

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



COMMON NAMES

- Juar
- Jcwari
- Jola
- Jonna
- Cholam
- Jowar

REGIONS GROWN

81% HARYANA
RAJASTHAN
UTTAR PRADESH

Health Benefits

- Prevents obesity
- Prevents diabetes
- Prevents celiac disease
- Prevents coronary disease

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Sorghum bicolor
(scientific name)



Nutritional value

Carbohydrate - 67g

Protein - 9.97g

Fat - 1.73g

Fibre - 10g

Calcium - 27.60mg

Iron - 3.95mg

Aluminium - 2.56mg

