



# Sorghum - An Ancient Grain

Sue Ann Claudon

United Sorghum Checkoff Program



# 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 will grow with a third to a half less water than corn

# 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, and vitamin B-6
- Contains health-promoting phytochemicals: phenolic acids, sterols, policosanols and anthocyanins
- U. S. food-grade sorghum contains no tannins

# Summary

Sorghum grain is an ancient, authentic, nutritious and good-tasting whole grain 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](http://www.sorghumcheckoff.com)





