

**CEREALS AND MILLETS**

Please click on the page number to go directly to the table

<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)
----------	--