

Nutrient content of major [staple foods](#)<sup>[12]</sup>

STAPLE:	<a href="#">Maize</a> <a href="#">e / Corn</a> <sup>[A]</sup>	<a href="#">Rice</a> <sup>[B]</sup> <a href="#">I</a>	<a href="#">Wheat</a> <a href="#">[C]</a>	<a href="#">Potato</a> <a href="#">[D]</a>	<a href="#">Cassav</a> <a href="#">a</a> <sup>[E]</sup>	<a href="#">Soybea</a> <a href="#">n</a> <sup>[F]</sup>	<a href="#">Sweet potato</a> <a href="#">[G]</a>	<a href="#">Sorghu</a> <a href="#">m</a> <sup>[H]</sup>	<a href="#">Yam</a> <sup>[I]</sup> <a href="#">Y</a>	<a href="#">Plantai</a> <a href="#">n</a> <sup>[Z]</sup>
Component (per 100g portion)	Amou nt	Amou nt	Amou nt	Amou nt	Amount	Amount	Amou nt	Amount	Amou nt	Amount
Water (g)	76	12	11	<b>79</b>	60	68	77	9	70	65
Energy (kJ)	360	<b>1528</b>	1419	322	670	615	360	1419	494	511
<a href="#">Protein</a> (g)	3.2	7.1	<b>13.7</b>	2.0	1.4	13.0	1.6	11.3	1.5	1.3
<a href="#">Fat</a> (g)	1.18	0.66	2.47	0.09	0.28	<b>6.8</b>	0.05	3.3	0.17	0.37
<a href="#">Carbohydrates</a> (g)	19	<b>80</b>	71	17	38	11	20	75	28	32
<a href="#">Fiber</a> (g)	2.7	1.3	0	2.2	1.8	4.2	3	<b>6.3</b>	4.1	2.3
<a href="#">Sugar</a> (g)	3.22	0.12	0	0.78	1.7	0	4.18	0	0.5	<b>15</b>
<a href="#">Calcium</a> (mg)	2	28	34	12	16	<b>197</b>	30	28	17	3
<a href="#">Iron</a> (mg)	0.52	4.31	3.52	0.78	0.27	3.55	0.61	<b>4.4</b>	0.54	0.6
<a href="#">Magnesium</a> (mg)	37	25	<b>144</b>	23	21	65	25	0	21	37
<a href="#">Phosphorus</a> (mg)	89	115	<b>508</b>	57	27	194	47	287	55	34
<a href="#">Potassium</a> (mg)	270	115	431	421	271	620	337	350	<b>816</b>	499
<a href="#">Sodium</a> (mg)	15	5	2	6	14	15	<b>55</b>	6	9	4
<a href="#">Zinc</a> (mg)	0.45	1.09	<b>4.16</b>	0.29	0.34	0.99	0.3	0	0.24	0.14
<a href="#">Copper</a> (mg)	0.05	0.22	<b>0.55</b>	0.11	0.10	0.13	0.15	-	0.18	0.08
<a href="#">Manganese</a> (mg)	0.16	1.09	<b>3.01</b>	0.15	0.38	0.55	0.26	-	0.40	-
<a href="#">Selenium</a> (mcg)	0.6	15.1	<b>89.4</b>	0.3	0.7	1.5	0.6	0	0.7	1.5
<a href="#">Vitamin C</a> (mg)	6.8	0	0	19.7	20.6	<b>29</b>	2.4	0	17.1	18.4
<a href="#">Thiamin</a> (mg)	0.20	<b>0.58</b>	0.42	0.08	0.09	0.44	0.08	0.24	0.11	0.05
<a href="#">Riboflavin</a> (mg)	0.06	0.05	0.12	0.03	0.05	<b>0.18</b>	0.06	0.14	0.03	0.05
<a href="#">Niacin</a> (mg)	1.70	4.19	<b>6.74</b>	1.05	0.85	1.65	0.56	2.93	0.55	0.69
<a href="#">Pantothenic acid</a> (mg)	0.76	<b>1.01</b>	0.94	0.30	0.11	0.15	0.80	-	0.31	0.26
<a href="#">Vitamin B6</a> (mg)	0.06	0.16	<b>0.42</b>	0.30	0.09	0.07	0.21	-	0.29	0.30

<a href="#">Folate Total</a> (mcg)	46	<b>231</b>	43	16	27	165	11	0	23	22
<a href="#">Vitamin A</a> (IU)	208	0	0	2	13	180	<b>14187</b>	0	138	1127
<a href="#">Vitamin E,</a> alpha- tocopherol (mg)	0.07	0.11	0	0.01	0.19	0	0.26	0	<b>0.39</b>	0.14
<a href="#">Vitamin K</a> (mcg)	0.3	0.1	0	1.9	1.9	0	1.8	0	<b>2.6</b>	0.7
<a href="#">Beta-carotene</a> (mcg)	52	0	0	1	8	0	<b>8509</b>	0	83	457
<a href="#">Lutein+zeaxanthin</a> (mcg)	<b>764</b>	0	0	8	0	0	0	0	0	30
<a href="#">Saturated fatty acids</a> (g)	0.18	0.18	0.45	0.03	0.07	<b>0.79</b>	0.02	0.46	0.04	0.14
<a href="#">Monounsaturated fatty acids</a> (g)	0.35	0.21	0.34	0.00	0.08	<b>1.28</b>	0.00	0.99	0.01	0.03
<a href="#">Polyunsaturated fatty acids</a> (g)	0.56	0.18	0.98	0.04	0.05	<b>3.20</b>	0.01	1.37	0.08	0.07

[A](#) corn, sweet, yellow, raw

[C](#) wheat, durum

[E](#) cassava, raw

[G](#) sweetpotato, raw, unprepared

[Y](#) yam, raw

[B](#) rice, white, long-grain, regular, raw

[D](#) potato, flesh and skin, raw

[F](#) soybeans, green, raw

[H](#) sorghum, raw

[Z](#) plantains, raw