

## NUTRITIVE VALUE OF CEREALS AND CEREAL PRODUCTS

	Energy (Kcals)	Moisture (g)	Protein (g)	Fat (g)	Mineral (g)	Carbohydrates (g)	Fibre (g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)
Bajra	361	12	12	5	2	67	1	42	296	8
Barley	336	12	11	1	1	70	4	26	215	2
Italian millet	331	11	12	4	3	61	8	31	290	3
Jowar	349	12	10	2	2	73	2	25	222	4
Maize (dry)	342	15	11	4	1	66	3	19	348	2
Maize (tender)	125	67	5	1	1	25	2	9	121	1
panivaragu	341	12	12	1	2	70	2	14	206	1
Ragi	328	13	7	1	3	72	4	344	283	4
Rice (parboiled )	349	13	8	1	1	77	-	10	280	3
Rice (parboiled) milled	346	13	6	0	1	79	0	9	143	1
Rice raw	346	13	7	1	1	77	1	10	190	3
Rice raw milled	345	14	7	0	1	78	0	10	160	1
Rice bran	393	11	13	16	7	48	4	67	1410	35
Rice flakes	346	12	7	1	2	77	1	20	238	20
Rice puffed	325	15	7	0	4	74	0	23	150	7
Samai	341	11	8	5	1	67	8	17	220	9
Sanwa millet	307	12	6	2	4	65	10	20	280	5
varagu	309	13	8	9	3	66	9	27	188	0
Wheat	356	10	8	2	1	77	2	37	298	5
Wheat whole	346	13	12	1	1	71	1	41	306	5
Wheat flour	348	13	11	1	1	74	0	23	121	3
Wheat germ	397	5	29	7	3	53	1	40	846	6
Wheat semolina	348	-	10	1	-	75	0	16	102	2
Wheat vermicelli	352	12	9	0	1	78	0	22	92	2
Wheat bread	245	39	8	1	-	52	0	11	-	1

### Source

Gopalan. C, Rama Sastri B.V. and Balasubramanian, S.C., 2004, Nutritive Value of Indian Foods, National Institute of Nutrition, ICMR, Hyderabad.