

**AMARANTH COMPARED TO GRAIN-LIKE FOODS
BASED ON 100 grams**

	Energy Kcal	Protein	Lipids	Carbo- hydrate	Total Dietary Fiber	Calcium	Iron	Sodium
RDA	2000	50.00 g	65.00 g	300.0 g	25.00 g	1000.0mg	18.0 mg	2400.00 mg
AMARANTH	374	14.45 g	6.51g**	66.17 g	15.20 g	182.0 mg	9.82 mg	21.00 mg
Buckwheat	343	13.25 g	3.40 g	71.50 g	10.00 g	18.0 mg	2.20 mg	1.00 mg
Corn, Yellow	365	9.42 g	4.74 g	74.26 g	13.40 g	7.0 mg	2.71 mg	35.00 mg
Millet	378	11.00 g	4.20 g	72.90 g	8.50 g	8.0 mg	3.00 mg	5.00mg
Oats	389	16.89 g	6.90 g	66.27 g	10.60 g	54.0 mg	4.72 mg	2.00 mg
Potato Flour	357	6.90 g	0.34 g	83.08 g	5.90 g	65.0 mg	1.38 mg	55.00 mg
Quinoa	374	13.10 g	5.80 g	68.90 g	5.90 g	60.0 mg	9.25 mg	21.00 mg
Rice, Brown	370	7.94 g	2.92 g	77.24 g	3.50 g	23.0 mg	1.47 mg	7.00 mg
Rice, White	365	7.13 g	0.66 g	79.95 g	1.30 g	28.0 mg	4.31 mg	5.00 mg
Rye	335	14.76 g	2.50 g	69.76 g	14.6 g	33.0 mg	2.67 mg	6.00 mg
Sorghum	339	11.3 g	3.30 g	74.63 g	6.70 g	28.0 mg	4.40 mg	6.00 mg
Soy Flour	436	34.54 g	20.65 g	35.20 g	9.60 g	206.0 mg	6.37 mg	13.00 mg
Wheat	364	10.33 g	0.98 g	76.31 g	2.7 g	15.0 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, Shelly. Gluten Free Diet. Regina, Canada: Centax Books, 2001, and Nu-World Amaranth, Inc. Analytical Analysis.

Case, Shelley. Gluten Free Diet. Regina, Canada: Centax Books, 2001, and Nu-World Amaranth, Inc. Analytical Analysis.