

WHEAT

SPECIFICATION

- Nutrients
 - Protein
 - Vitamin
 - Minerals
- Calories - 364 calories, Dietary Fiber - 2.7 g, Total Carbohydrate, 76 g
 - 10g
 - Vitamin B6
 - Iron, Thiamin, Niacin, Calcium, Selenium, Manganese, Phosphorous, Copper, Folate

USES & BENEFITS

Wheat is a cereal grain mostly eaten in the form of bread in different parts of the world. Wheat exporter in India exports tonnes of wheat abroad each year. Wheat is also known to have a higher protein content than other major cereals such as maize or rice. Thus the global demand for wheat export is on the rise. The Indian wheat exporter, therefore, exports increasing amount of wheat and wheat products each year. This is a good opportunity for wheat export from India to rise and earn good revenues for the vendors and farmers.

