

	Nutrient	Units	Barley, hulled	Barley, pearled, raw	Corn, yellow	Cornmeal, whole-grain, yellow	Corn Flour, whole-grain, yellow	Oats
<b>Proximates</b>	Water	g	9.44	10.09	10.37	10.26	10.91	8.22
	Energy	kcal	354	352	365	362	361	389
	Protein	g	12.48	9.91	9.42	8.12	6.93	16.89
	Total Fat	g	2.30	1.16	4.74	3.59	3.86	6.90
<b>Minerals</b>	Carbohydrates, by difference	g	73.48	77.72	74.26	76.89	76.85	66.27
	Dietary Fiber, total	g	17.3	15.6	7.3	7.3	7.3	10.6
	Sugars, total	g	0.80	0.80	0.64	0.64	0.64	
	Calcium, Ca	mg	33	29	7	6	7	54
	Iron, Fe	mg	3.60	2.50	2.71	3.45	2.38	4.72
	Magnesium, Mg	mg	133	79	127	127	93	177
	Phosphorus, P	mg	264	221	210	241	272	523
	Potassium, K	mg	452	280	287	287	315	429
	Sodium, Na	mg	12	9	35	35	5	2
	Zinc, Zn	mg	2.77	2.13	2.21	1.82	1.73	3.97
<b>Vitamins</b>	Copper, Cu	mg	0.498	0.420	0.314	0.193	0.230	0.626
	Manganese, Mn	mg	1.943	1.322	0.485	0.498	0.460	4.916
	Selenium, Se	mcg	37.7	37.7	15.5	15.5	15.4	
	Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0	0.0
	Thiamin	mg	0.646	0.191	0.385	0.385	0.246	0.763
	Riboflavin	mg	0.285	0.114	0.201	0.201	0.080	0.139
	Niacin	mg	4.604	4.604	3.627	3.632	1.900	0.961
	Pantothenic acid	mg	0.282	0.282	0.424	0.425	0.658	1.349
	Vitamin B-6	mg	0.318	0.260	0.622	0.304	0.370	0.119
	Folate, total	mcg	19	23	19	25	25	56
<b>Fats</b>	Folic acid	mcg	0	0	0	0	0	0
	Vitamin B-12	mcg	0.00	0.00	0.00	0.00	0.00	0.00
	Vitamin A, RAE	mcg	1	1	11	11	11	0
	Vitamin E, added	mg	0.00	0.00	0.00	0.00	0.00	
	Vitamin K (phylloquinone)	mcg	2.2	2.2	0.3	0.3	0.3	
	Fatty acids, total saturated	g	0.482	0.244	0.667	0.505	0.543	1.217
	Fatty acids, total monounsaturated	g	0.295	0.149	1.251	0.948	1.018	2.178
	Fatty acids, total polyunsaturated	g	1.108	0.560	2.163	1.638	1.759	2.535
	Cholesterol	mg	0	0	0	0	0	0

