Grain Nutrition Facts Per 1 cup raw grain (minimal nutrients are lost with baking)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Nutrients | Hard Red  Wheat | Hard White | Soft Wh.  Wheat | Spelt | Barley | Oats | Quinoa | Millet |
| Calories | 628 | 657 | 571 | 588 | 704 | 607 | 626 | 756 |
| Carbs | 137 g \* | 146 | 127 | 124 | 155 | 103 | 109 | 146 |
| Fiber | 23.4g | 23 | 21.3 | 18 | 31.2 | 16.5 | 11.9 | 17 |
| Fat  Omega 3  Omega 6 | 51.8 mg 1152 mg | 3.283 67.2 1373 | 60  1344 | 113mg  2076 | 110  1010 | 173  3781 | 522  5061 | 236  4030 |
| Protein | \*\*24.2g | 21.72 | 18 | 25.4mg | 19.8 | 26.4 | 24 | 22 |
| Vitamin A | 17.3 IU | 0 | 15 iu | 17.4 | 44 | 0 | 23.8 | 0 |
| Lutein &  Zeaxanthin | 422 mcg | 422 mcg |  |  |  |  | 277 | 0 |
| Beta  Carotene | 9.6 mcg | 9.6 |  |  |  |  | 13.6 | 0 |
| Vitamin E | 1.9 mg | 1.94mg | 1.7 | 1.4 | 0 | 0 | 4.1 | 0.1 |
| Vitamin K | 3.6mcg | 3.6mcg | 3.2 | 6.3mcg | 4.4 | 0 | 0 | 1.8 |
| Thiamine (B1) | 0.7mg | .743mg | 0.7 | 0.6 | 0.4 | 1.2 | 0.6 | 0.8 |
| Riboflavin (B2) | 0.2mg | 0.2mg | 0.2 | 0.2 | 0.2 | 0.2 | 0.5 | 0.6 |
| Niacin (B3) | 10.5mg | 8.4mg | 8.0 | 11.9 | 9.2 | 1.5 | 2.6 | 9.4 |
| B6 | 0.6mg | 0.7mg | 0.6 | 0.4 | 0.5 | 0.2 | 0.8 | 0.8 |
| Folate | 73mcg | 73mg | 68.9 | 78.3 | 46 | 87 | 313 | 170 |
| B12 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Pantothenic  Acid (B5) | 1.8mg | 1.8mg | 1.4 | 1.9 | 0.6 | 2.1 | 1.3 | 1.7 |
| Choline | 59.9mg | 0 | 0 | 0 | 75 | 0 | 119 | 0 |
| Betaine | 0 | 0 | 0 | 0 |  | 0 | 1072 | 0 |
| Calcium | 55.7mg | 61 mg | 57.1 | 47 | 58 | 84.3 | 79.9 | 16 |
| Iron | 6.1mg | 8.76 | 9.0 | 7.7 | 5 | 7 | 7.6 | 6 |
| Magnesium | 242 mg | 178 | 151 | 237 | 158 | 276 | 335 | 228 |
| Phosphorus | 553mg | 681 | 675 | 698 | 442 | 816 | 777 | 570 |
| Potassium | 697mg | 829 | 731 | 675 | 560 | 669 | 957 | 390 |
| Sodium | 3.8mg | 3.84 | 3.4 | 13.9 | 18 | 3.1 | 8.5 | 10 |
| Zinc | 5.1mg | 6.39 | 5.8 | 5.7 | 4.3 | 6.2 | 5.3 | 3.4 |
| Copper | 0.8mg | 0.7 | 0.7 | 0.9 | 0.8 | 1.0 | 1.0 | 1.5 |
| Manganese | 7.7mg | 7.3 | 5.7 | 5.2 | 2.6 | 7.7 | 3.5 | 3.3 |
| Selenium | 136mcg | 0 | 0 | 20.4 | 75 | 0 | 14.4 | 5.5 |

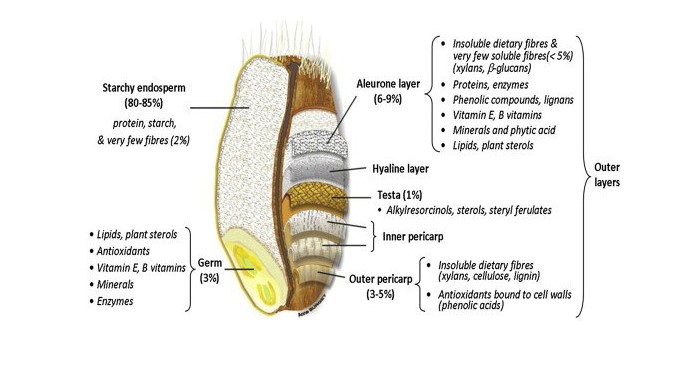
RDA (Recommended Daily Amount of Vitamins for women over 50

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| B1 Thiamine | 1.1 mg Day |  |  |  |
| B2 Riboflavin | 1.1 mg day |  |  |  |
| B3 Niacin | 1.1mg Day |  |  |  |
| B5 Pantothenic Acid | 5mg |  |  |  |
| B 6 | 1.9mg |  |  |  |
| B7 Biotin | 30 mcg |  |  |  |
| B9 Folate | 600mcg |  |  |  |
| B12 | 2.6mcg |  |  |  |

Carbohydrate of Hard Red Wheat \*zero fructose, sugar 0.8g.

\*\*Amino Acid profile of Hard Red Wheat ---Protein24.2g48% Tryptophan307mg Threonine701mg Isoleucine879mg Leucine1639mg Lysine643mg Methionine386mg Cystine618mg Phenylalanine1137mg Tyrosine743mg Valine1067mg Arginine1142mg Histidine547mg Alanine864mg Aspartic acid1229mg Glutamic acid7677mg Glycine1014mg Proline2475mg Serine1125mg Hydroxyproline  
Read More <https://nutritiondata.self.com/facts/cereal-grains-and-pasta/5737/2#ixzz7OB56iDuW>

Zero FRUCTOSE—



**References:**

<https://nutritiondata.self.com/facts/cereal-grains-and-pasta/5679/2>

<https://www.healthline.com/nutrition/cooking-nutrient-content#roasting-and-baking>

<https://www.researchgate.net/profile/Vincent-Van-Buul/publication/253234051/figure/fig2/AS:269679973367809@1441308124210/Histological-structure-of-wheat-grain-Adapted-from-Barron-etal-2007-showing-bioactive.png>