

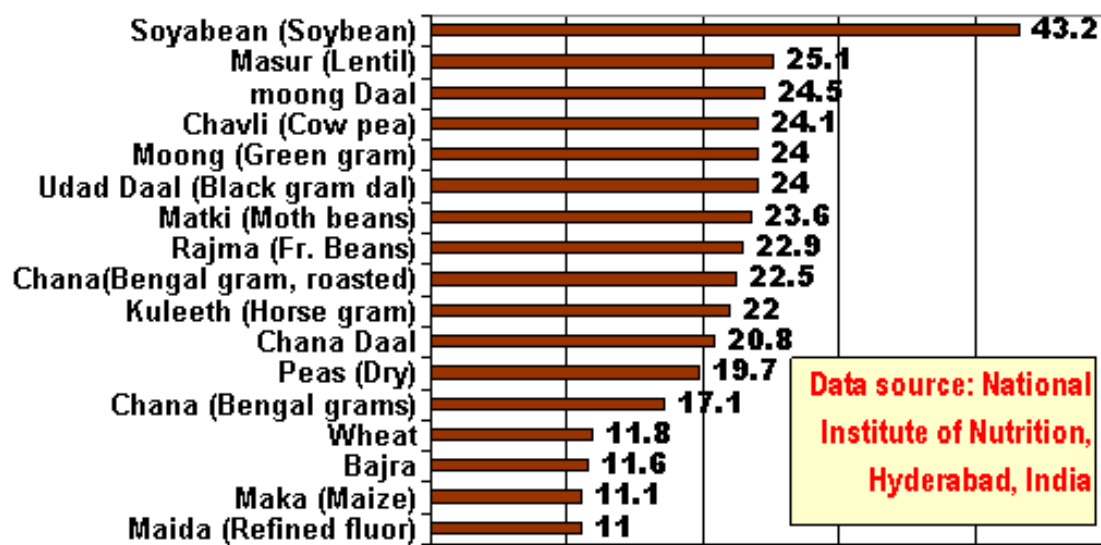
Nutrition table showing Top 15 Protein-rich Indian Grains per 100 grams

Grains	Protein per 100 g.
Soyabean (White) Seeds	43.2 grams
Masur (Lentil)	25.1 grams
Moong (Green Gram) Daal	24.5 grams
Chavli (Cow Peas)	24.1 grams
Moong (Green Gram) (Whole)	24 grams
Udad (Black Gram) Daal	24 grams
Matki (Moth Beans)	23.6 grams
Rajma (French Beans) (Dry)	22.9 grams
Chana (Bengal Gram)(roasted)	22.5 grams
Kulthi (Horse Gram)	22 grams
Chana (Bengal Gram) Daal	20.8 grams
Peas (Dry)	19.7 grams
Chana (Bengal Gram)	17.1 grams
Genhoo (Wheat)	11.8 grams
Bajra (Pearl Millet)	11.6 grams

If you want to see readymade static charts (GIF Images), then there a sample below:

Protein chart for grains (includes Indian names)

PROTEIN CONTENT OF GRAINS (INDIAN NAMES)



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Calcium nutrition chart for milk and dairy (includes Indian names)

CALCIUM CONTENT OF DAIRY & POULTRY mg/100g

