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Dietary bre comes from plant food. Cereals are good source of dietary bre (Table 1 and 2).

 e production, utilization, and stocks of cereal in the world increases each year (Figure 1) among the cereals rice is the second largest produced cereal in the world [1]. Rice is edible starchy cereal grain. Large part of the world population, including virtually all of East and Southeast Asia, is wholly dependent upon rice as a staple food; 95 percent of the world's rice production is eaten by humans and has been a source of food for people from 2500 B.C. Rice production was initiated in China, and spread to countries such as Sri Lanka and India [2]. Twenty percent of the world's dietary energy is provided by rice which is higher than either wheat or maize [3]. In addition rice is an important grain for nutrition and caloric intake [4].

Rice (Table 3) is an excellent food source and rich in vitamins and bre. Freshly harvested rice is called paddy grain or rough rice. e rice grain (rough rice) consists of the hull, and the rice caryopsis [5]. Underneath the hull, bran, germ, and endosperm are present. Rice is classi ed basically in to two forms; brown and white rice. Brown rice is produced by dehusking the hull (Figure 2). Un-milled rice has more protein and bre than the milled or polished rice and can be considered as more nutritious [6]. Rice is ground into several milling grades to obtain the di erent types of rice ours and grains. is includes: brown

Food	Moisture (%)	Protein (g Nx 6.25)	Crude fat (g)	Available carbohydrates (g)	Fibre (g)			Crude ash (g)	Energy (kJ)
					Dietary Total	Water insoluble	Lignin		
Brown rice	14	7.3	2.2	71.1	4	-2.7	-0.1	1.4	1 610
Wheat	14	10.6	1.9	61.6	10.5	-7.8	-0.6	1.4	1 570
Maize	14	9.8	4.9	60.9	9	-6.8	0	1.4	1 660
Millet	14	11.5	4.7	64.6	37	-2.3	0	1.5	1 650
Sorghum	14	8.3	3.9	57.4	13.8	-12.4	-3	2.6	1 610
Rye	14	8.7	1.5	60.9	13.1	-8.4	(1 4)	1.8	1 570
Oats	14	9.3	5.9	63	5.5	-39	0	2.3	1 640
Potato	77.8	2	0.1	15.4	2.5	-1.9	0	1	294
Cassava	63.1	1	0.	13 9122Cassava	63.1	1	0.		13 9040m

Sources: Souci, et al. [4]

Table 3: Comparison of cereals on nutrients basis.