

About Sorghum Grain

United Sorghum Checkoff Program

sorghumcheckoff.com

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The Sorghum Story

- Sorghum is valued for its grain, stalks & leaves
- Sorghum grain is indigenous to Africa
- Sorghum grain is a staple cereal for > 500 million people in > 30 countries
- Sorghum grain dates back to 8000 B.C.E.
- Sorghum grain is inherently gluten free
- U.S. sorghum grain may be referred to as Milo

The Sorghum Story

- Sorghum grain is not genetically modified
- Sorghum grain is used in beverages, breads, cereals, snacks, and many other food systems
- A variety of sorghum is used to make syrup
- Sorghum is used for animal food and biofuel
- It grows in both semi arid areas & areas of adequate rain
- Sorghum is a renewable resource

Nutritional Attributes of Sorghum Grain

- *Macronutrients*: 75% Carb, 3.3% Fat, 11-12% Pro
- It's an *excellent* source of dietary fiber: 6.6g/100g
- *Minerals*: Excellent source of potassium, iron, zinc, manganese and copper, low in sodium
- *Vitamins*: Excellent source of thiamin, niacin, riboflavin, pantothenate and vitamin B-6
- Contains health-promoting phytochemicals: phenolic acids, sterols, policosanols and anthocyanins
- U. S. food-grade sorghum contains no tannins

Selected Nutrients in 100g Wheat and Gluten Free Grains

Nutrient	Unit	Sorghum #20067	Wheat #20074	Buckwheat #20008	Amaranth #20001	Quinoa #20035
Energy	Kcal	339	342	343	371	368
Protein	g	11.3	11.3	13.3	13.6	14.1
Fat	g	3.3	1.7	3.4	7.0	6.1
Carb	g	74.6	75.9	71.5	65.3	64.2
Fiber	g	6.3	12.2	10.0	6.7	7.0

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Nutrient/100 g	Unit	Sorghum #20067	Wheat #20074	Buckwheat #20008	Amaranth #20001	Quinoa #20035
Iron	mg	4.4	4.56	2.2	7.6	4.57
Zinc	mg	2.3*	3.33	2.4	2.9	3.1
Cooper	mg	1.08*	0.363	1.10	0.52	0.29
Manganese	mg	1.63*	3.821	1.30	3.33	2.03
Thiamin	mg	0.237	0.387	0.101	0.116	0.360
Riboflavin	mg	0.142	0.108	0.425	0.200	0.318
Niacin	mg	2.927	4.381	7.020	0.923	1.520
Pantothenate	mg	1.25*	0.954	1.233	1.457	0.772
Vitamin B-6	mg	0.59*	0.368	0.210	0.591	0.487

USDA Nutrient Database Release 24, 2011 except as noted. *Waniska and Rooney 2000.

Selected Nutrients in 100g Whole Grain Flours & Cornmeal

Nutrient	Unit	Sorghum #20648	Wheat #20080	Rice #20090	Cornmeal #20020
Energy	Kcal	361	340	363	362
Protein	g	7.87	13.21	7.23	8.12
Fat	g	3.29	2.50	2.78	3.59
Carb	g	77.47	71.97	76.48	76.89
Fiber	g	6.6	10.7	4.6	7.3

Nutrient/100g	Unit	Sorghum flour #20648	Wheat Flour #20080	Rice Flour #20090	Cornmeal #20020
Iron	mg	2.99	3.60	1.96	3.45
Zinc	mg	1.44	2.60	2.45	1.82
Copper	mg	0.222	0.410	0.230	0.193
Manganese	mg	1.262	4.067	4.013	0.498
Thiamin	mg	0.277	0.502	0.443	0.385
Riboflavin	mg	0.053	0.165	0.080	0.291
Niacin	mg	5.187	4.957	6.340	3.632
Pantothenate	mg	0.930	0.603	1.591	0.425
Vitamin B-6	mg	0.345	0.407	0.736	0.304

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Summary: About Sorghum Grain

Sorghum grain is an ancient, authentic, nutritious and good-tasting ingredient for both gluten-free and gluten-containing food products. It is used world wide in a variety of food products including breads, beers, snacks, cookies, cereals and breading mixtures.

www.sorghumcheckoff.com/

References and Additional Readings

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