12 www.nal.usda.gov/fnic/foodcomp/search/

d. Bird A, et al. A novel high amylose barley. J. Nutr. 2004;134:831-835

e. Topping D, et al. Resistant Starch and Health. Starch. 2003;55:539-545.

f. Greenwheat Freekeh™. Accessed online June 22, 2012 www.greenwheatfreekeh.com.au

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For more information on Grains & Legumes
refer to www.gln.org.au



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