

Nutrients	Rice	Little millet (Saama)
Moisture (grams)	13.7	11.5
Carbohydrates (grams)	78.2	67
Fat (grams)	0.5	4.7
Proteins (grams)	6.8	7.7
Minerals (grams)	0.6	1.5
Fibre (grams)	0.2	7.6
Calcium (mg)	10	17
Iron (mg)	0.7	220
Phosphorus (mg)	160	9.3
Vitamin contents		
Carotene (micro grams)	2	0
Thiamine (micro grams)	0	0
Riboflavin (micro grams)	0	0
Niacin (mg)	4	2
Total B6 (micrograms)	-	23
Choline (mg)	77	-