

# IPAS → Numerasi



## PERBANDINGAN KANDUNGAN ANTARA SORGUM DAN BERAS

| Kandungan (ukuran) | SORGUM | BERAS |
|--------------------|--------|-------|
| Kalori (kal)       | 332    | 360   |
| Protein (g)        | 11     | 7     |
| Lemak (g)          | 3,30   | 6,70  |
| Karbohidrat (g)    | 73     | 79    |
| Air (%)            | 11,20  | 9,80  |
| Serat (%)          | 2,30   | 1     |
| Kalsium (mg)       | 28     | 6     |
| Fosfor (mg)        | 287    | 147   |
| Zat besi (mg)      | 4,40   | 0,80  |



Berdasarkan gambar

| Pernyataan                                   | B | S |
|----------------------------------------------|---|---|
| Penderita anemia<br>mengonsumsi sorgum       |   |   |
| Penderita kolesterol<br>mengonsumsi beras    |   |   |
| Penderita diare<br>mengonsumsi beras         |   |   |
| Penderita osteoporosis<br>mengonsumsi sorgum |   |   |