

Table 1. Nutritional composition of various millets and cereals (per 100 g at 12% moisture content)

	Protein (g)	Fat (g)	CHO (g)	Fibre (g)	Minerals (g)	Iron (mg)	Phosphorus (mg)	Calcium (mg)	Thiamine (mg)	Riboflavin (mg)	Niacin (mg)
Barnyard millet	6.2	2.2	65.5	9.8	4.4	15.2	280	11	0.30	0.1	4.2
Finger millet	7.5-11.7	1.3	72	3.6	2.7	3.6-6.8	283	376-515	0.42	0.19	1.1
Foxtail millet c	11.2	4.0	63.2	6.7	3.3	2.8	...	31	0.59	0.11	3.2
Kodo millet	8.3	1.4	65.9	9.0	2.6	0.5	188	27	0.33	0.09	0.2
Little millet	7.7	4.7	67	7.6	4.5	9.3	220	17	0.30	0.09	3.2
Pearl millet*	8.5-15.1	2.7-7.1	58-70	2.6-4.0	1.6-2.4	70-180	450-990	10-80	0.38	0.21	2.8
Proso millet	12.5	3.1	70.4	7.2	1.9	0.8	206	14	0.41	0.28	4.5
Sorghum	10.4	3.1	70.7	2.0	1.6	5.4	520	25	0.38	0.15	4.3
Corn	9.2	4.6	73.0	2.8	1.2	2.7	92-178	70-75	0.38	0.20	3.6
Rice	6.8	2.2	78.2	0.2	0.5	0.7	160	45	0.41	0.04	4.3
Wheat	11.8	1.5	71.2	1.2	1.5	5.3	306	41	0.41	0.10	5.1

Source: Deshpande et al. (2015).