Nutri Cereal Crop
Sorghum/ Jowar

Sorghum is a warm season crop, intolerant of low temperatures but fairly resistant to serious pests and diseases. The grain consists of naked caryopsis, made up of a pericarp, endosperm and germ. Although there is a huge range of physical diversity

Nutritional value
Carbohydrate - 67g
Protein - 9.97g
Fat - 1.73g
Fibre - 10g
Calcium - 27.60mg
Iron - 3.95mg
Aluminium - 2.56mg

Health Benefits
- Prevents obesity
- Prevents diabetes
- Prevents celiac disease
- Prevents coronary disease

COMMON NAMES
- Juar
- Jcwari
- Jola
- Jonna
- Cholam
- Jowar

REGIONS GROWN
- HARYANA 81%
- RAJASTHAN
- UTTAR PRADESH

Sorghum bicolor
(scientific name)

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