

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- μ g	3.5
Vitamin A, RAE- μ g	1.8
Beta-carotene, μ g	-
Total carotene, μ g	42
Folic acid, μ g	18.3
Vitamin C, mg	-
Calcium, mg	344
Iron, mg	3.9
Phosphorus, mg	283
Zinc, mg	2.3

--- = not analyzed



Type of procurement: Cultivated.
Home harvested or purchased: Home harvested.
Seasonality of use: Unknown
Cost of production, if known: Rs. 7/kg
Importance value to the community by age/gender and other miscellaneous information:

- Identified as the second most consumed grain product (after rice).
- Most commonly eaten as roti or chapatti.

Source of nutrient data: The nutrient data is sourced from Indian FCT 2002, S. No 8 (ref # 1).

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use												

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[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 2

Food category: Cereals and Millets

Scientific identification:

Oryza sativa

Local name & other common names:

chokha, Rice, hand pounded (English)

Part(s) used: Grain

Preparation: Cooked (boiled)

Nutrient	Nutrient Composition/100g (edible portion)
	Grains, raw
Moisture, g	13.3
Energy, Kcal	346
Protein, g	7.5
Fat, g	1
Carbohydrate, g	76.7
Fiber, g	0.6
Ash, g	0.9
Vitamin A, RE- μ g	-
Vitamin A, RAE- μ g	-
Beta-carotene, μ g	-
Total carotene, μ g	2
Folic acid, μ g	11
Vitamin C, mg	-
Calcium, mg	10
Iron, mg	3.2
Phosphorus, mg	190
Zinc, mg	1.4

--- = not analyzed



Type of procurement: Cultivated
Home harvested or purchased: Purchased
Seasonality of use: All year
Cost of production, if known: Rs. 5/Kg
Importance value to the community by age/gender and other miscellaneous information: Identified as the most common type of grain product consumed, this is mainly because it is cheap and easily available.
Source of nutrient data: The nutrient data is sourced from Indian FCT 2002, S. No 9 (ref # 1).

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested	*	*	*	*	*	*	*	*	*	*	*	*
Seasonality of use	*	*	*	*	*	*	*	*	*	*	*	*

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[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 3

Food category: Cereals and Millets

Scientific identification:

Panicum miliaceum

Local name & other common names:

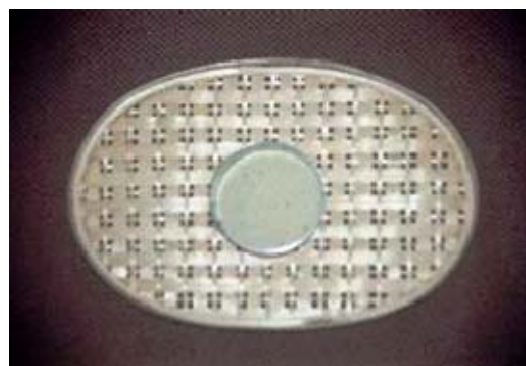
varai, Common or Proso millet (English)

Part(s) used: Grain

Preparation: Unknown

Nutrient	Nutrient Composition/100g (edible portion)
	Grains, raw
Moisture, g	11.9
Energy, Kcal	341
Protein, g	12.5
Fat, g	1.1
Carbohydrate, g	70.4
Fiber, g	2.2
Ash, g	1.9
Vitamin A, RE- μ g	-
Vitamin A, RAE- μ g	-
Beta-carotene, μ g	-
Total carotene, μ g	0
Folic acid, μ g	-
Vitamin C, mg	0
Calcium, mg	14
Iron, mg	0.8
Phosphorus, mg	206
Zinc, mg	1.4

--- = not analyzed



Type of procurement: Cultivated
Home harvested or purchased: Purchased
Seasonality of use: October-January
Cost of production, if known: Rs. 7/Kg
Importance value to the community by age/gender and other miscellaneous information: Unknown
Source of nutrient data: The nutrient information is sourced from Indian FCT 2002, S. No 7 (ref # 1).

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested	*	*	*	*	*	*				*	*	*
Seasonality of use	*									*	*	*

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[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 4

Food category: Cereals and Millets

Scientific identification:

Sorghum vulgare

Local name & other common names:

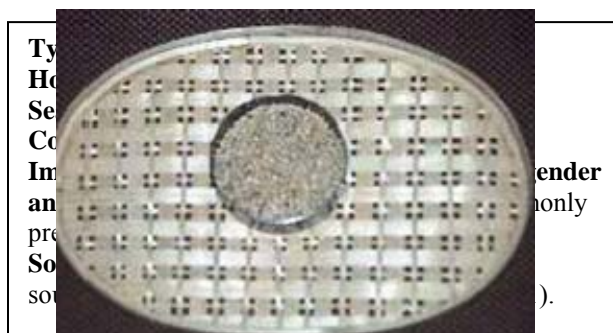
jowar, Sorghum (English)

Part(s) used: Grain

Preparation: Roti, chapatti or gruel.

