

## AMARANTH COMPARED TO GRAINS AND GRAIN ALTERNATIVES

Based on 100 grams\*

	Energy Kcal	Protein	Lipids	Carbohydrate	Total Dietary Fiber	Calcium	Iron	Sodium
<b>RDA</b>	2000	50.00 g	65.00 g	300.0 g	25.00 g	1000.0 mg	18.0 mg	2400.00 mg
<b>AMARANTH</b>	374	14.45 g	6.51g**	66.17 g	15.20 g	153.00 mg	7.59 mg	21.00 mg
<b>Buckwheat</b>	343	13.25 g	3.40 g	71.50 g	10.00 g	18.00 mg	2.20 mg	1.00 mg
<b>Corn, Yellow</b>	365	9.42 g	4.74 g	74.26 g	13.40 g	7.00 mg	2.71 mg	35.00 mg
<b>Millet</b>	378	11.00 g	4.20 g	72.90 g	8.50 g	8.00 mg	3.00 mg	5.00mg
<b>Oats</b>	389	16.89 g	6.90 g	66.27 g	10.60 g	54.00 mg	4.72 mg	2.00 mg
<b>Potato Flour</b>	357	6.90 g	0.34 g	83.08 g	5.90 g	65.00 mg	1.38 mg	55.00 mg
<b>Quinoa</b>	374	13.10 g	5.80 g	68.90 g	5.90 g	60.00 mg	9.25 mg	21.00 mg
<b>Rice, Brown</b>	370	7.94 g	2.92 g	77.24 g	3.50 g	23.00 mg	1.47 mg	7.00 mg
<b>Rice, White</b>	365	7.13 g	0.66 g	79.95 g	1.30 g	28.00 mg	4.31 mg	5.00 mg
<b>Rye</b>	335	14.76 g	2.50 g	69.76 g	14.6 g	33.00 mg	2.67 mg	6.00 mg
<b>Sorghum</b>	339	11.3 g	3.30 g	74.63 g	6.70 g	28.00 mg	4.40 mg	6.00 mg
<b>Soy Flour</b>	436	34.54 g	20.65 g	35.20 g	9.60 g	206.00 mg	6.37 mg	13.00 mg
<b>Wheat</b>	364	10.33 g	0.98 g	76.31 g	2.7 g	15.00 mg	4.64 mg	2.00 mg

\* These grains have varying weights per cup measure. 100 grams of Amaranth is roughly one-half a cup, whereas 100 grams of soy is one and a quarter cups.

\*\* 76 % monounsaturated fats

Sources: U.S. Department of Agriculture, Agricultural Research Service. 2001. USDA Nutrient Database for Standard Reference, Release 14. Nutrient Data Laboratory Home Page, <http://www.nal.usda.gov/fnic/foodcomp>.

Case, Shelley. *Gluten Free Diet*. Regina, Canada: Centax Books, 2001.

***Important to the gluten intolerant segment and grain allergenic consumer, Amaranth is GLUTEN-FREE. Amaranth is naturally high in fiber, calcium and iron. It is a nutritious, delicious alternative to soy, rice and potato.***