\* All values are per 100 grams \*

	Nutrient	Units	Rice, brown, long-grained, raw	Rice, white, long-grained, raw, unenriched	Wild Rice, raw	Rye	Rye Flour, medium	Wheat flour, whole-grain	Wheat flour, white, AP, enriched, unbleached
<b>Proximates</b>	Water	g	10.37	11.62	7.76	10.95	9.85	10.27	11.92
	Energy	kcal	370	365	357	335	354	339	364
	Protein	g	7.94	7.13	14.73	14.76	9.39	13.70	10.33
	Total Fat	g	2.92	0.66	1.08	2.50	1.77	1.87	0.98
	Carbohydrates	g	77.24	79.95	74.90	69.76	77.49	72.57	76.31
	Dietary Fiber, total	g	3.5	1.3	6.2	14.6	14.6	12.2	2.7
	Sugars, total	g	0.85	0.12	2.50	1.04	1.04	0.41	0.27
	Calcium, Ca	mg	23	28	21	33	24	34	15
	Iron, Fe	mg	1.47	0.80	1.96	2.67	2.12	3.88	4.64
	Magnesium, Mg	mg	143	25	177	121	75	138	22
<b>Minerals</b>	Phosphorus, P	mg	333	115	433	374	207	346	108
	Potassium, K	mg	223	115	427	264	340	405	107
	Sodium, Na	mg	7	5	7	6	3	5	2
	Zinc, Zn	mg	2.02	1.09	5.96	3.73	1.99	2.93	0.70
	Copper, Cu	mg	0.277	0.220	0.524	0.450	0.287	0.382	0.144
	Manganese, Mn	mg	3.743	1.088	1.329	2.680	5.460	3.799	0.682
	Selenium, Se	mcg	23.4	15.1	2.8	35.3	35.7	70.7	33.9
	Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Thiamin	mg	0.401	0.070	0.115	0.316	0.287	0.447	0.785
	Riboflavin	mg	0.093	0.049	0.262	0.251	0.114	0.215	0.494
<b>Vitamins</b>	Niacin	mg	5.091	1.600	6.733	4.270	1.727	6.365	5.904
	Pantothenic acid	mg	1.493	1.014	1.074	1.456	0.492	1.008	0.438
	Vitamin B-6	mg	0.509	0.164	0.391	0.294	0.268	0.341	0.044
	Folate, total	mcg	20	8	95	60	19	44	183
	Folic acid	mcg	0	0	0	0	0	0	154
	Vitamin B-12	mcg	0.00	0.00	0.00	0.00	0.00	0.00	0.00
	Vitamin A, RAE	mcg	0	0	1	1	0	0	0
	Vitamin E (alpha-tocopherol)	mg	1.20	0.11	0.82	1.28	0.79	0.82	0.23
	Vitamin K (phylloquinone)	mcg	1.9	0.1	1.9	5.9	5.9	1.9	0.3
	Fatty acids, total saturated	g	0.584	0.180	0.156	0.287	0.198	0.322	0.155
Fatty acids, total monounsaturated	g	1.056	0.206	0.159	0.303	0.208	0.232	0.087	
Fatty acids, total polyunsaturated	g	1.044	0.177	0.676	1.115	0.767	0.779	0.413	
<b>Fats</b>	Cholesterol	mg	0	0	0	0	0	0	0

\* All values are per 100 grams \*

Nutrient	Units	Wheat, Hard Red Winter	Wheat, Hard Red Spring	Wheat, Soft Red Winter	Wheat, Soft White	Wheat, Hard White	Wheat, Durum
<b>Proximates</b>							
Water	g	13.10	12.76	12.17	10.42	9.57	10.94
Energy	kcal	327	329	331	340	342	339
Protein	g	12.61	15.40	10.35	10.69	11.31	13.68
Total Fat	g	1.54	1.92	1.56	1.99	1.71	2.47
Carbohydrates	g	71.18	68.03	74.24	75.36	75.90	71.13
Dietary Fiber, total	g	12.2	12.2	12.5	12.7	12.2	
Sugars, total	g	0.41	0.41	0.41	0.41	0.41	
Calcium, Ca	mg	29	25	27	34	32	34
Iron, Fe	mg	3.19	3.60	3.21	5.37	4.56	3.52
Magnesium, Mg	mg	126	124	126	90	93	144
Phosphorus, P	mg	288	332	493	402	355	508
Potassium, K	mg	363	340	397	435	432	431
Sodium, Na	mg	2	2	2	2	2	2
Zinc, Zn	mg	2.65	2.78	2.63	3.46	3.33	4.16
Copper, Cu	mg	0.434	0.410	0.450	0.426	0.363	0.553
Manganese, Mn	mg	3.985	4.055	4.391	3.406	3.821	3.012
Selenium, Se	mcg	70.7	70.7				89.4
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.383	0.504	0.394	0.410	0.387	0.419
Riboflavin	mg	0.115	0.110	0.096	0.107	0.108	0.121
Niacin	mg	5.464	5.710	4.800	4.766	4.381	6.738
Pantothenic acid	mg	0.954	0.935	0.850	0.850	0.954	0.935
Vitamin B-6	mg	0.300	0.336	0.272	0.378	0.368	0.419
Folate, total	mcg	38	43	41	41	38	43
Folic acid	mcg	0	0	0	0	0	0
Vitamin B-12	mcg	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	mcg	0	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	1.01	1.01	1.01	1.01	1.01	
Vitamin K (phylloquinone)	mcg	1.9	1.9		1.9	1.9	
Fatty acids, total saturated	g	0.269	0.314	0.289	0.368	0.277	0.454
Fatty acids, total monounsaturated	g	0.200	0.303	0.178	0.227	0.203	0.344
Fatty acids, total polyunsaturated	g	0.627	0.765	0.656	0.837	0.750	0.978
Cholesterol	mg	0	0	0	0	0	0

\* All values are per 100 grams \*