

Nutrient	Grains (raw)							Seeds (raw)	
	Wheat (100g)	Oats (100g)	Rice (100g)	Barley (100g)	Quinoa (100g)	Spelt (100g)	Amaranth (100g)	Chia (100g)	Flaxseeds (100g)
Energy - kilojoules	1418kJ	1628kJ	1536kJ	1481kJ	1540kJ	1414kJ	1552kJ	2033kJ	2234kJ
Energy - calories	339kcal	389kcal	367kcal	354kcal	368kcal	338kcal	371kcal	486kcal	534kcal
Protein	13.7g	16.9g	7.5g	12.5g	14.1g	14.6g	13.6g	16.5g	18.3g
Fat	2.5g	6.9g	3.2g	2.3g	6.1g	2.4g	7.0g	30.7g	42.2g
- Includes sat fats	0.5g	1.2g	0.6g	0.5g	0.7g	0.4g	1.5g	3.3g	3.7g
Carbohydrates	71g	66g	76g	73g	64g	70g	65g	42g	29g
- Includes sugar	0.9g	0g	0.7g	0.8g	0.9g	3.0g	4.2g	1.6g	1.6g
- Includes starches	64.4g	58.1g	75.8g	55.4g	62.1g	57.0g	57.3g	0g	0g
Dietary Fibre	12.2g	10.6g	3.6g	17.3g	7.0g	10.7g	6.7g	34.4g	27.3g
Sodium	2mg	2mg	5g	12g	5mg	8mg	4mg	16mg	30mg
Iron	3.5mg	4.7mg	1.3mg	3.6mg	4.6mg	4.4mg	7.6mg	7.7mg	5.7mg
Magnesium	144mg	177mg	116mg	133mg	197mg	136mg	248mg	335mg	392mg
Zinc	4.2mg	4.0mg	2.1mg	2.8mg	3.1mg	3.3mg	2.9mg	4.6mg	4.3mg
Folate	43µg	56µg	23µg	19µg	184µg	45µg	82µg	87µg ¹	87 µg
Riboflavin	0.1mg	0.1mg	0.1mg	0.3mg	0.3mg	0.1mg	0.2mg	0.2mg	0.2mg
Niacin	6.7mg	1.0mg	6.5mg	4.6mg	1.5mg	6.8mg	0.9mg	8.8mg	3.1mg
Vitamin E	1.0mg	0.4mg	0.6mg	0.6mg	2.4mg	0.8mg	1.2mg	0.5mg	0.3mg

Data from USDA; sugar and starches data from AusFoods 2012 database
