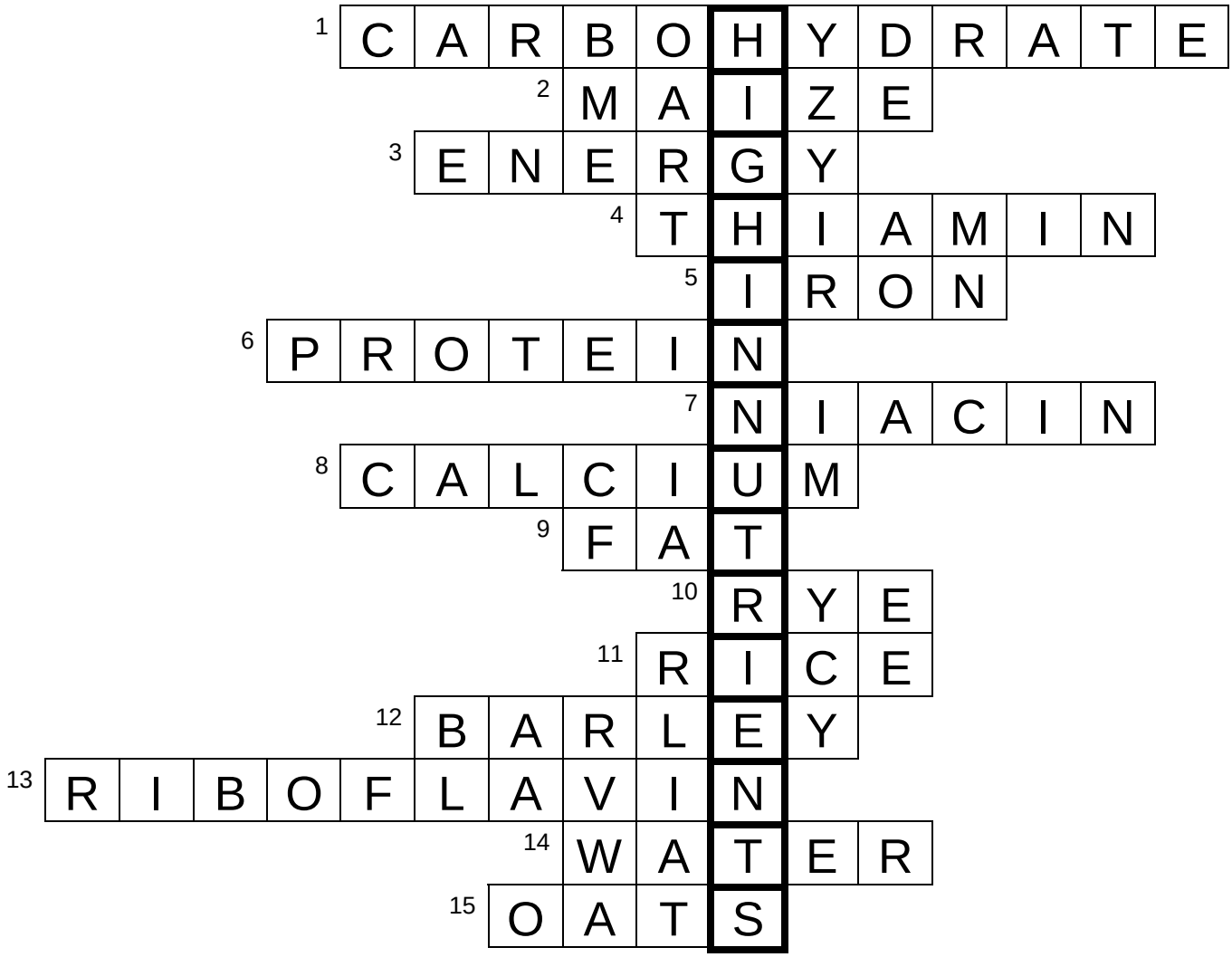
Nutritional value of cereal grains

Use the table on the Australian Wheat Board web site link to help you answer these questions to find the magic statement about grains that runs through the bold squares.

http://www.awb.com.au/AWBL/Launch/Site/AboutAWB/Content/CommunityEducation/CerealsAndDiets/

1. Barley has the highest level of this. (12)
2. _ _ _ _ _ has the second highest level of water content. (5)
3. _ _ _ _ _ _ is measured in kilojoules. (6)
4. Millet has the highest levels of Iron, Riboflavin and _ _ _ _ _ _ _ . (7)
5. The difference between the highest and lowest value for this vitamin is 7.2. (7)
6. The average level of _ _ _ _ _ _ _ is approximately 10.6. (7)
7. Rice has the highest level of _ _ _ _ _ _ . (6)
8. Rice has the average level of _ _ _ _ _ _ _ . (7)
9. The lowest level of this nutrient is 1gram/100g. (3)
10. This grain is one of four that have the same energy level. (3)
11. This grain has the lowest level of Iron. (4)
12. This grain has the lowest level of fat. (6)
13. Two grains share the same level of this vitamin. (10)
14. Soft wheat has the highest level of _ _ _ _ _ . (5)
15. This grain contains some of the highest and some of the lowest levels out of all of the grains. (4)