

Grains with gluten	Barley, pearled	Bulgur (wheat)	Couscous (wheat)	Spelt**	Wheat, kamut	Wheat*, bran
Per cup of cooked grain (except as noted*)						
Energy (kcal)	193	151	176	246	227	125
Protein (g)	4	6	6	11	10	9
Total fat (g)	1	<1	<1	2	1	2
Carbohydrate (g)	44	34	36	51	47	37
Fiber (g)	6	8	2	8	7	25
Sugars (g)	<1	<1	<1	nd	5	<1
Minerals						
Calcium, Ca (mg)	17	18	13	19	15	42
Iron, Fe (mg)	2	2	1	3	3	6
Magnesium, Mg (mg)	35	58	13	95	83	354
Potassium, K (mg)	146	124	91	277	282	686
Manganese, Mn (mg)	0.4	1.1	.1	2.1	1.8	6.7
Selenium, Se (µg)	14	1	43	8	55	45
Vitamins						
Niacin (mg)	3	2	2	5	4	8
Folate, DFE (µg)	25	33	24	25	19	46

ALL DATA ARE FROM THE USDA NUTRIENT DATABASE, except as mentioned below. Classification as “gluten-free” or containing gluten is according to the Whole Grains Council, except as noted below for spelt. WGC mentioned that oats, which are gluten-free, are often contaminated with wheat during growing, harvesting, or processing.

* Uncooked. For cooked grains, nutrients depend on method of cooking; see USDA Nutrient Database for methods.

** Does contain gluten according to <http://www.sciencedirect.com/science/article/pii/S0889157596900095>

Gluten-free grains	Amaranth	Buckwheat groats, roasted	Corn, sweet yellow	Millet	Oat, rolled, unenriched	Oat, bran
Per cup of cooked grain (except as noted*)						
Energy (kcal)	251	155	143	207	166	88
Protein (g)	9	6	5	6	6	7
Total fat (g)	4	1	2	2	4	2
Carbohydrate (g)	46	34	31	41	28	25
Fiber (g)	5	5	4	2	4	6
Sugars, total (g)	nd	2	7	<1	1	nd
Minerals						
Calcium, Ca (mg)	116	12	4	5	21	22
Iron, Fe (mg)	5	1	1	1	2	2
Magnesium, Mg (mg)	160	86	39	77	63	88
Potassium, K (mg)	332	148	325	108	164	201
Manganese, Mn (mg)	2.1	0.7	0.2	0.5	1.4	2.1
Selenium, Se (µg)	14	4	<1	2	13	17
Vitamins						
Niacin (mg)	1	2	3	2	1	<1
Folate, DFE (µg)	nd	24	34	33	14	13

ALL DATA ARE FROM THE USDA NUTRIENT DATABASE, except as mentioned below. Classification as “gluten-free” or containing gluten is according to the Whole Grains Council, except as noted below for spelt. WGC mentions that oats, which are gluten-free, are often contaminated with wheat during growing, harvesting, or processing.

* Uncooked. For cooked grains, nutrients depend on method of cooking; see USDA Nutrient Database for methods.

** Does contain gluten according to <http://www.sciencedirect.com/science/article/pii/S0889157596900095>

Gluten-free grains	Quinoa	Rice, brown, long-grain	Rice, brown, medium-grain	Rice, white, medium-grain, enriched	Rice, white instant, enriched	Teff	Wild Rice
Per cup of cooked grain (except as noted*)							
Energy (kcal)	222	216	218	242	193	255	166
Protein (g)	8	5	5	4	4	10	7
Total fat (g)	4	2	2	<1	1	2	1
Carbohydrate (g)	39	45	46	53	41	50	35
Fiber (g)	5	4	4	1	1	7	3
Sugars, total (g)	2	1	nd	nd	0	nd	1
Minerals							
Calcium, Ca (mg)	31	20	20	6	13	123	5
Iron, Fe (mg)	3	1	1	3	3	5	1
Magnesium, Mg (mg)	118	84	86	24	8	126	52
Potassium, K (mg)	318	84	154	54	15	270	166
Manganese, Mn (mg)	1.2	1.8	2.1	0.7	0.6	7.2	0.5
Selenium, Se (µg)	5	19	nd	14	8	nd	1
Vitamins							
Niacin (mg)	1	3	3	3	3	2	2
Folate, DFE (µg)	78	8	8	180	195	45	43

ALL DATA ARE FROM THE USDA NUTRIENT DATABASE, except as mentioned below. Classification as “gluten-free” or containing gluten is according to the Whole Grains Council, except as noted below for spelt. WGC mentioned that oats, which are gluten-free, are often contaminated with wheat during growing, harvesting, or processing.

* Uncooked. For cooked grains, nutrients depend on method of cooking; see USDA Nutrient Database for methods.

** Does contain gluten according to <http://www.sciencedirect.com/science/article/pii/S0889157596900095>