

# FONIO SPECIFICATION

- Product Name - Fonio
- Origin - Africa
- Family - Poaceae
- Binomial name - Digitaria exilis



## INGREDIENTS

- Nutrients - Calories 336, Total Carbohydrate - 72g, Dietary Fiber - 1g
- Minerals - Calcium, Iron, Potassium
- Vitamin - 2g
- Protein - 0.5g

## USES & BENEFITS

- Fonio may be consumed after cooking, either as a porridge or couscous. The grain is sometimes also ground and mixed with other cereals.
- Fonio grain is sometimes used to brew beers and the straw may be used as animal fodder.
- Fonio is said to have a high concentration of iron which helps against anaemia. It also contains folic acid and other amino acids that are beneficial during pregnancy.
- Fonio contains certain essential amino acids, especially cysteine and methionine, which help to detoxify the liver and the body.

