

CEREALS AND MILLETS

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<i>Eleusine coracana</i>	1
naglano, Ragi or Finger millet or African millet (English).....	1
<i>Oryza sativa</i>	2
chokha, Rice, hand pounded (English)	2
<i>Panicum miliaceum</i>	3
varai, Common or Proso millet (English).....	3
<i>Sorghum vulgare</i>	4
jowar, Sorghum (English).....	4
<i>Triticum aestivum</i>	5
gahoo, Wheat (English).....	5
<i>Zea mays</i>	6
makka, Maize or Corn (English).....	6
<i>Unknown</i>	7
kharai.....	7

COMMUNITY FOOD SYSTEM DATA TABLE # 1

Food category: Cereals and Millets

Scientific identification:

Eleusine coracana

Local name & other common names:

naglano, Ragi or Finger millet or African millet (English)

Part(s) used: Grain

Preparation: Roti, chapatti or bhakri

Nutrient	Nutrient Composition/100g (edible portion)
	Grains, raw
Moisture, g	13.1
Energy, Kcal	329
Protein, g	7.3
Fat, g	1.3
Carbohydrate, g	72.0
Fiber, g	3.6
Ash, g	2.7
Vitamin A, RE- g	3.5
Vitamin A, RAE- g	1.8
Beta-carotene, g	-
Total carotene, g	42
Folic acid, g	18.3
Vitamin C, mg	-
Calcium, mg	344



COMMUNITY FOOD SYSTEM DATA TABLE # 4

COMMUNITY FOOD SYSTEM DATA TABLE # 6

COMMUNITY FOOD SYSTEM DATA TABLE # 7**Food category:** Cereals and Millets**Scientific identification:***Unknown***Local name & other common names:**

kharai

Part(s) used: Whole grain**Preparation:** Roti or bhakri.

Nutrient	Nutrient Composition/100g (edible portion)
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