

# Grain Comparison Chart\*

(per 1/4 cup, raw)

	<b>Quinoa</b>	<b>Millet</b>	<b>Sorghum</b>	<b>Teff</b>	<b>White Rice</b>	<b>Brown Rice</b>
<b>Calories</b>	156	189	163	160	169	171
<b>Fat (g)</b>	3	2	2	1	0	1
<b>Carbohydrate (g)</b>	27	36	36	32	37	36
<b>Fiber (g)</b>	3	4	3	6	1	2
<b>Protein (g)</b>	6	6	5	5	3	4

\* [WWW.NUTRITIONDATA.COM](http://WWW.NUTRITIONDATA.COM), retrieved on 7/1/08.

Try Bette Hagman's book, *The Gluten Free Gourmet Cooks Comfort Foods: Creating Old Favorites with the New Flours*.

# Quinoa

Quinoa (pronounced Keen-Wah) has been cultivated in South America for over 5000 years. For the ancient Incas in Peru, Bolivia and Chile, it was an important staple and they even called it “the mother grain.” Technically a seed that comes in many different colors, Quinoa became popular in the U.S. and Canada in the 1980’s and remains a tasty alternative to rice and other grains.

Quinoa is packed with nutritional benefits:

- It is a great source of calcium
- It is high in iron, phosphorous, vitamin E and several B vitamins
- Its total protein content is one of the highest of all plants, and it compares well to animal protein because it contains all of the essential amino acids (most plants are deficient in one or more essential amino acid) – Quinoa can be called a complete protein.
- Quinoa is gluten free!

# Millet

The ancient Chinese regarded Millet as a sacred crop. People in northern India use it to prepare roti, a flatbread eaten in India today. The Middle East and Northern Africa also regard Millet as an important part of the diet, where it grows quickly in dry areas where wheat and barley cannot survive.

Some millet is used for cattle feed and bird seed. Pearl millet is grown for human consumption. It can be served as cereal, or added to soups, stews, muffins and quickbreads. It also has many nutritional benefits:

- It is high in total protein
- It is high in B vitamins, folic acid, iron, potassium, magnesium and zinc.
- It is high in fiber
- Millet is gluten free!



# Sorghum

Sorghum originated in Africa and is now cultivated in Southern Asia, North America and South America. It is very tolerant of dry conditions and is a stable source of nutrition for many people around the world. It is a very tall plant, and its stalks are used for the manufacture of straw brooms.

Frequently eaten as a cereal, Sorghum has a neutral or slightly sweet flavor. It also absorbs flavors well, so it fits easily into many different recipes. The hull can be removed, but frequently it is left on to retain the majority of the available nutrients. Sorghum is very nutritionally dense:

- It is high in fiber
- It is high in iron
- It is high in total protein
- Sorghum is gluten free!

# Teff

Resembling a poppy seed, Teff grows mostly in Ethiopia and is major staple grain for that part of the world. It comes in a variety of colors and can survive in harsh conditions such as high heat and bright light. The grain itself has a sweet, nutty, chocolate-like flavor, with the ivory variety having a slightly milder intensity. Since the grain is so small, it is difficult to refine, so most of Teff's nutritional value is retained when it is ground into flour.

- It is extremely high in fiber, calcium and iron
- It has the same amount of total protein as an egg.
- It is a great source of niacin, thiamin, riboflavin, zinc, magnesium, copper, manganese, boron, phosphorous and potassium.
- Teff is gluten free!