Nutrient	Nutrient Composition/100g (edible portion)
	Grains, raw
Moisture, g	11.9
Energy, Kcal	349
Protein, g	10.4
Fat, g	1.9
Carbohydrate, g	72.6
Fiber, g	1.6
Ash, g	1.6
Vitamin A, RE- μ g	3.9
Vitamin A, RAE- μ g	2.0
Beta-carotene, μ g	-
Total carotene, μ g	47
Folic acid, μ g	20
Vitamin C, mg	0
Calcium, mg	25
Iron, mg	4.1
Phosphorus, mg	222
Zinc, mg	1.6

--- = not analyzed



Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested				*	*	*	*	*				
Seasonality of use			*	*	*							

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[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 5

Food category: Cereals and Millets

Scientific identification:

Triticum aestivum

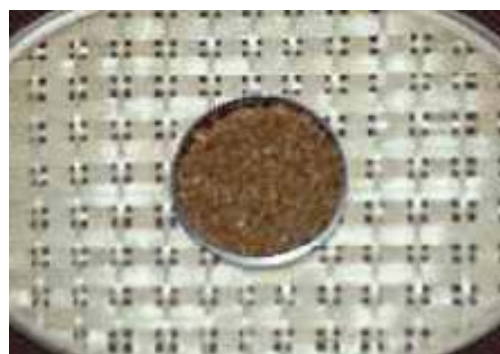
Local name & other common names:

gahoo, Wheat (English)

Part(s) used: Grain

Preparation: Roti, chapatti or gruel.

Nutrient	Nutrient Composition/100g (edible portion)
	Grains, raw
Moisture, g	12.8
Energy, Kcal	346
Protein, g	11.8
Fat, g	1.5
Carbohydrate, g	71.2
Fiber, g	1.2
Ash, g	1.5
Vitamin A, RE- μ g	5.3
Vitamin A, RAE- μ g	2.6
Beta-carotene, μ g	-
Total carotene, μ g	64
Folic acid, μ g	36.6
Vitamin C, mg	0
Calcium, mg	41
Iron, mg	5.3
Phosphorus, mg	306
Zinc, mg	2.7



Type of procurement: Cultivated
Home harvested or purchased: Purchased
Seasonality of use: March-May
Cost of production, if known: Rs. 2/Kg
Importance value to the community by age/gender and other miscellaneous information: Commonly prepared as roti or chapatti.
Source of nutrient data: The nutrient data is sourced from Indian FCT 2002, S. # 20 (ref # 1).

--- = not analyzed

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested	*	*	*	*	*	*	*	*	*	*	*	*
Seasonality of use			*	*	*							

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[Click here to return to the table of contents](#)

COMMUNITY FOOD SYSTEM DATA TABLE # 6

Food category: Cereals and Millets

Scientific identification:

Zea mays

Local name & other common names:

makka, Maize or Corn (English)

Part(s) used: Pods

Preparation: Roasted or as such

Nutrient	Nutrient Composition/100g (edible portion)
	Pods, dried
Moisture, g	14.9
Energy, Kcal	342
Protein, g	11.1
Fat, g	3.6
Carbohydrate, g	66.2
Fiber, g	2.7
Ash	1.5
Vitamin A, RE- μ g	7.5
Vitamin A, RAE- μ g	3.8
Beta-carotene, μ g	-
Total carotene, μ g	90
Folic acid, μ g	20
Vitamin C, mg	0
Calcium, mg	10
Iron, mg	2.3
Phosphorus, mg	348
Zinc, mg	2.8

--- = not analyzed



Type of procurement: Cultivated
Home harvested or purchased: Home harvested
Seasonality of use: June-September
Cost of production, if known: Unknown
Importance value to the community by age/gender and other miscellaneous information: Unknown
Source of nutrient information: The nutrient data is sourced from Indian FCT 2002. Code # 5 (ref #1).

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested								*				
Seasonality of use						*	*	*	*			

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[Click here to return to the table of contents](#)

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)
Moisture, g	-
Energy, Kcal	-
Protein, g	-
Fat, g	-
Carbohydrate, g	-
Fiber, g	-
Ash, g	-
Vitamin A, RE- μ g	-
Vitamin A, RAE- μ g	-
Beta-carotene, μ g	-
Total carotene, μ g	-
Folic acid, μ g	-
Vitamin C, mg	-
Calcium, mg	-
Iron, mg	-
Phosphorus, mg	-
Zinc, mg	-

Type of procurement: Cultivated
Home harvested or purchased: Purchased
 (cannot be harvested).
Seasonality of use: October-January
Cost of production, if known: Unknown
**Importance value to the community by
 age/gender and other miscellaneous
 information:** Unknown

--- = not analyzed

Months Harvested and Seasonality of Use

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months harvested												
Seasonality of use	*									*	*	*

[Click here to return to the table of contents](#)