

The Dog Food Project - Nutritional values of various whole grains

	Wheat, whole grain	Yellow Corn	Brown Rice (med. Grain)	Brown Rice (long grain)	White Rice (sticky)	White Rice (short grain)	White Rice (long grain)	Oats	Millet	Sorghum	Barley
Protein	13.7%	9.4%	7.5%	7.9%	6.8%	6.5%	7.1%	16.9%	11.0%	11.3%	12.5%
Fat	1.9%	4.7%	2.7%	2.9%	0.5%	0.5%	0.7%	6.9%	4.2%	3.3%	2.3%
Total Carbs	72.6%	74.3%	76.2%	77.2%	81.7%	79.2%	79.9%	66.3%	72.9%	74.6%	73.5%
Fiber	12.2%	7.3%	3.4%	3.5%	2.8%	~	1.3%	10.6%	8.5%	6.3%	17.3%
Ash	1.6%	1.2%	1.3%	1.5%	0.5%	0.5%	0.6%	1.7%	3.3%	1.6%	2.3%
Moisture	10.3%	10.4%	12.4%	10.4%	10.5%	13.3%	11.6%	8.2%	8.7%	9.2%	9.4%
Vitamins											
A (IU)	9	214	0	0	0	0	0	0	0	0	22
E (mg)	0.8	0.5	~	1.2	~	~	0.1	~	0.1	~	0.6
B1 - Thiamin (mg)	0.4	0.4	0.4	0.4	0.2	0.1	0.1	0.8	0.4	0.2	0.6
B2 - Riboflavin (mg)	0.2	0.2	0.0	0.1	0.1	0.0	0.0	0.1	0.3	0.1	0.3
B5 - Pantothenic Acid (mg)	1.0	0.4	1.5	1.5	0.8	1.3	1.0	1.3	0.8	~	0.3
B3 - Niacin (mg)	6.4	3.6	4.3	5.1	2.1	1.6	1.6	1.0	4.7	2.9	4.6
B6 - Pyridoxine (mg)	0.3	0.6	0.5	0.5	0.1	0.2	0.2	0.1	0.4	~	0.3
Folate (mcg)	44.0	19.0	20.0	20.0	7.0	6.0	8.0	56.0	85.0	~	19.0
Minerals (mg)											
Calcium	34.0	7.0	33.0	23.0	11.0	3.0	28.0	54.0	8.0	28.0	33.0
Phosphorus	346.0	210.0	264.0	333.0	71.0	95.0	115.0	523.0	285.0	287.0	264.0
Magnesium	138.0	127.0	143.0	143.0	23.0	23.0	25.0	177.0	114.0	~	133.0
Sodium	5.0	35.0	4.0	7.0	7.0	1.0	5.0	2.0	5.0	6.0	12.0
Potassium	405.0	287.0	268.0	223.0	77.0	76.0	115.0	429.0	195.0	350.0	452.0
Iron	3.9	2.7	1.8	1.5	1.6	0.8	0.8	4.7	3.0	4.4	3.6
Copper	0.4	0.3	0.3	0.3	0.2	0.2	0.2	0.6	0.7	~	0.5
Zinc	2.9	2.2	2.0	2.0	1.2	1.1	1.1	4.0	1.7	~	2.8
Manganese	3.8	0.5	3.7	3.7	1.0	1.0	1.1	4.9	1.6	~	1.9
Selenium (mcg)	70.7	15.5	~	23.4	15.1	~	15.1	~	2.7	~	37.7
kcal	339	365	362	370	370	358	365	389	378	339	354
Comparison table created and provided by The Dog Food Project – http://www.dogfoodproject.com © Sabine Contreras 2008. Feel free to use this document as a handout, but do not make any changes to it.											

Values based on 100 grams raw weight, as per USDA SR19

All grain varieties are unenriched

"~" indicates a missing or incomplete value