

BREAKFAST GRAIN COMPARISON

Nutritional Value per 100g (Cooked)

GRAIN TYPE	CALORIES	PROTEIN	FIBER	NET CARBS
Steel Cut Oats	65 kcal	2.5g	1.7g	10g
Quinoa	120 kcal	4.4g	2.8g	18g
Buckwheat Groats	92 kcal	3.4g	2.7g	17g
Barley (Pearled)	123 kcal	2.3g	3.8g	24g
Amaranth	102 kcal	3.8g	2.1g	16g
Millet	119 kcal	3.5g	1.3g	22g

Source: Nutritional Database Standard Reference Template v1.0