

Millets Nutrition Value

FOOD	Protein(g)	Fat (g)	Ash (g)	Crude Fibre (g)	Carbohydrate (g)	Energy (Kcal)	Ca (mg)	Fe (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)
<i>Rice (Brown)</i>	7.9	2.7	1.3	1	76	362	33	1.8	0.41	0.04	4.3
Wheat	11.6	2	1.6	2	71	348	30	3.5	0.41	0.1	5.1
Maize	9.2	4.6	1.2	2.8	73	358	26	2.7	0.38	0.2	3.6
Sorghum (Chozham)	10.4	3.1	1.6	2	70.7	329	25	5.4	0.38	0.15	4.3
Pearl Millet (kambu)	11.8	4.8	2.2	2.3	67	363	42	11	0.38	0.21	2.8
Finger Millet (Ragi)	7.7	1.5	2.6	3.6	72.6	336	350	3.9	0.42	0.19	1.1
Foxtail Millet (Thinai)	11.2	4	3.3	6.7	63.2	351	31	2.8	0.59	0.11	3.2
Little Millet (saamai)	9.7	5.2	5.4	7.6	60.9	329	17	9.3	0.30	0.09	3.2
Barnyard Millet (Kuthiravaali)	11	3.9	4.5	13.6	55	300	22	18.6	0.33	0.1	4.2
Kodo Millet (Varagu)	9.8	3.6	3.3	5.2	66.6	353	35	1.7	0.15	0.09	2