

# GLUTEN-FREE GRAINS

Fiber content per 1 cup (cooked) reference

<b>GRAIN TYPE</b>	<b>FIBER (GRAMS)</b>	<b>INTENSITY</b>
Teff	7.1g	
Sorghum	6.7g	
Amaranth	5.2g	
Quinoa	5.1g	
Buckwheat	4.5g	
Millet	2.3g	
Brown Rice	3.5g	
Wild Rice	3.0g	

Note: Fiber values are approximate and based on standard cooked preparations.